

December 2017

Independent Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December cont'd 31</p> <p>NEW YEARS EVE</p> <p>8:30 Morning Stretch [W2] 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 The American Bible Challenge [TH1] 1:00 PE Stronger Senior Stretch [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Choir Practice [GR2] 6:00 New Year's Eve Party featuring Alfredo Cerano [GR2]</p>	<p></p> <p>8685 Greenback Lane Orangevale, CA 95662 916-542-7988</p>		<p>Location Keys</p> <p>Dining Room DR1 First Floor Activity Back Room AFB1 First Floor Front Activity Room ARF1 Great Room GR2 Library LIB2 Living Room LR1 Lobby R1 Theater TH1 Wellness Room W2</p> <p>AE Artistic Expression CC Community Connection CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p>		<p>8:30 Morning Stretch [W2] 1 10:00 Math and Riddle Bingo [ARF1] 11:00 LL Find Your Balance [W2] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 2:30 Blackjack [GR2] 3:30 New in the News [GR2]</p>	<p>8:30 Morning Stretch [W2] 2 9:45 LL AH Auction [ARF1] 1:00 Senior Fitness [W2] 2:00 Special Program-Benny's Choir [GR2] 3:30 Bridge Club [GR2] 6:00 Movie Night [TH1]</p>
<p>8:30 Morning Stretch [W2] 3 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 The American Bible Challenge [TH1] 1:00 PE Stronger Senior Stretch [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Choir Practice [GR2] 6:00 Holiday Lights Tour [R1]</p>	<p>8:30 Morning Stretch [W2] 4 10:00 CE Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 2:00 Book Club [LIB2] 3:00 Step by Step with Rudy [ARF1] 3:30 Rummikub [GR2] 6:00 Anne with an "E" [TH1]</p>	<p>8:30 Morning Stretch [W2] 5 10:00 AE Fun and Games with the Visions Kids [ARF1] 11:00 Let's Talk Activities with Melissa [ARF1] 1:00 Chair Dancing [W2] 2:00 Happy Hour with Steve Davis [GR2] 3:30 PE Wii Bowling [TH1] 6:00 Last Man Standing [TH1]</p>	<p>8:30 Morning Stretch [W2] 6 9:30 Shopping at Walmart [R1] 10:00 Scrapbooking [ARF1] 11:00 AH Singers Choir Practice [GR2] 1:00 Seated Yoga [W2] 1:45 Senior Companions [ARF1] 3:30 SS Celebrate Communion [AFB1] 4:00 LL Farkle [GR2] 6:00 Movie Night</p>	<p>8:30 Morning Stretch [W2] 7 9:30 Spiritual Connections [GR2] 10:00 CC Art Reflections [TH1] 11:00 LL Atlas Hearing Aids Free Cleaning [ARF1] 11:00 Anagrams with Theresa [TH1] 1:00 Stronger Seniors [W2] 2:00 Creative Coloring [ARF1] 3:30 Beanbag Baseball [ARF1] 6:00 The Crown [TH1]</p>	<p>8:30 Morning Stretch [W2] 8 10:00 Math and Riddle Bingo [ARF1] 11:00 LL Find Your Balance [W2] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 2:30 Blackjack [GR2] 3:30 New in the News [GR2]</p>	<p>8:30 Morning Stretch [W2] 9 10:00 Horse Races [ARF1] 1:00 Senior Fitness [W2] 2:00 Piano Recital with Folsom Piano Students [GR2] 3:30 Bridge Club [GR2] 6:00 Movie Night [TH1]</p>
<p>HOLIDAY MARKET 10</p> <p>8:30 Morning Stretch [W2] 9:00 SS Worship and the Word [W2] 9:30 Catholic Communion [AFB1] 1:00 PE Stronger Senior Stretch [W2] 2:00 Bingo [W2] 6:00 Game Night [GR2]</p>	<p>8:30 Morning Stretch [W2] 11 10:00 CE Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 2:00 Shopping at Charming Charlies [R1] 2:00 Book Club [LIB2] 3:00 Step by Step with Rudy [ARF1] 3:30 Rummikub [GR2] 6:00 Orangevale Feters Ukulele Group [ARF1]</p>	<p>HANUKKAH BEGINS 12</p> <p>8:30 Morning Stretch [W2] 10:00 AE Arts and Crafts [ARF1] 1:00 Chair Dancing [W2] 2:00 Happy Hour with Dan Warschauer [GR2] 3:30 PE Wii Bowling [TH1] 6:00 Last Man Standing [TH1]</p>	<p>8:30 Morning Stretch [W2] 13 10:30 AH Singers Choir Concert in Memory Support [ARF1] 11:00 Lunch Outing - Rose Garden [R1] 1:00 Seated Yoga [W2] 1:45 Matinee [TH1] 2:15 Crossword Puzzles [GR2] 3:30 LL Farkle [GR2] 5:00 Carolers- Daisy Girl Scout Troop #638 [DR1]</p>	<p>8:30 Morning Stretch [W2] 14 10:00 Kings in the Corner [AFB1] 11:00 Anagrams with Theresa [ARF1] 1:00 Stronger Seniors [W2] 2:00 Carolers from Kids Kingdom Preschool [LR1] 2:00 Music and Worship [TH1] 2:30 Creative Coloring [ARF1] 3:30 Beanbag Baseball [ARF1] 6:00 The Crown [TH1]</p>	<p>8:30 Morning Stretch [W2] 15 10:00 Math and Riddle Bingo [ARF1] 11:00 LL Find Your Balance [W2] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 2:30 Blackjack [GR2] 3:30 New in the News [GR2] 4:30 Carolers from Holy Family Church [DR1]</p>	<p>8:30 Morning Stretch [W2] 16 10:00 Horse Races [ARF1] 1:00 Senior Fitness [W2] 2:00 Christmas Variety Show with Joshua Matta [GR2] 3:30 Bridge Club [GR2] 4:30 Christmas Gifts from "Adopt a Grandparent" 6:00 Movie Night [TH1]</p>
<p>8:30 Morning Stretch [W2] 17 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 The American Bible Challenge [TH1] 1:00 PE Stronger Senior Stretch [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Christmas Concert [GR2] 6:00 Game Night [GR2]</p>	<p>8:30 Morning Stretch [W2] 18 10:00 CE Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 2:00 Book Club [LIB2] 3:00 Step by Step with Rudy [ARF1] 3:30 Rummikub [GR2] 6:00 Anne with an "E" [TH1]</p>	<p>8:30 Morning Stretch [W2] 19 10:00 AE Arts and Crafts [AFB1] 11:00 CC Resident Council [ARF1] 1:00 Happy Hour with Linda Herring [GR2] 1:00 Chair Dancing [W2] 3:30 PE Wii Bowling [TH1] 6:00 Last Man Standing [TH1]</p>	<p>HANUKKAH ENDS 20</p> <p>8:30 Morning Stretch [W2] 9:30 Shopping at Sunrise Mall [R1] 10:00 LL UNO [GR2] 11:00 AH Singers Choir Practice [GR2] 1:00 Seated Yoga [W2] 1:45 Matinee [TH1] 2:15 Crossword Puzzles [GR2] 3:30 LL Farkle [GR2]</p>	<p>8:30 Morning Stretch [W2] 21 9:30 Spiritual Connections [GR2] 10:30 Anagrams with Theresa [ARF1] 1:00 Stronger Seniors [W2] 2:00 Creative Coloring [ARF1] 4:00 Residents Christmas Party [DR1] 6:00 The Crown [TH1]</p>	<p>8:30 Morning Stretch [W2] 22 10:15 Art Reflections [TH1] 11:00 LL Find Your Balance [W2] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 2:30 Blackjack [GR2] 3:30 New in the News [GR2]</p>	<p>8:30 Morning Stretch [W2] 23 10:00 Horse Races [ARF1] 1:00 Senior Fitness [W2] 2:00 Jeopardy Team Trivia [GR2] 3:30 Bridge Club [GR2] 6:00 Movie Night [TH1]</p>
<p>CHRISTMAS EVE 24</p> <p>8:30 Morning Stretch [W2] 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 The American Bible Challenge [TH1] 1:00 PE Stronger Senior Stretch [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Choir Practice [GR2] 6:00 Game Night [GR2]</p>	<p>CHRISTMAS DAY 25</p> <p>8:30 Morning Stretch [W2] 10:00 CE Fun and Games [ARF1] 11:30 Christmas Dinner [DR1] 1:00 Special Movie Presentation [TH1] 6:00 Anne with an "E" [TH1]</p>	<p>8:30 Morning Stretch [W2] 26 10:00 AE Arts and Crafts [ARF1] 1:00 Chair Dancing [W2] 2:00 Happy Hour with Marcus and Maggie [GR2] 3:30 PE Wii Bowling [TH1] 6:00 Last Man Standing [TH1]</p>	<p>8:30 Morning Stretch [W2] 27 9:30 Outing- Sacramento Train Musuem [R1] 10:00 LL UNO [GR2] 11:00 AH Singers Choir Practice [GR2] 1:00 Seated Yoga [W2] 1:45 Matinee [TH1] 2:00 Health Talks [AFB1] 3:30 LL Farkle [GR2]</p>	<p>8:30 Morning Stretch [W2] 28 10:00 Kings in the Corner [ARF1] 11:00 Anagrams with Theresa [ARF1] 1:00 Stronger Seniors [W2] 2:00 Music and Worship [TH1] 2:00 Creative Coloring [ARF1] 3:30 Beanbag Baseball [ARF1] 6:00 The Crown [TH1]</p>	<p>8:30 Morning Stretch [W2] 29 10:00 Math and Riddle Bingo [ARF1] 11:00 LL Find Your Balance [W2] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 2:30 Blackjack [GR2] 3:30 New in the News [GR2]</p>	<p>8:30 Morning Stretch [W2] 30 10:00 Horse Races [ARF1] 1:00 Senior Fitness [W2] 2:00 Jeopardy Team Trivia [GR2] 3:30 Bridge Club [GR2] 6:00 Movie Night [TH1]</p>

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