




Retirement Living

July 2017

Vitality Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|--|
| 30 6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30-4:00 Open Wii Bowling(VC) 2:30 Movie (TH) 6:00 Rummikub (3L) | 31 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Balance & Lift (VC) 1:00-6:00 Complimentary Medical Transportation 1:00-2:30 Open Wii Bowling (VC) 1:00 Bible Study (COM) 2:00 Bridge (CON) 3:00 Cooking With Carolyn (COM) 4:00 Putt Putt Golf (GC) |  <p>Adventist Health Home Care Services Information at Wheatland Village Through July 19th, 2017 Office Hours Monday & Wednesday 11:00 am - 2:00 pm In the Restaurant</p> | 5 6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:15 Morning Drive: Old Milton Highway (W) 11:00 Gentle Yoga (VC) 12:00-2:00 1 on 1 Training *By Appointment (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (3L) 2:30 Movie (TH) 3:00 Card Making (ART) 3:30 Travel: Klickers (W) 3:00-4:30 Open Wii Bowling (VC) |  <p>HAPPY BIRTHDAY!</p> | 7 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 Shopping: Safeway/Bi-Mart 10:00 Catholic Mass (CH) 1:30-3:00 Open Wii Bowling (VC) 1:30 Computer Help (BC) 2:00 Bridge (CON) 2:00 Book Club (COM) 6:30 Vespers: Singer Loren Fenton (CH) | 1 6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-4:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games with Andrea (3L) 2:30 Movie (TH) 4:00 Worship Service (CH) 6:00 Table Games (3L) |
| 2 6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30 Catholic Eucharist (CH) 10:30-4:00 Open Wii Bowling(VC) 2:30 Movie (TH) 6:00 Rummikub (3L) | 3 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Balance & Lift (VC) 1:00-6:00 Complimentary Medical Transportation 1:00-2:30 Wii Bowling (VC) 1:00 Bible Study (COM) 2:00 Bridge (CON) 3:00 Cooking With Carolyn (COM) 4:00 Putt Putt Golf (GC) | 4 10:45-1:00 Travel: 4th of July at Pioneer Park (W) 1:30 4th of July Social (CON) 2:30 Movie (TH) Business Offices & Baker Boyer Bank Closed ~~~~~ Front Desk Open 8:00 am - 5:00 pm ~~~~~ Vitality Center Open 6:00 am-9:00 pm ~~~~~ Pool & Spa Open 6:30 - 10:30 am  | 5 6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:15 Morning Drive: Old Milton Highway (W) 11:00 Gentle Yoga (VC) 12:00-2:00 1 on 1 Training *By Appointment (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (3L) 2:30 Movie (TH) 3:00 Card Making (ART) 3:30 Travel: Klickers (W) 3:00-4:30 Open Wii Bowling (VC) | 6 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00 Fitness Test by Appt. (VC) 9:00 Columbia Basin Hearing By Appointment Only (COM) 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 11:00 Humane Society (CON) 1:00 Water Walking (VC) 2:30 Movie (TH) 3:00 Fitness Test by Appt. (VC) 6:00 Movie (TH) 6:00 Rummikub (3L) | 7 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 Shopping: Safeway/Bi-Mart 10:00 Catholic Mass (CH) 1:30-3:00 Open Wii Bowling (VC) 1:30 Computer Help (BC) 2:00 Bridge (CON) 2:00 Book Club (COM) 6:30 Vespers: Singer Loren Fenton (CH) | 8 6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-4:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games with Andrea (3L) 2:30 Movie (TH) 4:00 Worship Service: Chaplain Steve (CH) 6:00 Table Games (3L) |
| 9 6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30-4:00 Open Wii Bowling(VC) 2:30 Movie (TH) 4:00 Worship Service: Pastor Dr. McLain & Team (CH) 6:00 Rummikub (3L) | 10 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Balance & Lift (VC) 1:00-6:00 Complimentary Medical Transportation 1:00-2:30 Open Wii Bowling (VC) 1:00 Bible Study (COM) 2:00 Bridge (CON) 3:00 Sing-A-Long (2L) 4:00 Putt Putt Golf (GC) | 11 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-6:00 Medical Transportation 11:00 Chair Aerobics (VC) 1:00 Water Walking (VC) 1:00 Pinochle (CON) 1:00-2:30 Open Wii Bowling (VC) 2:30 Movie (TH) 2:30-4:30 Going Away Reception for Keith Walde-Come & Go (CON) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC) 4:00 Memory Lane (2L) | 12 6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:15 Morning Drive: Dry Creek (W) 11:00 Gentle Yoga (VC) 12:00-2:00 1 on 1 Training *By Appointment (VC) 1:00-2:30 Open Wii Bowling (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (3L) 2:30 Movie (TH) 3:00 Lavender Farm (W) 3:00-4:30 Open Wii Bowling (VC) | 13 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00 Fitness Test by Appt. (VC) 8:00-6:00 Medical Transportation 10:00 Presbyterian Communion with Pastor Gillin 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 1:00 Water Walking (VC) 2:30 Movie (TH) 3:00 Fitness Test by Appt. (VC) 6:00 Movie (TH) 6:00 Rummikub (3L) | 14 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 Shopping: Bi-Mart/Super 1 11:00 Cardio Tone (VC) 11:45 Travel: Lunch Bunch Country Club (W) 1:30-3:00 Open Wii Bowling (VC) 1:30 Computer Help (BC) 2:00 Bridge (CON) 3:00 Veteran's Social (COM) 6:30 Vespers: Singer Sherry Wiedemann | 15 6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-4:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games (3L) 2:30 Movie (TH) 4:00 Worship Service: Chaplain Steve (CH) 6:00 Table Games (3L) |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|---|---|
| 16 6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30 Catholic Eucharist (CH) 10:30-4:00 Open Wii Bowling(VC) 2:30 Movie (TH) 6:00 Rummikub (3L) | 17 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Stand & Lift (VC) 1:00-6:00 Medical Transportation 1:00 Bible Study (COM) 1:00-2:30 Open Wii Bowling (VC) 2:00 Bridge (CON) 3:00 Birthday Party (CON) 4:00 Putt Putt Golf (GC) | 18 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-6:00 Medical Transportation 11:00 Chair Aerobics (VC) 1:00 Water Walking (VC) 1:00 Pinochle (CON) 1:00-2:30 Open Wii Bowling (VC) 1:30 Beginning Watercolor (COM) 2:30 Movie (TH) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC) 4:30 Waffle Supper (VC) | 19 6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:15 Morning Drive: Scenic Loop (W) 11:00 Episcopal Worship (CH) 11:00 Gentle Yoga (VC) 12:00-2:00 1 on 1 Training *By Appointment (VC) 1:00-2:30 Open Wii Bowling (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (3L) 2:30 Movie (TH) 3:00 Card Making (ART) 3:00-4:30 Open Wii Bowling (VC) 4:00 Homerun Toss (2L) | 20 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00 Fitness Test by Appt. (VC) 8:00-6:00 Medical Transportation 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 1:00 Water Walking (VC) 2:30 Movie (TH) 3:00 Fitness Test by Appt. (VC) 6:00 Movie (TH) 6:00 Rummikub (3L) | 21 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 WW Clinic Audiology By Appointment Only (ART) 9:30 Shopping: Bi-Mart/Super 1 11:00 Cardio Tone (VC) 1:30-3:00 Open Wii Bowling (VC) 1:30 Computer Help (BC) 2:00 Bridge (CON) 2:00 Book Club (COM) 6:30 Vespers: Tretheweys' (CH) | 22 6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-4:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games with Andrea (3L) 2:30 Movie (TH) 4:00 Worship Service: Chaplain Steve (CH) 6:00 Table Games (3L) |
| 23 6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30 Catholic Eucharist (CH) 10:30-4:00 Open Wii Bowling(VC) 2:30 Movie (TH) 6:00 Rummikub (3L) | 24 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Stand & Lift (VC) 1:00-6:00 Medical Transportation 1:00 Bible Study (COM) 1:00-2:30 Open Wii Bowling (VC) 2:00 Bridge (CON) 3:00 Sing-A-Long (2L) 4:00 Putt Putt Golf (GC) | 25 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-6:00 Medical Transport 11:00 Chair Aerobics (VC) 1:00 Water Walking (VC) 1:00 Pinochle (CON) 1:00-2:30 Open Wii Bowling (VC) 1:30 Beginning Watercolor (COM) 2:30 Movie (TH) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC) 5:00 Travel: Dinner Dash Sweet Basil (W) | 26 6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 8:00 Men's Breakfast (R) 9:00 Water Fitness Class (VC) 9:15 Morning Drive: Whitman (W) 11:00 Gentle Yoga (VC) 12:00-2:00 1 on 1 Training *By Appointment (VC) 1:00-2:30 Open Wii Bowling (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (3L) 2:30 Movie (TH) 3:00 Card Making (ART) 3:00-4:30 Open Wii Bowling (VC) 4:00 Homerun Toss (2L) | 27 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00 Fitness Test by Appt. (VC) 8:00-6:00 Medical Transportation 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 1:00 Water Walking (VC) 2:00 Friendship Social (RR) 2:30 Movie (TH) 6:00 Movie (TH) 6:00 Rummikub (3L) | 28 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 Shopping: Bi-Mart/Super 1 11:00 Cardio Tone (VC) 1:30-3:00 Open Wii Bowling (VC) 1:30 Computer Help (BC) 2:00 Bridge (CON) 3:00 iPad Help (ART) 6:30 Vespers: Facemire & Friends (CH) | 29 6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-4:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games with Andrea (3L) 2:30 Movie (TH) 4:00 Worship Service: Chaplain Steve (CH) 6:00 Table Games (3L) |

| LOCATION KEY | | | SWEET ONION RESTAURANT | VITALITY CENTER FITNESS AREA | VITALITY CENTER POOL AND SPA | THE 'RED ROOSTER' ICE CREAM PARLOR AND GENERAL STORE |
|--|--|--|---|---|---|--|
| 1st Floor | 2nd Floor | 3rd Floor | OPEN DAILY 7:00 AM TO 7:00 PM | OPEN DAILY 5:00 AM TO 9:00 PM | HOURS MONDAY-THURSDAY 6:00 am to 6:00 pm | OPEN DAILY 1:00 pm to 3:00 pm |
| W - West Entrance CH - Chapel R - Restaurant VC - Vitality Center GC - Golf Course | BC -Business Center CON -Conference Room LIB -Library 2L -2nd Floor Lobby BS-Beauty Shop | COM -Community Room RR - Red Rooster ART -Art Room TH -Movie Theater 3L -3rd Floor Lobby | BREAKFAST 7:00 am to 10:00 am LUNCH 11:00 am to 1:30 pm DINNER 4:30 to 7:00 pm |  | FRIDAY 6:00 am to 4:00 pm SATURDAY & SUNDAY 6:30 am to 10:30 am  | BISTRO OPEN DAILY 12:00 pm to 2:00 pm  |