


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
WINDING COMMONS	9:00am- Exercise 1 9:00am-Wii Bowling 1:00pm- Exercise Walker & Chair Dance 1:15pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge	9:00am-Bible Study 2 9:00am- Exercise 10:00am-Blood Pressure 10:00am- Flu Shots Kaiser 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo <small>Simchat Torah</small>	9:00am- Exercise Stretch & Sticks 3 12:30pm-Mexican Train 1:00pm- Exercise Walker & Chair Dance 3:30pm- B-day Celebration with Antonio Violinist 4:30pm-Birthday Dinner 7:00pm-Movie Night	9:00am- Exercise Balance Class 4 10:00am-Poker Walk 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia	9:00am- Exercise Weights and Balance 5 9:00am-Michelle's Scarfs 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo	9:00am-Wii Bowling 6 12:30pm-Canasta 12:30pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night	
	12:00pm-Wii Games 7 12:30pm-Mexican Train 1:00pm-Chapel Protestant Services 12:30pm-Sequence 3:00pm-Neighborly Chat	9:00am- Exercise 8 9:00am-Wii Bowling 1:00pm- Exercise Walker & Chair Dance 1:15pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	9:00am-Bible Study 9 9:00am- Exercise 10:00am- RedHawk Casino 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo	9:00am- Exercise Stretch & Sticks 10 12:30pm-Mexican Train 1:00pm- Exercise Walker & Chair Dance 3:30pm- Happy Hour with The Good Time Jazz Band 7:00pm-Movie Night	9:00am- Exercise Balance Class 11 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 3:30pm- Facebook Training 7:00pm-Trivia	9:00am- Exercise Weights and Balance 12 1:00pm-Pokeno 2:00pm- "Howl-o-ween" Pet Parade and Bark-tober Dog Social 3:30pm-Resident Wine Social 7:00pm-Bingo	9:00am-Wii Bowling 13 12:30pm-Canasta 12:30pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night
	12:00pm-Wii Games 14 12:30pm-Mexican Train 1:00pm-Chapel Protestant Services 12:30pm-Sequence	9:00am- Exercise 15 9:00am-Wii Bowling 1:00pm- Exercise Walker & Chair Dance 1:15pm-Poker 2:00pm- Flu Shots with Rite Aid 2:00pm-Puzzles & Snacks 5:45pm-Bridge	9:00am-Bible Study 16 9:00am- Exercise 10:00am-Blood Pressure 10:00am- Bishop's Pumpkin Farm 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo	9:00am- Exercise Stretch & Sticks 17 10:00am-BB Baseball 12:30pm-Mexican Train 1:00pm- Exercise Walker & Chair Dance 3:30pm- Happy Hour with Marvin Ulvild 7:00pm-Movie Night	9:00am- Exercise Balance Class 18 10:00am-Poker Walk 10:00am- Activities Meeting 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia	9:00am- Exercise Weights and Balance 19 10:00am- Paratransit Travel Training 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo	9:00am-Wii Bowling 20 12:30pm-Canasta 12:30pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night
	12:00pm-Wii Games 21 12:30pm-Mexican Train 1:00pm-Chapel Protestant Services 12:30pm-Sequence 3:00pm-Game Day	9:00am- Exercise 22 9:00am-Wii Bowling 10:00am-Creative Cards 1:00pm- Exercise Walker & Chair Dance 1:15pm-Poker 2:00pm-Puzzles & Snacks 3:00pm-Book Club 5:45pm-Bridge	9:00am-Bible Study 23 9:00am- Exercise 10:30am- Cracker Barrel Lunch/ Shop Arden Mall 1:00pm-Bookmobile 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo	9:00am- Exercise Stretch & Sticks 24 12:30pm-Mexican Train 1:00pm- Exercise Walker & Chair Dance 3:30pm- Happy Hour with Rick Turnage 7:00pm-Movie Night	9:00am- Exercise Balance Class 25 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia	9:00am- Exercise Weights and Balance 26 1:00pm-Pokeno 2:00pm- Rhythm Band "Spooktacular" Halloween Concert 3:30pm-Resident Wine Social 7:00pm-Bingo	9:00am-Wii Bowling 27 12:30pm-Canasta 12:30pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night
	12:00pm-Wii Games 28 12:30pm-Mexican Train 1:00pm-Chapel Protestant Services 12:30pm-Sequence	9:00am- Exercise 29 9:00am-Wii Bowling 1:00pm- Exercise Walker & Chair Dance 1:15pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge	9:00am-Bible Study 30 9:00am- Exercise 10:00am- Alpha One's New Location at Mather. Tour, Demonstrations and Barbecue 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo	9:00am- Exercise Stretch & Sticks 31 1:00pm- Halloween Carnival 3:30pm- Happy Hour with the Sacramento Banjo Band-Resident Costume Contest 7:00pm-Movie Night <small>Halloween</small>	 <h1 style="margin: 0;">October 2018</h1> <h2 style="margin: 0;">SPOOKTACULAR ACTIVITIES</h2>		