

Vitality Theme: Creative Collaboration

Birthdays!

Location Guide

“Gratitude is not only the greatest of virtues but the parent of all others.” – Marcus Tullius Cicero

We are celebrating National Gratitude Month in November! Gratitude helps people feel more positive emotions, savor good experiences, improve their health, deal with adversity, and build strong relationships. Research also shows that feeling gratitude is associated with lower rates of depression.

There are many ways to make gratitude a mainstay in our lives. Saying thank you to someone who is not expecting it or taking a few minutes each night to jot down a few things in a gratitude journal are great habits to start. Practicing daily gratitude gives us deeper connections to ourselves and the world around us. We here at Generations are grateful to our employees, residents, and families who come together each day to help and support one another.

<u>1st Floor</u> W - West Entrance	BS-Beauty Salon
EE - East Entrance	2E-2nd Floor East Wing
VC - Vitality Center	CON -Conference Room
R - Restaurant	<u>3rd Floor</u> RR - Red Rooster
GC - Golf Course	GAM -Game Room
Ch-Chapel PDR-Private Dining	TH -Movie Theater
2nd Floor BC -Business Center	CR -Comunity room
LIB -Library	B-Balcony
2L -2nd Floor Lobby	TBD-To Be Determined

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1500 Catherine Street
Walla Walla, WA 99362
LIC#1640

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9:00 Friday Shopping (W)	10:00 Exercise (2L)
9:30 Sound Audiology (CR)	10:40 Candy Bingo (CON)
10:00 Exercise (2L)	1:15 Dominos (2L)
10:40 Candy Bingo (CON)	1:30 Men's Poker (2L)
1:15 Dominos(2L)	1:30 Crafts with Evie (CR)
2:00 Birthday Party (CON)	2:30 This Day in History (2L)
3:00 Movie (TH)	3:00 Movie (TH)
6:00 Evening Movie (TH)	3:15 Group Games
6:30 Fri. Evening Praise (CH)	6:00 Evening Movie (TH)

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10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominoes (2L) 2:30 Wa-Hi concert (W) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(CR) 1:30-4:00 Medical Transport 1:30 Dominos (2L) 2:45 Craft: Beaded Corn (2L) 3:30 Scrabble (2L)	8-4:30 Medical Transport 10:15 Gentle Yoga (VC) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 Weekly Catch Up (2L) 3:00 Singalongs (2L)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 Snacks with Sallie (2L) 3:00 Movie (TH) 3:30 Word Games 4:00 Gratitude Remarks (2L) 6:00 Evening Movie (TH)	10:00 Exercise (2L) 10:00 Presbyterian Worship (CH) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 3:00 Uno! (2L) 3:00 Movie (TH) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	9:00 Friday Shopping (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Lunch bunch:TBD (W) 1:15 Dominos 2:30 Scrabble (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men'sPoker (2L) 1:30 Crafts with Evie (CR) 1:30 Dominos 2:30 Current Events (2L) 3:00 Movie (TH) 3:30 Uno! (2L) 6:00 Evening Movie (TH)
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11-Veteran's Day	12	13	14	15	16
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30-4:30 Medical Transport 3:00 Lawrence Huntley ® 1:30 Dominos (2L) 2:45 Craft:Fall Door Signs(2L) 3:30 Scrabble (2L) 4:00 True OR False (2L)	8-4:30 Medical Transport 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 12:00 Pianist Carolyn ® 1:30 Bible Study (CH) 2:00 Weekly Catch Up (2L) 3:00 Singalongs (2L) 3:15 Group Games (2L)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 Snacks with Sallie (2L) 3:00 Movie (TH) 3:00 Resident Council (CON) 3:15 CRedy Hour (2L) 4:00 Gratitude Remarks (2L) 6:00 Evening Movie (TH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 10:15 Gentle Yoga (VC) 2:00 Scrabble (2L) 3:00 Uno! (2L) 3:00 Movie (TH) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 WW Audiology (CR) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:15 Dominoes (2L) 2:00 Veteran's Hour (CON) 2:00 Albertsons & JoAnns (W) 3:00 Movie (TH) 6:00 Evening movie (TH) 6:30 Fri. Evening Praise (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 Dominos 2:30 This Day in History (2L) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH)
17	18	19	20	21	22	23
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(CR) 11:15 Balance & Strength 1:30-4:30 Medical Transport 2:45 Craft:Fall Jars (2L) 3:30 Scrabble (2L)	8-4:30 Medical Transport 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:30 Book Club (CR) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 Weekly Catch Up (2L) 3:00 Town Hall (CON) 3:15 Group Games (2L)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 New Resident Social (RR) 3:00 Movie (TH) 3:15 Word Games (2L) 4:00 Gratitude Remarks (2L) 6:00 Evening Movie (TH)	10:00 Presbyterian Service (CH) 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 2:00 Scrabble (2L) 2:30 Rick Doyle on Guitar ® 3:00 Movie (TH) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	9:00 Friday Shopping (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:15 Dominos (2L) 2:30 Karaoke Party! (CON) 2:30 Scrabble (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 2:30 Current Events (2L) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH)
24	25	26	27	28-Thanksgiving	29	30
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:30 PEO Luncheon (CR) 1:30-4:30 Medical Transport 1:30 Dominos (2L) 2:45 Craft: Xmas Chain (2L) 3:30 Scrabble (2L)	8-4:30 Medical Transport 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:30 Book Club (CR) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 Weekly Catch Up (2L) 3:00 Singalongs (2L)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 Snacks with Sallie (2L) 3:00 Movie (TH) 3:15 Word Games (2L) 4:45 Dinner Dash: TBD (W) 6:00 Evening Movie (TH)	10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 2:00 Scrabble (2L) 3:00 Movie (TH) 3:00 Uno! (2L) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	8-12 Love it or Leave it (2nd Hall) 9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:15 Dominoes 1:30 Goodwill & Mall Trip (W) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 Dominos 2:30 This Day in History (2L) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH)