













NOVEMBER 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:30 Catholic Communion(ch) 1:30 Movie- current 2:30 Piano Recital (ch) 4:00 Evensong (ch)  7:00 Mexican Dominoes(com) DAY LIGHT SAVINGS TIME ENDS	NO SHOPPING LOOP 9:00-11:00 Donut Social (2lob) 9:00 Circuit Training (well) 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (cof)	9:00 Low Impact Water Fitness (well) 11:00 Episcopal Eucharist (ch) 11:00 (A) Beg. Balance/Fall Prev. (well) 1:00 (B) Beg. Balance/Fall Prev. 1:00 Pinochle (3fl) 2:00 Cribbage (3rfl) 2:30 Movie-Documentary	9:00 Ping Pong & Pool (3fl) 9:00 Circuit Training (well) 9:30 Cert. Hearing by appt only #4011 (well) 11:00 Stretch & Strengthen (well) 2:30 Movie-current	9:00 Low Impact Water Fit(well) 11:00 Activity Course (well) 1:30 Bingo (com) 2:30 Movie- classic 3:30 Rummikub (3rd fl) 5:00 Roger and Ellie on piano	9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Wii Bowling (cof) 11:00 Cardio & Tone Class (well) 1:30 WLW Choir (cof)  2:30 Gift Cards (com)  6:30 Vespers (ch)	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch)
8	9	10	11	12	13	14
10:30 Catholic Communion(ch) 1:30 Movie- current 4:00 Evensong (ch) 7:00 Mexican Dominoes(com)	9:00-11:00 Donut Social (2lob) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (cof)  2:00-4:00 ROTC Veterans Recognition Ceremony (rest)	9:00 Low Impact Water Fitness (well) 9:00 Travel: Walla Walla High School Vets Assembly  11:00 Episcopal Eucharist (ch) 11:00 (A) Beg. Balance/Fall Prev. 1:00 (B) Beg. Balance/Fall Prev. 1:00 Pinochle (3fl) 2:00 Cribbage (3rfl) 2:30 Movie-Documentary	9:00 Circuit Training (well) 9:30 Travel: Veterans Parade  11:00 Stretch & Strengthen (well) 2:30 Movie-current  3:30 WLW Choir (cof) 7:00 Resident Council (cof) Veterans Day	9:00 Low Impact Water Fit(well) 11:00 Chair Aerobics (well) 1:30 Bingo (com) 2:30 Movie- classic 3:30 Rummikub (3rd fl) 5:00 Roger and Ellie on piano	9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Wii Bowling (cof) 11:00 Cardio & Tone Class (well) 1:30 Travel Slide Show: Bicycle Across the USA (cof)  2:30 Crafts (com) 6:30 Vespers (ch)	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch)
15	Name Tag & Popcorn Day 16	17	18	19	20	21
10:30 Catholic Communion(ch) 1:30 Movie- current 4:00 Evensong (ch) 7:00 Mexican Dominoes (com)	9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (cof)  2:00 Name Tag & Popcorn Social (ic) 2:30 Book on Tape Club (lib)	9:00 Low Impact Water Fitness (well) 11:00 Episcopal Eucharist (ch) 11:00 (A) Beg. Balance/Fall Prev. 1:00 (B) Beg. Balance/Fall Prev. 1:00 Pinochle (3fl) 2:00 Cribbage (3rdfl) 2:30 Movie-Documentary	9:00 Ping Pong & Pool (3fl) 9:00 Circuit Training (well) 10:45 Travel: Continued History of Walla Walla Homes 11:00 Stretch & Strengthen (well) 2:30 Movie-current	9:00 Low Impact Water Fit(well) 11:00 Activity Course (well) 1:30 Bingo (com) 2:30 Movie- classic 3:30 Rummikub (3rd fl) 5:00 Roger and Ellie on piano	9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Wii Bowling (cof) 11:00 Cardio & Tone Class (well) 12:00 Travel: "Lunch Bunch" 2:30 Gift Cards (com) 6:30 Vespers (ch)	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch) 7:00 Travel: "Miracle Worker"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
10:30 Catholic Communion(ch) 1:30 Movie- current 4:00 Evensong (ch) 7:00 Mexican Dominoes (com)	9:00-11:00 Donut Social (2lob) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (ch) 2:30 Book on Tape Club (lib)	9:00 Low Impact Water Fitness (well) 11:00 Episcopal Eucharist (ch) 11:00-1:00 Gobble Walk (well)  1:00 Pinochle (3fl) 2:00 Cribbage (3rdfl) 2:30 Movie-documentary	9:00 Ping Pong & Pool (3fl) 9:00 Circuit Training (well) 11:00 Stretch & Strengthen (well) 2:30 Movie-current	Business Office & Wellnes Center Closed  11:00-2:00 Thanksgiving Buffet (rest) 2:00 Restaurant Closed Happy Thanksgiving	9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Wii Bowling (cof) 11:00 Cardio & Tone Class (well) 6:30 Vespers (ch)	12:00 Bob on Piano 1:30 Movie 4:00 Evensong (ch)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30					
10:30 Catholic Communion(ch) 1:30 Movie- current 4:00 Evensong (ch) 7:00 Mexican Dominoes (com)	9:00-11:00 Donut Social (2lob) 9:00 Circuit Training (well) 9:30 Shopping Loop 10:45 Bingo (com) 11:00 Stretch & Strengthen (well) 1:30 Group Study (ch) 2:30 Book on Tape Club (lib) 3:00 Nov. Birthday Party (cof) Happy November Birthday!					

RETIREMENT LIVING ACTIVITIES 	<u>Transportation to Medical Apt.</u> Monday: 1-4:00 p.m. Tuesday 8:00 a.m.- 4:00 p.m. Thursday 8:00 a.m.-4:00 p.m.	<u>Wellness Center Hours:</u> Mon - Fri. 6:30 a.m.- 2:30 p.m. Mon. - Fri. 2:30 to 7:30 p.m. (unsupervised) Sat &Sun 10:00 a.m.-4:00p.m.	<u>Restaurant Hours:</u> 7:00 a.m.- 7:00 p.m. <u>Ice Cream Parlor Hours:</u> 2:00 - 3:00 p.m. daily	LOCATION KEY	
	<u>Transportation to Shopping</u> Monday 9:30 a.m. Friday 9:30 a.m.	<u>POOL HOURS:</u> Mon. - Fri. 6:30 to 9:30 a.m. 11:30 a.m. to 2:00 p.m. Saturday- Closed Sunday -Closed	Wellness center = well Chapel = ch 3rd floor patio = 3p 2nd floor lobby = 2lob 3rd floor art studio = art Library= li 4th floor lobby "D"= 4l		Movie Theater= th Restaurant = rest 3rd floor community rm = com 2nd fl. conference room = cof 3rd floor Ice Cream Parlor= IC 2nd Fl. Business Center= bc