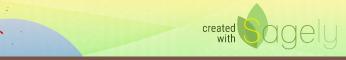
March 2018

Independent Living Lifestyle & Leisure



Independent Living	Lifestyle & Leisure								with again
Sunday	Monday	Tuesday	Wednesday		Thursday		Friday		Saturday
Almond Heights Senior Living	8685 Greenback Lane Orangevale, CA 95662 916-542-7988	AE Artistic Expression CC Community Connection CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Location Keys Court Yard First Floor CY1 Dining Room DR1 First Floor Activity Back RoomAFB1 First Floor Front Activity RoomARF1 Great Room GR2 Library LIB2 Lobby R1 Theater TH1 Wellness Room W2	9:30 11:00 11:00	Morning Stretch [W2] Spiritual Connections [GR2] Anagrams with Joe [ARF1] Atlas Hearing Aids Free Cleaning [ARF1] Stronger Seniors [W2] Music and Worship [TH1] Creative Coloring [ARF1] Beanbag Baseball [ARF1] The Marvelous Mrs. Maisel [TH1]	8:30 10:15 11:00 1:00 2:00 3:30	Morning Stretch [W2] Art Reflections [TH1] Find Your Balance [W2] Volley Folley [W2] Nostalgic Movie [TH1] New in the News [GR2]	8:30 9:45 11 1:00 2:00 3:30 6:00	Morning Stretch [W2] AH Auction [ARF1] Senior Fitness [W2] Jeopardy Team Trivia [GR2] Bridge Club [GR2] Movie Night [TH1]
8:30 Morning Stretch [W2] 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 The Bible - Series [TH1] 1:00 PE Stronger Senior Stretch [W2] 2:00 Bingo [ARF1] 3:30 AH Singers Choir Practice [GR2] 5:00 90TH ACADEMY AWARDS [TH1] 6:00 Game Night [GR2]	8:30 Morning Stretch [W2] 10:00 Estable Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 1:30 Shopping at Winco [R1] 2:00 Arts and Crafts [AFB1] 3:00 Step by Step with Rudy [ARF1] 3:30 Rummikub [GR2] 6:00 Ken Burns- American Lives [TH1]	9:30 Brain Games [AFB1] 10:00 AE Book Club [LIB2] 11:00 Let's Talk Activities with Melissa [ARF1]	8:30 Morning Stretch [W2] 9:30 Shopping at Walmart [R1] 10:00 Poker with Joe [GR2] 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 Farkle [GR2] 6:00 Movie Night [TH1]	10:00 11:00 1:00 1:30 2:00	Morning Stretch [W2] Math and Riddle Bingo [CY1] Anagrams with Joe [ARF1] Stronger Seniors [W2] Ceramic Painting at Petroglyph [R1] Creative Coloring [ARF1] Beanbag Baseball [ARF1] The Marvelous Mrs. Maisel [TH1]	8:30 10:00 11:00 1:00 2:00 3:30	Morning Stretch [W2] Kings in the Corner [ARF1] Find Your Balance [W2] Volley Folley [W2] Nostalgic Movie [TH1] New in the News [GR2]	8:30 10:00 1:00 2:00 3:30 6:00	Morning Stretch [W2] Horse Races [ARF1] Senior Fitness [W2] Jeopardy Team Trivia [GR2] Bridge Club [GR2] Movie Night [TH1]
Daylight Saving Time Begins 8:30 Morning Stretch [W2] 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 № Stronger Senior Stretch [W2] 2:00 Bingo [ARF1] 3:30 ♣ AH Singers Choir Practice [GR2] 6:00 Game Night [GR2]	8:30 Morning Stretch [W2] 10:00 E Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 2:00 Arts and Crafts [AFB1] 3:00 Step by Step with Rudy [ARF1] 3:30 Rummikub [GR2] 6:00 Ken Burns- American Lives [TH1]	[W2] 9:30 Brain Games [ARF1] 10:00 AE Book Club [LIB2] 11:00 Food For Thought with Eddie [ARF1]	8:30 Morning Stretch [W2] 10:00 Poker with Joe [GR2] 11:00 AH Singers Choir Practice [GR2] 11:30 Lunch Outing at La Placita [R1] 1:00 Seated Yoga [W2] 1:30 Knits and Knots with Breanna [ARF1] 1:45 Matinee [ARF1] 2:15 Crossword Puzzles [GR2] 3:30 Farkle [GR2]	9:30 10:30 1:00 2:00 2:00 3:30 6:00	Morning Stretch [W2] Spiritual Connections [ARF1] Lend a Heart Pet Visit [GR2] Stronger Seniors [W2] Music and Worship [TH1] Creative Coloring [ARF1] Beanbag Baseball [ARF1] The Marvelous Mrs. Maisel [TH1]	8:30 10:00 11:00 1:00 2:00 3:30	Morning Stretch [W2] Kings in the Corner [ARF1] Find Your Balance [W2] Volley Folley [W2] Nostalgic Movie [TH1] New in the News [GR2]	St. Patric 8:30 10:00 1:00 2:00 3:30 6:00	Morning Stretch [W2] Horse Races [ARF1] Senior Fitness [W2] St Patrick's Day Sing Along [GR2] Bridge Club [GR2] Movie Night [TH1]
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