


March 2018  
Independent Living Lifestyle & Leisure



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><p>Almond Heights Senior Living</p></div> <div>8685 Greenback Lane Orangevale, CA 95662 916-542-7988</div>				<div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connection</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle &amp; Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div> <div><div>Court Yard First Floor</div><div>Dining Room</div><div>First Floor Activity Back Room</div><div>First Floor Front Activity Room</div><div>Great Room</div><div>Library</div><div>Lobby</div><div>Theater</div><div>Wellness Room</div><div>CY1</div><div>DR1</div><div>AFB1</div><div>ARF1</div><div>GR2</div><div>LIB2</div><div>R1</div><div>TH1</div><div>W2</div></div>				<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Spiritual Connections [GR2]</div> <div><div>11:00</div>Anagrams with Joe [ARF1]</div> <div><div>11:00</div><div>LL</div>Atlas Hearing Aids Free Cleaning [ARF1]</div> <div><div>1:00</div>Stronger Seniors [W2]</div> <div><div>2:00</div>Music and Worship [TH1]</div> <div><div>2:00</div>Creative Coloring [ARF1]</div> <div><div>3:30</div>Beanbag Baseball [ARF1]</div> <div><div>6:00</div>The Marvelous Mrs. Maisel [TH1]</div> <div>1</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:15</div>Art Reflections [TH1]</div> <div><div>11:00</div>Find Your Balance [W2]</div> <div><div>1:00</div>Volley Folley [W2]</div> <div><div>2:00</div>Nostalgic Movie [TH1]</div> <div><div>3:30</div>New in the News [GR2]</div> <div>2</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:45</div><div>LL</div>AH Auction [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>2:00</div>Jeopardy Team Trivia [GR2]</div> <div><div>3:30</div>Bridge Club [GR2]</div> <div><div>6:00</div>Movie Night [TH1]</div> <div>3</div>	
<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:00</div><div>SS</div>Worship and the Word [ARF1]</div> <div><div>9:30</div>Catholic Communion [AFB1]</div> <div><div>11:00</div>The Bible - Series [TH1]</div> <div><div>1:00</div><div>PE</div>Stronger Senior Stretch [W2]</div> <div><div>2:00</div>Bingo [ARF1]</div> <div><div>3:30</div><div>LL</div>AH Singers Choir Practice [GR2]</div> <div><div>5:00</div>90TH ACADEMY AWARDS [TH1]</div> <div><div>6:00</div>Game Night [GR2]</div> <div>4</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div><div>CE</div>Beginning Spanish with Aldo [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>1:30</div>Shopping at Winco [R1]</div> <div><div>2:00</div>Arts and Crafts [AFB1]</div> <div><div>3:00</div>Step by Step with Rudy [ARF1]</div> <div><div>3:30</div>Rummikub [GR2]</div> <div><div>6:00</div>Ken Burns- American Lives [TH1]</div> <div>5</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Brain Games [AFB1]</div> <div><div>10:00</div><div>AE</div>Book Club [LIB2]</div> <div><div>11:00</div>Let's Talk Activities with Melissa [ARF1]</div> <div><div>1:00</div>Chair Dancing [W2]</div> <div><div>2:00</div>Happy Hour with Hisayo [GR2]</div> <div><div>3:30</div><div>PE</div>Wii Bowling [TH1]</div> <div><div>6:00</div>MASH [TH1]</div> <div>6</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Shopping at Walmart [R1]</div> <div><div>10:00</div>Poker with Joe [GR2]</div> <div><div>11:00</div>AH Singers Choir Practice [GR2]</div> <div><div>1:00</div>Seated Yoga [W2]</div> <div><div>1:45</div>Senior Companions [ARF1]</div> <div><div>3:30</div><div>SS</div>Celebrate Communion [AFB1]</div> <div><div>4:00</div><div>LL</div>Farkle [GR2]</div> <div><div>6:00</div>Movie Night [TH1]</div> <div>7</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Math and Riddle Bingo [CY1]</div> <div><div>11:00</div>Anagrams with Joe [ARF1]</div> <div><div>1:00</div>Stronger Seniors [W2]</div> <div><div>1:30</div>Ceramic Painting at Petroglyph [R1]</div> <div><div>2:00</div>Creative Coloring [ARF1]</div> <div><div>3:30</div>Beanbag Baseball [ARF1]</div> <div><div>6:00</div>The Marvelous Mrs. Maisel [TH1]</div> <div>8</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Kings in the Corner [ARF1]</div> <div><div>11:00</div>Find Your Balance [W2]</div> <div><div>1:00</div>Volley Folley [W2]</div> <div><div>2:00</div>Nostalgic Movie [TH1]</div> <div><div>3:30</div>New in the News [GR2]</div> <div>9</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Horse Races [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>2:00</div>Jeopardy Team Trivia [GR2]</div> <div><div>3:30</div>Bridge Club [GR2]</div> <div><div>6:00</div>Movie Night [TH1]</div> <div>10</div>	
<div>Daylight Saving Time Begins</div> <div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:00</div><div>SS</div>Worship and the Word [ARF1]</div> <div><div>9:30</div>Catholic Communion [AFB1]</div> <div><div>11:00</div>The Bible - Series [TH1]</div> <div><div>1:00</div><div>PE</div>Stronger Senior Stretch [W2]</div> <div><div>2:00</div>Bingo [ARF1]</div> <div><div>3:30</div><div>LL</div>AH Singers Choir Practice [GR2]</div> <div><div>6:00</div>Game Night [GR2]</div> <div>11</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div><div>CE</div>Beginning Spanish with Aldo [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>2:00</div>Arts and Crafts [AFB1]</div> <div><div>3:00</div>Step by Step with Rudy [ARF1]</div> <div><div>3:30</div>Rummikub [GR2]</div> <div><div>6:00</div>Ken Burns- American Lives [TH1]</div> <div>12</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Brain Games [ARF1]</div> <div><div>10:00</div><div>AE</div>Book Club [LIB2]</div> <div><div>11:00</div>Food For Thought with Eddie [ARF1]</div> <div><div>1:00</div>Chair Dancing [W2]</div> <div><div>2:00</div>Happy Hour with Beny [GR2]</div> <div><div>3:30</div><div>PE</div>Wii Bowling [TH1]</div> <div><div>6:00</div>MASH [TH1]</div> <div>13</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div><div>LL</div>Poker with Joe [GR2]</div> <div><div>11:00</div>AH Singers Choir Practice [GR2]</div> <div><div>11:30</div>Lunch Outing at La Placita [R1]</div> <div><div>1:00</div>Seated Yoga [W2]</div> <div><div>1:30</div>Knits and Knots with Breanna [ARF1]</div> <div><div>1:45</div>Matinee [ARF1]</div> <div><div>2:15</div>Crossword Puzzles [GR2]</div> <div><div>3:30</div><div>LL</div>Farkle [GR2]</div> <div>14</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Spiritual Connections [ARF1]</div> <div><div>10:30</div>Lend a Heart Pet Visit [GR2]</div> <div><div>1:00</div>Stronger Seniors [W2]</div> <div><div>2:00</div>Music and Worship [TH1]</div> <div><div>2:00</div>Creative Coloring [ARF1]</div> <div><div>3:30</div>Beanbag Baseball [ARF1]</div> <div><div>6:00</div>The Marvelous Mrs. Maisel [TH1]</div> <div>15</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Kings in the Corner [ARF1]</div> <div><div>11:00</div>Find Your Balance [W2]</div> <div><div>1:00</div>Volley Folley [W2]</div> <div><div>2:00</div>Nostalgic Movie [TH1]</div> <div><div>3:30</div>New in the News [GR2]</div> <div>16</div>		<div>St. Patrick's Day</div> <div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Horse Races [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>2:00</div>St Patrick's Day Sing Along [GR2]</div> <div><div>3:30</div>Bridge Club [GR2]</div> <div><div>6:00</div>Movie Night [TH1]</div> <div>17</div>	
<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:00</div><div>SS</div>Worship and the Word [ARF1]</div> <div><div>9:30</div>Catholic Communion [AFB1]</div> <div><div>11:00</div>The Bible - Series [TH1]</div> <div><div>1:00</div><div>PE</div>Stronger Senior Stretch [W2]</div> <div><div>2:00</div>Bingo [ARF1]</div> <div><div>3:30</div><div>LL</div>AH Singers Choir Practice [GR2]</div> <div><div>6:00</div>Game Night [GR2]</div> <div>18</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div><div>CE</div>Beginning Spanish with Aldo [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>1:30</div>Shopping at Sunrise Mall [R1]</div> <div><div>2:00</div>Arts and Crafts [AFB1]</div> <div><div>3:00</div>Step by Step with Rudy [ARF1]</div> <div><div>3:30</div>Rummikub [GR2]</div> <div><div>6:00</div>Ken Burns- American Lives [TH1]</div> <div>19</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Brain Games [ARF1]</div> <div><div>10:00</div><div>AE</div>Book Club [LIB2]</div> <div><div>11:00</div><div>CC</div>Resident Council [ARF1]</div> <div><div>1:00</div>Chair Dancing [W2]</div> <div><div>2:00</div>Happy Hour with Breakthrough [GR2]</div> <div><div>3:30</div><div>PE</div>Wii Bowling [TH1]</div> <div><div>6:00</div>MASH [TH1]</div> <div>20</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Shopping at Michaels [R1]</div> <div><div>10:00</div>Poker with Joe [GR2]</div> <div><div>11:00</div>AH Singers Choir Practice [GR2]</div> <div><div>11:30</div>Wok This Way Asian Stir Fry [DR1]</div> <div><div>1:00</div>Seated Yoga [W2]</div> <div><div>1:45</div>Matinee [ARF1]</div> <div><div>2:15</div>Crossword Puzzles [GR2]</div> <div><div>3:30</div><div>LL</div>Farkle [GR2]</div> <div>21</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Math and Riddle Bingo [CY1]</div> <div><div>11:00</div>Anagrams with Joe [ARF1]</div> <div><div>1:00</div>Stronger Seniors [W2]</div> <div><div>2:00</div>Helping Others [AFB1]</div> <div><div>3:30</div>Beanbag Baseball [ARF1]</div> <div><div>6:00</div>The Marvelous Mrs. Maisel [TH1]</div> <div>22</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:15</div>Art Reflections [TH1]</div> <div><div>11:00</div>Find Your Balance [W2]</div> <div><div>1:00</div>Volley Folley [W2]</div> <div><div>2:00</div>Nostalgic Movie [TH1]</div> <div><div>3:30</div>New in the News [GR2]</div> <div>23</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Horse Races [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>2:00</div>Jeopardy Team Trivia [GR2]</div> <div><div>3:30</div>Bridge Club [GR2]</div> <div><div>6:00</div>Movie Night [TH1]</div> <div>24</div>	
<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:00</div><div>SS</div>Worship and the Word [ARF1]</div> <div><div>9:30</div>Catholic Communion [AFB1]</div> <div><div>11:00</div>The Bible - Series [TH1]</div> <div><div>1:00</div><div>PE</div>Stronger Senior Stretch [W2]</div> <div><div>2:00</div>Bingo [ARF1]</div> <div><div>3:30</div><div>LL</div>AH Singers Choir Practice [GR2]</div> <div><div>6:00</div>Game Night [GR2]</div> <div>25</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div><div>CE</div>Beginning Spanish with Aldo [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>2:00</div>Arts and Crafts [AFB1]</div> <div><div>3:00</div>Step by Step with Rudy [ARF1]</div> <div><div>3:30</div>Rummikub [GR2]</div> <div><div>6:00</div>Ken Burns- American Lives [TH1]</div> <div>26</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Brain Games [ARF1]</div> <div><div>10:00</div><div>AE</div>Book Club [LIB2]</div> <div><div>11:00</div>Health Talks with Suzy [ARF1]</div> <div><div>1:00</div>Chair Dancing [W2]</div> <div><div>2:00</div>Happy Hour with Jack Convey [GR2]</div> <div><div>3:30</div><div>PE</div>Wii Bowling [TH1]</div> <div><div>6:00</div>MASH [TH1]</div> <div>27</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Poker with Joe [GR2]</div> <div><div>11:00</div>AH Singers Choir Practice [GR2]</div> <div><div>11:30</div>Lunch Outing- Claim Jumpers [R1]</div> <div><div>1:00</div>Seated Yoga [W2]</div> <div><div>1:30</div>Knits and Knots with Breanna [ARF1]</div> <div><div>1:45</div>Matinee [ARF1]</div> <div><div>2:15</div>Crossword Puzzles [GR2]</div> <div><div>3:30</div><div>LL</div>Farkle [GR2]</div> <div>28</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>9:30</div>Spiritual Connections [GR2]</div> <div><div>11:00</div>Anagrams with Joe [ARF1]</div> <div><div>1:00</div>Stronger Seniors [W2]</div> <div><div>2:00</div>Tour and Tasting at Thin Line Brewery [R1]</div> <div><div>2:00</div>Creative Coloring [ARF1]</div> <div><div>3:30</div>Beanbag Baseball [ARF1]</div> <div><div>6:00</div>The Marvelous Mrs. Maisel [TH1]</div> <div>29</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>1:00</div>Volley Folley [W2]</div> <div><div>2:00</div>Nostalgic Movie [TH1]</div> <div><div>3:30</div>New in the News [GR2]</div> <div>30</div>		<div><div>8:30</div>Morning Stretch [W2]</div> <div><div>10:00</div>Horse Races [ARF1]</div> <div><div>1:00</div>Senior Fitness [W2]</div> <div><div>2:00</div>Easter Eggsvaganza Hunt [CY1]</div> <div><div>3:30</div>Bridge Club [GR2]</div> <div><div>6:00</div>Movie Night [TH1]</div> <div>31</div>	

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