




Retirement Living

SEPTEMBER 2017

Vitality Calendar




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9-5 Gladys Lund 9-7 Nancy Crow 9-7 Kenneth Noble 9-8 Shirley Stenvall 9-8 Judy Rew 9-10 Leah Wagner 9-10 Craig Wilhelm 9-10 Jan Tyler 9-13 Fran Millstefr 9-14 Euretta Zabor</p> 		<p>9-16 Marie Sultzbaugh 9-18 Theresa Laurella 9-18 Naina Rao 9-18 Joan Carvalho 9-20 Myrt Cooper 9-23 Lee Byrd 9-29 Elsie Flemmer 9-29 Ruby Mitchell 9-30 Lana Martin</p>	 <p>ASSISTED LIVING WEEK SEPT. 11th-15th</p>		<p>1 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 Shopping: Safeway/Bi-Mart 10:00 Catholic Mass (CH) 11:00 Walking (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 (CH)</p>	<p>2 6:30-10:30 Open Swim (VC) 9:00 Travel: 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 & Study (CH) 6:00 Table Games (3L)</p>

3	4	5	6	7	8	9
<p>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)</p>	<p>BUSINESS OFFICES AND BAKER BOYER BANK CLOSED ----- FRONT DESK Open 8:00 am - 5:00 pm ----- VITALITY CENTER Open 5:00 am - 9:00 pm ----- POOL AND SPA Open 6:00 am - 10:00 am</p> 	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary 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) 2:00 T-Mobile Phone & Tablet Assistnace (ART) 2:30 Movie (TH) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC) 4:00 Memory Lane (2L) Personal Training by Apt. (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:15 Morning Drive: Birch Creek (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 Craft (ART) 3:00-4:30 Open Wii Bowling (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary Medical Transportation 9:00 Columbia Basin Hearing By Appointment Only (COM) 11:00 Brain Fitness (VC) 11:00 Humane Society (2L) 1:00 Water Walking (VC) 2:30 Movie (TH) 6:00 Movie (TH) 6:00 Rummikub (3L)</p> <p>Personal Training by Apt. (VC)</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:15 Shopping: BiMart/Super 1 11:00 Walking (VC) 11:45 Travel: Lunch Bunch at "Wingman" (W) 1:30-3:00 Open Wii Bowling (VC) 1:30 Computer Help (BC) 2:00 Bridge (TBD) 3:30 Veterans' Social Special Guest Speaker (CON) 6:30 Vespers (CH)</p>	<p>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 & Study (CH) 6:00 Table Games (3L)</p>

10	11	12	13	14	15	16
<p>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) 4:00 Worship Service (CH) Dr. Paul McLain 6:00 Rummikub (3L)</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 11:00-1:00 Mexican Food Truck - Cash Only (W) 11:00 Stretch, Balance & Lift (VC) 1:00-5:00 Complimentary Medical Transportation 1:00-2:30 Open Wii Bowling (VC) 1:00 Bible Study (COM) 2:00 Bridge (CON) 3:30 Sing-A-Long (2L) 4:00 Putt Putt Golf (GC)</p> <p>CRAZY HAIR DAY!</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary 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) 4:00 Memory Lane (2L) Personal Training by Apt. (VC)</p> <p>TWIN DAY!</p>	<p>6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 10:45 Morning Drive: Airport/Bennington Lake (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 Luau (GC) 2:30 Movie (TH) 3:00-4:30 Open Wii Bowling (VC) 6:45 Resident Council (CON)</p> <p>HAWAIIAN DAY!</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary Medical Transportation 10:00 Presbyterian Communion with Pastor Gillin (CH) 11:00 Brain Fitness (VC) 1:00 Water Walking (VC) 2:30 Movie (TH) 3:00 Birthday Party (CON) 6:00 Movie (TH) 6:00 Rummikub (3L)</p> <p>Personal Training by Apt. (VC)</p> <p>SPORTS TEAM JERSEY DAY!</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 Shopping: Bi-Mart/Super 1 9:30 WW Clinic Audiology By Appointment Only (ART) 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 (CH) The Tretheweys</p> <p>DRESS 50'S-60'S DAY!</p>	<p>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 (CH) 6:00 Table Games (3L)</p>

CELEBRATE! ASSISTED LIVING WEEK CELEBRATE! ASSISTED LIVING WEEK CELEBRATE! ASSISTED LIVING WEEK CELEBRATE! ASSISTED LIVING WEEK CELEBRATE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17 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) 4:00 Worship Service (CH) 6:00 Rummikub (3L)</p>	<p>18 6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 11:00 Stretch, Stand & Lift (VC) 1:00-5:00 Complimentary Medical Transportation 1:00 Bible Study "Apostles" (COM) 1:00-2:30 Open Wii Bowling (VC) 2:00 Bridge (CON) 3:00 Cooking With Carolyn (COM) 4:00 Putt Putt Golf (GC)</p>	<p>19 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary Medical Transportation 11:00 Chair Aerobics (VC) 1:00 Water Walking (VC) 1:00 Pinochle (TBD) 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) 4:00 Memory Lane (2L) 4:30 Travel: Waffle Supper (W) at the Senior Center Personal Training by Apt. (VC)</p>	<p>20 6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 10:45 Morning Drive: Frog Hollow (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 Craft (ART) 3:00-4:30 Open Wii Bowling (VC) 4:00 Walk About (VC)</p>	<p>21 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary Medical Transportation 11:00 Brain Fitness (VC) 1:00 Water Walking (VC) 2:30 Movie (TH) 3:00-4:30 Open Wii Bowling (VC) 6:00 Movie (TH) 6:00 Rummikub (3L)</p> <p>Personal Training by Apt. (VC)</p>	<p>22 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 Adult Colorama (2L) 6:30 Vespers (CH)</p>	<p>23 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 (CH) 6:00 Table Games (3L)</p>
<p>24 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)</p>	<p>25 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) 1:00-5:00 Complimentary Medical Transportation 1:00 Bible Study "Apostles" (COM) 1:00-2:30 Open Wii Bowling (VC) 2:00 Bridge (CON) 3:30 Sing-A-Long (2L) 4:00 Putt Putt Golf (GC)</p>	<p>26 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary 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) 5:00 Travel: Dinner Dash to "Pacific Express" (W) Personal Training by Apt. (VC)</p>	<p>27 6:00-7:30 Open Swim (VC) 7:30 Vitality Ctr Orientation (VC) 7:30 Men's Breakfast (R) 9:00 Water Fitness Class (VC) 10:45 Morning Drive: Old Miltion 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) 3:00-4:30 Open Wii Bowling (VC) 3:30 Ladie's Tea Party (CON) Wear your Hat!</p>	<p>28 6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Complimentary Medical Transportation 11:00 Brain Fitness (VC) 1:00 Water Walking (VC) 2:00 Friendship Social (RR) 2:30 Movie (TH) 3:00-4:30 Open Wii Bowling (VC) 6:00 Movie (TH) 6:00 Rummikub (3L)</p>	<p>29 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) 2:00 Book Club (COM) 6:30 Vespers (CH)</p>	<p>30 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 (CH) 6:00 Table Games (3L)</p>

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