


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><b>Spiritual Moments: Easter Reading</b> <i>Wear Your Pastels</i></p> <p><b>April Fool's Day: Funny Bunny Trivia</b></p> <p><b>Good News Circle: What's in the News</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p>9:30 Good Morning Spring Flowers Outing 9:30AM</p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>11:00 Easter Party &amp; Egg Hunt</p> <p>2:00 Lakeside Refreshments 2:00pm</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Ladies Club: Let's Bake</b></p> <p><b>You and Me Sing a Long</b></p> <p><b>Nothing But Good News Circle</b></p> <p><b>Nails and Hand Spa</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Walking for Better Health</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>6:00 Monday Night at the Movies</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>	<p><b>Let's Talk Health: Weights AM &amp; PM</b></p> <p><b>Celestial Trivia</b></p> <p><b>Good News Circle: What's in the News</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>Let's Create</b></p> <p><b>Let's Make Music: Instruments and song</b></p> <p><b>You Be The Judge</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Let's Bake</b></p> <p><b>Nothing But Good News Circle</b></p> <p><b>Walking for Better Health</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Poetry and Short Stories</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>11:00 Music to Our Ears Event</p> <p>2:00 Out and About Outing: Dunkin Donuts/ Coffee 2PM</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Men's Club: Game Time, Who's Your Team?</b></p> <p><b>Good News Circle: What's in the News</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>11:00 Spiritual Connections 11 AM</p> <p>11:30 Flower Arranging Group</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Nothing But Good News Circle</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Let's Create</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>You and Me Sing a Long</b></p> <p><b>Bean Bag Bounce</b></p> <p><b>Be Strong Stretch</b></p> <p><b>Walking for Better Health</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Letter's Home</b></p> <p><b>Good News Circle: What's in the News</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Brain Buster Trivia</b></p> <p><b>Poetry and Short Stories</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>B I N G O</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>
<p><b>Good News Circle: What's in the News</b></p> <p><b>Walking for Better Health</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>Spiritual Moments</b></p> <p><b>Let's Create</b></p> <p>9:30 Good Morning Outing to Old Folsom 9:30AM</p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>2:00 Country Drive Outing 2PM</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Crazy Sock Day</b></p> <p><b>Ladies Club: Coffee, What was your style</b></p> <p><b>Nails and Hand Spa</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Be Strong Stretch</b></p> <p><b>Walking for Better Health</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>3:00 Nothing But Good News Circle</p> <p>6:00 Monday Night at the Movies</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>	<p><b>Operation Gratitude: Letters to Our Troops</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>Let's Create</b></p> <p><b>Let's Make Music: Instruments and song</b></p> <p><b>You Be The Judge</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Walking for Better Health</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Poetry and Short Stories</b></p> <p><b>Long Word/Short Word</b></p> <p><b>Be Strong Stretch</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>2:00 Outing: For all our Gardener's 2PM</p> <p>3:00 Nothing But Good News Circle</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Men's Club: Coffee Time Chat on the Patio</b></p> <p><b>Nail Spa</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>1:30 Garden Planting on the Patio</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Walking for Better Health</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Let's Create</b></p> <p><b>You and Me Sing a Long</b></p> <p><b>Bean Bag Bounce</b></p> <p><b>Be Strong Stretch</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>2:00 Taste and Tell with the Chef</p> <p>3:00 Nothing But Good News Circle</p> <p>7:00 Reflection's on a Friday: How was your Week?</p>	<p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Brain Buster Trivia</b></p> <p><b>Poetry and Short Stories</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>B I N G O</b></p> <p><b>Letter's Home</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>
<p><b>Walking for Better Health</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>Spiritual Moments</b></p> <p><b>Getting To Know Me</b></p> <p>9:30 Capital Drive 9:30AM</p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>11:00 Celebration of Life</p> <p>2:00 Folsom Lake Drive 2PM</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Ladies Club: Weddings</b></p> <p><b>Planting on the Patio</b></p> <p><b>Nails and Hand Spa</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Be Strong Stretch</b></p> <p><b>Walking for Better Health</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>3:00 Nothing But Good News Circle</p> <p>6:00 Monday Night at the Movies</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>	<p><b>Let's Create: Pineapple Upside Down Cakes</b></p> <p><b>Island Music and the Hula</b></p> <p><b>Tropical Tuesday: The Islands</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Music and Refreshment's with Marvin</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>You Be The Judge</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Poetry and Short Stories</b></p> <p><b>Be Strong Stretch</b></p> <p><b>Walking for Better Health</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>11:00 Music to Our Ears Event</p> <p>2:00 Picnic Outing 2PM</p> <p>3:00 Nothing But Good News Circle</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Men's Club: Fire Dept.</b></p> <p><b>Let's Bake Cookie's for The Fire Department</b></p> <p><b>Let's Talk Health</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>11:00 Spiritual Connections 11 AM</p> <p>11:30 Flower Arranging Group</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Around the World: What Was Your Favorite Trip</b></p> <p><b>Walking for Better Health</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Let's Create</b></p> <p><b>You and Me Sing a Long</b></p> <p><b>Bean Bag Bounce</b></p> <p><b>Be Strong Stretch</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>3:00 Nothing But Good News Circle</p> <p>7:00 Reflection's on a Friday: How was your Week?</p>	<p><b>Balloon Bounce</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Brain Buster Trivia</b></p> <p><b>Poetry and Short Stories</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>B I N G O</b></p> <p><b>Letter's Home</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>
<p><b>Earth Day: Tree Planting</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>Spiritual Moments</b></p> <p><b>Let's Create</b></p> <p>9:30 Rose Garden Drive</p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>2:00 Pizza in the Park 2PM</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Ladies Club: Who Am I Art</b></p> <p><b>Let's Bake</b></p> <p><b>Nails and Hand Spa</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Be Strong Stretch</b></p> <p><b>Walking for Better Health</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>3:00 Nothing But Good News Circle</p> <p>6:00 Monday Night at the Movies</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>	<p><b>Birthday Celebration Party</b></p> <p><b>Traveling the States:Scavenger Hunt</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>Let's Create</b></p> <p><b>Let's Make Music: Instruments and song</b></p> <p><b>You Be The Judge</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Wacky Tacky Clash Wednesday</b></p> <p><b>Walking for Better Health</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Poetry and Short Stories</b></p> <p><b>Be Strong Stretch</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>2:00 A Trip to the Stables 2PM</p> <p>3:00 Nothing But Good News Circle</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Men's Club: It's a Poker Game</b></p> <p><b>Bean Bag Baseball on the Patio</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>3:00 Good News Circle: What's in the News</p> <p>3:30 What's your Favorite Beverage, You</p> <p>6:00 Throw Bad Thursday Movie</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Let's Create</b></p> <p><b>Bean Bag Bounce</b></p> <p><b>Be Strong Stretch</b></p> <p><b>Walking for Better Health</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>3:00 Nothing But Good News Circle</p> <p>4:00 Mocktails and Music</p> <p>7:00 Sound Therapy: Tranquility For the Body and Soul</p>	<p><b>Let's Bake Brownies!</b></p> <p><b>Moving and Grooving In the Afternoon</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Brain Buster Trivia</b></p> <p><b>Poetry and Short Stories</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>B I N G O</b></p> <p><b>Letter's Home</b></p> <p>9:30 Morning Exercise: Senior Stay Active</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>
<p><b>10:30am, 3pm &amp; 7pm Hydration &amp; Snack</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Neighborhood Art Walk</b></p> <p><b>Spiritual Moments</b></p> <p><b>Let's Create</b></p> <p>9:30 Old Sacramento Outing 9:30AM</p> <p>9:30 Morning Exercise; Sit and Be Fit</p> <p>2:00 Afternoon in the Park Outing 2PM</p> <p>3:00 Good News Circle: What's in the News</p> <p>7:00 Daily Wind Down:Hand Massage &amp; Relaxing Moments</p>	<p><b>Ladies Club: Let's Bake</b></p> <p><b>Sound Therapy: Tranquility For the Body &amp; Soul</b></p> <p><b>Nails and Hand Spa</b></p> <p><b>10:30am, 3pm &amp; 7pm Hydration &amp; Snack</b></p> <p><b>Daily Chronicle Round Table</b></p> <p><b>Small group activity( indoor/outdoor games,word games, cards, walks, puzzles)</b></p> <p><b>Be Strong Stretch</b></p> <p>9:30 Morning Exercise: Chair Dance</p> <p>3:00 Nothing But Good News Circle</p> <p>6:00 Monday Night at the Movies</p> <p>7:00 Daily Reflection's: Thing's That Made You Smile</p>	<div style="text-align: center;">  <p><b>Almond Heights</b> Senior Living</p> <p>8685 Greenback Lane Orangevale, CA 95662 916-542-7988</p> <p>Healthy Snacks &amp; Hydration offered throughout each day!</p> </div>				