

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2017

Campus Commons Senior Living

3:00 Bingo w/Mary Kay-CL 5
7:00 Movie Night-L



9:00 Tai Chi w/Joanne McKee-CL 6
10:30 General Store-AC
12:00 Bridge-CR
1:00 Knit Pickers-AC
2:00 Matinee Monday-L/T
2:00 Blood Pressure-CL
3:00 Beanbag Baseball-AC
6:00 Poker-GR

9:00 Music in Motion w/Rowena-CL 7
10:00 Gardening Club-AC
1:00 Bible Study-L/T
2:00 Atlas Hearing-CL
3:30 Low Impact Exercise-CL
6:30 Mexican Train-AC

8:00-9:00 LAB Appts-L 8
9:00 Weights & Balance-CL
10:00 Country Drive to Hilltop Commons in Grass Valley & Lunch @ the Airport-L
10:00 Craft Class w/Tonya-AC
12:00 Bridge-CR
1:00 Wii Bowling-AC
1:00 Banking-L
3:00 Line Dancing-CL
7:00 Bingo-CL

9:00 YOGA w/Diane-CL 9
1:00 Shuffle Board-GR
1:00 Bridge-CR
2:00 CSUS Renaissance Society Symposium: SF Museum of Modern Art-CL
7:00 Movie Night-L/T

9:00 Grocery Shopping-L 10
9:00 Stretching & Balance-CL
10:30 Catholic Service-L/T
11:00 Birthday Lunch Bunch-DR
12:00 Bridge-CR
1:00 Retail Shopping-L
3:00 Happy Hour w/Mellow Fellows-CL
6:30 Mexican Train-AC

9:00 Weights & Balance-CL 11
10:00 Beanbag Baseball-AC
12:00 Wii Bowling-AC
2:00 Trivia-AC
3:30 Low Impact Exercise-CL
7:00 Movie Night-L/T

Veterans Day (US)
Remembrance Day (Canada)

3:00 Bingo w/Mary Kay-CL 12
7:00 Movie Night-L



9:00 Stretch Bands w/Barbara Holland-CL 13
10:30 General Store-AC
12:00 Bridge-CR
1:00 Dr. Hague-BS
1:00 Knit Pickers-AC
2:00 Matinee Monday-L/T
3:00 Beanbag Baseball-AC
6:00 Poker-GR

9:00 YOGA w/Diane-CL 14
10:00 Gardening Club-AC
1:00 Bible Study-L/T
2:00 Bookmobile-PL
3:30 Low Impact Exercise-CL
6:30 Mexican Train-AC

8:00-10:00 LAB Appts-L 15
9:00 Physical Therapy-CL
11:15 Music @ Noon-L
12:00 Bridge-CR
1:00 Banking-L
2:00 Wii Bowling-AC
4:00-5:45 Early Dinner-DR
7:00 Home for the Holidays Pie & Dessert Social & Entertainment w/Magnificent Music w/Antonio the Violinist

9:00 YOGA w/Diane-CL 16
10:00 Word Makers w/Barbara-AC
1:00 Shuffle Board-GR
1:00 Bridge-CR
3:00 Encore w/Mollie-CR
3:30 Low Impact Exercise-CL
7:00 Movie Night-L/T

9:00 Stretching & Balance-CL 17
9:00 Grocery Shopping-L
10:30 Catholic Service-L/T
12:00 Bridge-CR
1:00 Retail Shopping-L
3:00 Happy Hour w/Melody Makers-CL
6:30 Mexican Train-AC

9:00 Weights & Balance-CL 18
10:00 Beanbag Baseball-AC
12:00 Wii Bowling-AC
2:00 Trivia-AC
3:30 Low Impact Exercise-CL
7:00 Movie Night-L/T

3:00 Bingo w/Mary Kay-CL 19
7:00 Movie Night-L



9:00 Tai Chi w/Joanne McKee-CL 20
10:30 General Store-AC
12:00 Bridge-CR
1:00 Knit Pickers-AC
2:00 Matinee Monday-L/T
3:00 Beanbag Baseball-AC
6:00 Poker-GR

9:00 Music in Motion w/Rowena-CL 21
10:00 Gardening Club-AC
1:00 Bible Study-L/T
3:30 Low Impact Exercise-CL
6:30 Mexican Train-AC

8:00-10:00 LAB Appts-L 22
9:00 Resistance Bands Exercise w/Wayne-CL
10:00 Banking & Shopping-L
12:00 Bridge-CR
2:00 Wii Bowling-AC
3:00 Sing Along-CL
7:00 Bingo-CL

9:00 Exercise DVD-CL 23
11:00-1:00 Thanksgiving Brunch-DR
7:00 Movie Night-L/T



Thanksgiving Day (US)

9:00 Stretching & Balance-CL 24
10:30 Catholic Service-L/T
12:00 Bridge-CR
3:00 Happy Hour w/Jay Casl & Trio-CL
6:30 Mexican Train-AC

9:00 Exercise DVD-CL 25
10:00 Beanbag Baseball-AC
12:00 Wii Bowling-AC
2:00 Trivia-AC
7:00 Movie Night-L/T

3:00 Bingo w/Mary Kay-CL 26



9:00 Stretch Bands w/Barbara Holland-CL 27
10:30 General Store-AC
12:00 Bridge-CR
1:00 Knit Pickers-AC
2:00 Matinee Monday-L/T
3:00 Beanbag Baseball-AC
6:00 Poker-GR

9:00 YOGA w/Diane-CL 28
10:00 Gardening Club-AC
1:00 Bible Study-L/T
3:30 Low Impact Exercise-CL
6:30 Mexican Train-AC

8:00-10:00 LAB Appts-L 29
9:00 Weights & Balance-CL
10:00 Beanbag Baseball w/WC @ CC-CL
12:00 Bridge-CR
1:00 Banking-L
2:00 Wii Bowling-AC
3:00 Line Dancing-CL
7:00 Bingo-CL

9:00 YOGA w/Diane-CL 30
10:00 Word Makers w/Barbara-AC
1:00 Shuffle Board-GR
1:00 Bridge-CR
2:00 CSUS Renaissance Society Symposium: Gaining the Right to Vote in America-CL
7:00 Movie Night-L/T

“When asked if my cup is half-full or half-empty, my only response is that I am thankful I have a cup.” – Sam Lefkowitz

GR=Game Room, CR=Card Room, AC=Activity Center, CL=Cabaret Lounge, LT=Library/Theatre, L=Lobby, TF=Third Floor, PL=Parking Lot, BS=Beauty Shop, T=Terrace. All Activities are subject to change.