

April 2018
Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>EASTER</div> <div>8:30 Morning Stretch [W2]</div> <div>9:00 SS Worship and the Word [ARF1]</div> <div>10:30 Easter Brunch [DR1]</div> <div>11:00 The Bible - Series [TH1]</div> <div>1:00 PE Stronger Senior Stretch [W2]</div> <div>2:00 Bingo [ARF1]</div> <div>3:30 LL AH Singers Choir Practice [GR2]</div> <div>6:00 Jesus Christ Superstar Live [TH1]</div> <div>1</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 CE Beginning Spanish with Aldo [ARF1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Card Games [GR2]</div> <div>3:00 Step by Step with Rudy [ARF1]</div> <div>3:30 Rummikub [GR2]</div> <div>6:00 Raiders of the Lost Art/ TV Series [TH1]</div> <div>2</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Brain Games [ARF1]</div> <div>10:00 AE Book Club [LIB2]</div> <div>11:00 Let's Talk Activities with Melissa [ARF1]</div> <div>1:00 Chair Dancing [W2]</div> <div>2:00 Happy Hour with Rick Turnage [GR2]</div> <div>3:30 PE Wii Bowling [TH1]</div> <div>6:00 MASH [TH1]</div> <div>3</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Shopping at Walmart</div> <div>10:00 Arts and Crafts [ARF1]</div> <div>11:00 AH Singers Choir Practice [GR2]</div> <div>1:00 Seated Yoga [W2]</div> <div>1:45 Senior Companions [ARF1]</div> <div>3:30 LL Farkle [GR2]</div> <div>3:30 SS Celebrate Communion [AFB1]</div> <div>6:00 Movie Night [TH1]</div> <div>4</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Math and Riddle Bingo [ARF1]</div> <div>11:00 Anagrams with Joe [ARF1]</div> <div>11:00 LL Atlas Hearing Aids Free Cleaning [ARF1]</div> <div>1:00 Stronger Seniors [W2]</div> <div>2:00 Creative Coloring [ARF1]</div> <div>3:00 VITAS/Caregiver Support Group [AFB1]</div> <div>3:30 Beanbag Baseball [ARF1]</div> <div>6:00 Ken Burns- The Roosevelt's/ TV Series [TH1]</div> <div>5</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:15 Art Reflections [TH1]</div> <div>11:00 Find Your Balance [W2]</div> <div>1:00 Volley Folley [W2]</div> <div>2:00 Nostalgic Movie [TH1]</div> <div>3:30 New in the News [GR2]</div> <div>6</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:45 LL AH Auction [ARF1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Jeopardy Team Trivia [GR2]</div> <div>3:30 Bridge Club [GR2]</div> <div>6:00 Movie Night [TH1]</div> <div>7</div>
<div>8:30 Morning Stretch [W2]</div> <div>9:00 SS Worship and the Word [ARF1]</div> <div>9:30 Catholic Communion [AFB1]</div> <div>11:00 The Bible - Series [TH1]</div> <div>1:00 PE Stronger Senior Stretch [W2]</div> <div>2:00 Bingo [ARF1]</div> <div>3:30 LL AH Singers Choir Practice [GR2]</div> <div>4:30 Ladies Night Out/ Texas RoadHouse [R1]</div> <div>8</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 CE Beginning Spanish with Aldo [ARF1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Shopping At Winco [R1]</div> <div>2:00 Card Games [GR2]</div> <div>3:00 Step by Step with Rudy [ARF1]</div> <div>3:30 Rummikub [GR2]</div> <div>6:00 Raiders of the Lost Art/ TV Series [TH1]</div> <div>9</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Brain Games [ARF1]</div> <div>10:00 AE Book Club [LIB2]</div> <div>11:00 Food For Thought with Eddie [ARF1]</div> <div>1:00 Chair Dancing [W2]</div> <div>2:00 Happy Hour with Antonio [GR2]</div> <div>3:30 PE Wii Bowling [TH1]</div> <div>6:00 MASH [TH1]</div> <div>10</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Arts and Crafts [ARF1]</div> <div>11:00 Lunch Outing at Pottery World Cafe [R1]</div> <div>11:00 AH Singers Choir Practice [GR2]</div> <div>1:00 Seated Yoga [W2]</div> <div>1:30 Knits and Knots with Breanna [AFB1]</div> <div>1:45 Matinee [ARF1]</div> <div>2:15 Crossword Puzzles [GR2]</div> <div>3:30 LL Farkle [GR2]</div> <div>11</div>	<div>BASEBALL DAY</div> <div>8:30 Morning Stretch [W2]</div> <div>9:30 Spiritual Connections [GR2]</div> <div>11:00 Anagrams with Joe [ARF1]</div> <div>1:00 Stronger Seniors [W2]</div> <div>2:00 Music and Worship [TH1]</div> <div>2:00 Creative Coloring [ARF1]</div> <div>3:30 Beanbag Baseball [ARF1]</div> <div>6:00 Ken Burns- The Roosevelt's/ TV Series [TH1]</div> <div>12</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Kings in the Corner [ARF1]</div> <div>11:00 Find Your Balance [W2]</div> <div>1:00 Volley Folley [W2]</div> <div>2:00 Nostalgic Movie [TH1]</div> <div>3:30 New in the News [GR2]</div> <div>13</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Horse Races [ARF1]</div> <div>11:00 the Computer Tutor (NEW) [C2]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Jeopardy Team Trivia [GR2]</div> <div>3:30 Bridge Club [GR2]</div> <div>6:00 Movie Night [TH1]</div> <div>14</div>
<div>8:30 Morning Stretch [W2]</div> <div>9:00 SS Worship and the Word [ARF1]</div> <div>9:30 Catholic Communion [AFB1]</div> <div>11:00 The Bible - Series [TH1]</div> <div>1:00 PE Stronger Senior Stretch [W2]</div> <div>2:00 Bingo [ARF1]</div> <div>3:30 LL AH Singers Choir Practice [GR2]</div> <div>6:00 Game Night [GR2]</div> <div>15</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 CE Beginning Spanish with Aldo [ARF1]</div> <div>10:30 Outing- River Cats Baseball [R1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Card Games [GR2]</div> <div>3:00 Step by Step with Rudy [ARF1]</div> <div>3:30 Rummikub [GR2]</div> <div>6:00 Raiders of the Lost Art/ TV Series [TH1]</div> <div>16</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Brain Games [ARF1]</div> <div>10:00 AE Book Club [LIB2]</div> <div>11:00 CC Resident Council [ARF1]</div> <div>1:00 Chair Dancing [W2]</div> <div>2:00 Happy Hour with Linda Herring [GR2]</div> <div>3:30 PE Wii Bowling [TH1]</div> <div>6:00 MASH [TH1]</div> <div>17</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Arts and Crafts [ARF1]</div> <div>11:00 AH Singers Choir Practice [GR2]</div> <div>1:00 Seated Yoga [W2]</div> <div>1:45 Matinee [ARF1]</div> <div>2:00 Outing- Scenic Drive [R1]</div> <div>2:15 Crossword Puzzles [GR2]</div> <div>3:30 LL Farkle [GR2]</div> <div>18</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Math and Riddle Bingo [ARF1]</div> <div>10:30 Lend a Heart Pet Visit [GR2]</div> <div>1:00 Movie Outing [R1]</div> <div>1:00 Stronger Seniors [W2]</div> <div>2:00 Creative Coloring [ARF1]</div> <div>3:00 VITAS/Caregiver Support Group [AFB1]</div> <div>3:30 Beanbag Baseball [ARF1]</div> <div>6:00 Ken Burns- The Roosevelt's/ TV Series [TH1]</div> <div>19</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Music Appreciation with Joe (NEW) [ARF1]</div> <div>11:00 Find Your Balance [W2]</div> <div>1:00 Volley Folley [W2]</div> <div>2:00 Nostalgic Movie [TH1]</div> <div>3:30 New in the News [GR2]</div> <div>20</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Horse Races [ARF1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Jeopardy Team Trivia [GR2]</div> <div>3:30 Bridge Club [GR2]</div> <div>6:00 Movie Night [TH1]</div> <div>21</div>
<div>8:30 Morning Stretch [W2]</div> <div>9:00 SS Worship and the Word [ARF1]</div> <div>9:30 Catholic Communion [AFB1]</div> <div>11:00 The Bible - Series [TH1]</div> <div>1:00 PE Stronger Senior Stretch [W2]</div> <div>2:00 Bingo [ARF1]</div> <div>3:30 LL AH Singers Choir Practice [GR2]</div> <div>6:00 Game Night [GR2]</div> <div>22</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 CE Beginning Spanish with Aldo [ARF1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Card Games [GR2]</div> <div>3:00 Step by Step with Rudy [ARF1]</div> <div>3:30 Rummikub [GR2]</div> <div>6:00 Raiders of the Lost Art/ TV Series [TH1]</div> <div>23</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Brain Games [ARF1]</div> <div>10:00 AE Book Club [LIB2]</div> <div>11:00 Health Talks with Suzy [ARF1]</div> <div>1:00 Chair Dancing [W2]</div> <div>2:00 Happy Hour with Dan Warschauer [GR2]</div> <div>3:30 PE Wii Bowling [TH1]</div> <div>6:00 MASH [TH1]</div> <div>24</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Shopping at Goodwill [R1]</div> <div>10:00 Arts and Crafts [ARF1]</div> <div>11:00 AH Singers Choir Practice [GR2]</div> <div>11:30 Eggcellent Omelette Bar [DR1]</div> <div>1:00 Seated Yoga [W2]</div> <div>1:45 Matinee [ARF1]</div> <div>2:15 Crossword Puzzles [GR2]</div> <div>3:30 LL Farkle [GR2]</div> <div>25</div>	<div>8:30 Morning Stretch [W2]</div> <div>9:30 Spiritual Connections [GR2]</div> <div>11:00 Anagrams with Joe [ARF1]</div> <div>1:00 Stronger Seniors [W2]</div> <div>2:00 Helping Others [ARF1]</div> <div>2:00 Music and Worship [TH1]</div> <div>3:30 Beanbag Baseball [ARF1]</div> <div>6:00 Ken Burns- The Roosevelt's/ TV Series [TH1]</div> <div>26</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:15 Art Reflections [TH1]</div> <div>11:00 Find Your Balance [W2]</div> <div>1:00 Volley Folley [W2]</div> <div>2:00 Nostalgic Movie [TH1]</div> <div>3:30 New in the News [GR2]</div> <div>27</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 Horse Races [ARF1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Jeopardy Team Trivia [GR2]</div> <div>3:30 Bridge Club [GR2]</div> <div>6:00 Movie Night [TH1]</div> <div>28</div>
<div>8:30 Morning Stretch [W2]</div> <div>9:00 SS Worship and the Word [ARF1]</div> <div>9:30 Catholic Communion [AFB1]</div> <div>11:00 The Bible - Series [TH1]</div> <div>1:00 PE Stronger Senior Stretch [W2]</div> <div>2:00 Bingo [ARF1]</div> <div>3:30 LL AH Singers Choir Practice [GR2]</div> <div>6:00 Game Night [GR2]</div> <div>29</div>	<div>8:30 Morning Stretch [W2]</div> <div>10:00 CE Beginning Spanish with Aldo [ARF1]</div> <div>1:00 Senior Fitness [W2]</div> <div>2:00 Card Games [GR2]</div> <div>3:00 Step by Step with Rudy [ARF1]</div> <div>3:30 Rummikub [GR2]</div> <div>6:00 Raiders of the Lost Art/ TV Series [TH1]</div> <div>30</div>	<div></div> <div>8685 Greenback Lane Orangevale, CA 95662 916-542-7988</div> <div><div>AE Artistic Expression</div><div>CC Community Connection</div><div>CE Continuing Education</div><div>LL Lifestyle & Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div> <div><div>Location Keys</div><div>Computer Room C2</div><div>Dining Room DR1</div><div>First Floor Activity Back Room AFB1</div><div>First Floor Front Activity Room ARF1</div><div>Great Room GR2</div><div>Library LIB2</div><div>Lobby R1</div><div>Theater TH1</div><div>Wellness Room W2</div></div>				