









Assisted Living






September 2021

Vitality Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
ALL ACTIVITIES ARE SUBJECT TO CHANGE	BIRTHDAYS THIS MONTH		8:00 Morning Chat 2L 9:00 Walk with Vitality 2L 10:00 Hangman 2L 10:30 Hallway exercise 1L 10:45 Scenic Drive (Sign up at Nurses Station) 1:00 1 on 1 Walk w Vitality 2-3 To the fair with Grace (4 only <u>Must be signed up</u>) 3:15 Color with Vitality 2L 4:00 Sing a long 2L 6:00 Movie (2L)	8:00-5:00 Medical Transport 8:00 Morning Walk 2L 9:30 Mexican Lottery 2L 10:30 Stretch N Move 2L 10:30 1 on 1s with Vitality 1:00 Painting w Grace 2L 3:00 Movie (2L) 4:00 Today in History 5:00 1 on 1 Visits w Vitality 6:00 Movie (2L)	8:00 Morning Walk w Vitality 9:00 Hangman 2L 9:30 Sound Audiology (GAM) 10:00 Bingo 2L 1:00 1 on 1 Walk w Vitality 3:00 Movie (2L) 4:00 Sing a long 2L 5:00 1 on 1 Visits 6:00 Movie (2L)	10:00 Ride in Fair Parade 11:00 Sing a long 2L 1:00 Sit and Stretch 2L 1:00 Movie (TH) 2:00 Sing a long 2L 3:00 Movie (2L) 4:00 Walks with Vitality 5:00 Crafts 2L 6:00 Movie (2L)
	9/2 Merritt Lincoln 9/7 Nancy Crowe 9/8 Shirley Stenvall 9/9 Betty Culbertson 9/10 Jan Tyler 9/10 Wayne Peterson 9/13 Fran Milistejr 100!! 9/14 Clarette Clemens 9/16 Marie Sultzbaugh 101!! 9/17 Gary Smith	9/22 Ruth Stebbins 9/22 Joseph Phillips 9/24 Dorothy Polk 9/27 Gordon Taylor 9/29 Elsie Flemmer 9/30 Lana Martin				
5	6	7	8	9	10	11
11:00 Chat with Grace 2L 12:00 1 on 1 Visits 1:00 Sit and Stretch 2L 1:00 Movie (2L) 3:00 Bingo (2L) 3:00 Movie (2L) 4:00 Basic Nail Care 2L 5:00 Sing a long 2L 6:00 Movie (2L)	8:00 Activity Packets (2L) 1:00 Bible Study (CH) LUKE 3:00 Movie (2L) 6:00 Movie (2L)  Buisness Office Closed Vitality Office Closed *Labor Day*	8:00-5:00 Medical Transport 9:00 Activity Packets 10:30 Hallway exercise 2L 1:00 1 on 1 Visit W Vitality 3:00 Movie (2L) 4:00 Walks with Vitality 6:00 Movie (2L)	8:00 Morning Chat 2L 9:00 Walk with Vitality 2L 10:00 Hangman 2L 10:30 Hallway exercise 1L 10:45 Scenic Drive (Sign up at Nurses Station) 1:00 1 on 1 Walk w Vitality 3:00 Movie (2L) 4:00 Sing a long 2L 5:00 Coyote Joe (2L) 6:00 Movie (2L)	8:00-5:00 Medical Transport 8:00 Morning Walk 2L 9:30 Mexican Lottery 2L 10:00 Presbyterian Worship (C) 10:30 Stretch N Move 2L 1:00 Painting w Grace 2L 3:00 Movie (2L) 4:00 Today in History 5:00 1 on 1 Visits w Vitality 6:00 Movie (2L)	8:00 Morning Walk w Vitality 9:00 Hangman 2L 10:00 Bingo 2L 1:00 1 on 1 Walk w Vitality 3:00 Movie (2L) 4:00 Sing a long 2L 5:00 1 on 1 Visits 6:00 Movie (2L) 	11:00 Sing a long 2L 1-3 PM Car Show Down town Main Street 3:00 Movie (2L) 4:00 Walks with Vitality 5:00 Crafts 2L 6:00 Movie (2L)
12	13	14	15	16	17	18
11:00 Chat with Grace 2L 12:00 1 on 1 Visits 1:00 Sit and Stretch 2L 1:00 Movie (2L) 3:00 Bingo (2L) 3:00 Movie (2L) 4:00 Basic Nail Care 2L 5:00 Sing a long 2L 6:00 Movie (2L)	8:30 Coffee and Donuts (2L) 9:00 Walmart / Andy's (W) 10:30 Hallway exercise 2L 1:00-5:00 Medical Transport 1:00 Bible Class (Com) 3:00 Movie (2L) 6:00 Movie (2L)	8:00-5:00 Medical Transport 9:00 Activity Packets 10:30 Hallway exercise 2L 1:00 1 on 1 Visit W Vitality 3:00 Movie (2L) 4:00 Walks with Vitality 6:00 Movie (2L) 	8:00 Morning Chat 2L 9:00 Walk with Vitality 2L 10:00 Hangman 2L 10:30 Hallway exercise 1L 10:45 Scenic Drive (Sign up at Nurses Station) 1:00 1 on 1 Walk w Vitality 3:00 Movie (2L) 5:00 Sing a long 2L 6:00 Movie (2L)	8:00-5:00 Medical Transport 8:00 Morning Walk 2L 9:30 Mexican Lottery 2L 10:30 Stretch N Move 2L 11:00 Episcopal Worship(CH) 1:00 Painting w Grace 2L 2:30 Singer Rick Doyle (R) 3:00 Movie (2L) 3:30 Walks with Vitality 5:30 Today in History 6:00 Movie (2L)	8 Mens Pancake Breakfast(CO) 9:00 Hangman 2L 10:00 Bingo 2L 1:00 1 on 1 Walk w Vitality 1:00 Birthday Party (CON) 3:00 Movie (2L) 4:00 Sing a long 2L 5:00 1 on 1 Visits 6:00 Movie (2L) 	11:00 Sing a long 2L 1:00 Sit and Stretch 2L 1:00 Movie (TH) 2:00 Happy Hour GC 3:00 Movie (2L) 4:00 Walks with Vitality 5:00 Crafts 2L 6:00 Movie (2L) 

Assisted Living September 2021 Vitality Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
11:00 Chat with Grace 2L 12:00 1 on 1 Visits 1:00 Sit and Stretch 2L 1:00 Movie (2L) 3:00 Bingo (2L) 3:00 Movie (2L) 4:00 Basic Nail Care 2L 5:00 Sing a long 2L 6:00 Movie (2L)	8:30 Coffee and Muffins (2L) 10:30 Hallway exercise 2L 1:00-5:00 Medical Transport 1:00 Bible Class (Com) 3:00 Movie (2L) 6:00 Movie (2L) 	8:00-5:00 Medical Transport 9:00 Activity Packets 10:30 Hallway exercise 2L 1:00 1 on 1 Visit W Vitality 3:00 Movie (2L) 4:00 Walks with Vitality 6:00 Movie (2L)	8:00 Morning Chat 2L 9:00 Walk with Vitality 2L 10:00 Hangman 2L 10:30 Hallway exercise 1L 10:45 Scenic Drive (Sign up at Nurses Station) 1:00 1 on 1 Walk w Vitality 3:00 Movie (2L) 5:00 Sing a long 2L 6:00 Movie (2L)	8:00-5:00 Medical Transport 8:00 Morning Walk 2L 9:30 Mexican Lottery 2L 10:30 Stretch N Move 2L 10:30 1 on 1s with Vitality 1:00 Painting w Grace 2L 3:00 Resident Council Conference Room 3:00 Movie (2L) 5:30 Today in History 6:00 Movie (2L)	8:00 Morning Walk w Vitality 9:00 Hangman 2L 10:00 Bingo 2L 1:00 1 on 1 Walk w Vitality 3:00 Movie (2L) 4:00 Sing a long 2L 5:00 Wolf Creek Band 2L 6:00 Movie (2L)	11:00 Sing a long 2L 1:00 Sit and Stretch 2L 1:00 Movie (TH) 1:30 Veterans' Social (CON) with Banana Splits 3:00 Movie (2L) 4:00 Walks with Vitality 5:00 Crafts 2L 6:00 Movie (2L) 
26	27	28	29	30		
11:00 Chat with Grace 2L 12:00 1 on 1 Visits 1:00 Sit and Stretch 2L 1:00 Movie (2L) 3:00 Bingo (2L) 3:00 Movie (2L) 4:00 Basic Nail Care 2L 5:00 Sing a long 2L 6:00 Movie (2L)	8:30 Coffee and Donuts (2L) 10:30 Hallway exercise 3L 1:00-5:00 Medical Transport 1:00 Bible Class (Com) 3:00 Movie (2L) 6:00 Movie (2L) 	8:00-5:00 Medical Transport 9:00 Activity Packets 10:30 Hallway exercise 2L 1:00 1 on 1 Visit W Vitality 3:00 Movie (2L) 4:00 Walks with Vitality 6:00 Movie (2L)	8:00 Morning Chat 2L 9:00 Walk with Vitality 2L 10:00 Hangman 2L 10:30 Hallway exercise 1L 10:45 Scenic Drive (Sign up at Nurses Station) 1:00 1 on 1 Walk w Vitality 3:00 Movie (2L) 5:00 Sing a long 2L 6:00 Movie (2L) 	8:00-5:00 Medical Transport 8:00 Morning Walk 2L 9:30 Mexican Lottery 2L 10:30 Stretch N Move 2L 11:00 Episcopal Worship(CH) 1:00 Painting w Grace 2L 3:00 Movie (2L) 3:30 Walks with Vitality 5:30 Today in History 6:00 Movie (2L)		Basic Nail Care WED & FRI By Appointment Only Grace 509-524-4011

LOCATION KEY				SWEET ONION RESTAURANT	VITALITY CENTER FITNESS AREA	VITALITY CENTER POOL AND SPA	THE 'RED ROOSTER' ICE CREAM PARLOR AND BISTRO
1st Floor W - West Entrance CH - Chapel R - Restaurant VC - Vitality Center GC - Golf Course E - East Entrance	2nd Floor BC -Business Center CON -Conference Room LIB -Library 2L -2nd Floor Lobby BS-Beauty Salon 2E-2nd Floor East Wing TBD-To Be Determined	3rd Floor COM -Community Room RR - Red Rooster GAM -Game Room TH -Movie Theater 3L -3rd Floor Lobby	OPEN DAILY <u>7:00 AM TO 7:00 PM</u> BREAKFAST 7:00 am to 10:00 am  LUNCH 11:00 am to 1:30 pm  DINNER 4:30 to 7:00 pm	OPEN DAILY <u>5:00 AM TO 9:00 PM</u> 	OPEN DAILY <u>5:00 AM TO 9:00 PM</u> 	"Cotton Candy Ice Cream" OPEN DAILY 12:00 pm to 3:00 pm 	

LIC#1640