


# November 2018

## Assisted Living Lifestyle & Leisure

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
 <p><b>Almond Heights Senior Living</b></p> <p>8685 Greenback Lane Orangevale, CA 95662 916-542-7988</p>			<p><b>Location Keys</b></p> <p>Community C Computer Room C2 Dining Room DR1 First Floor Activity Back Room AFB1 First Floor Front Activity Room ARF1 Great Room GR2 Lobby R1 Theater TH1 Wellness Room W2</p>		<p><b>Community Connection</b> CC <b>Continuing Education</b> CE <b>Lifestyle &amp; Leisure</b> LL <b>Physical Engagement</b> PE <b>Spiritual Support</b> SS</p>			
<p><b>Daylight Saving Time Begins</b> 4</p> <p>8:30 Morning Stretch [W2] 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 Planet Earth II (Series) [TH1] 1:00 PE Senior Fitness [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Choir Practice [GR2] 6:00 Game Night [GR2]</p>	<p>8:30 Morning Stretch [W2] 5</p> <p>10:00 CE Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 2:00 Senior Blessings with Rudy [AFB1] 3:00 Kings in the Corner [GR2] 6:00 The Royal House of Windsor (Series) [TH1]</p>	<p><b>Election Day</b> 6</p> <p>8:30 Morning Stretch [W2] 10:00 Brain Games [ARF1] 11:00 <b>Veteran's Day Celebration [C]</b> 1:00 Senior Fitness [W2] 2:00 <b>Happy Hour with Breakthrough [GR2]</b> 3:30 PE Wii Bowling [TH1] 6:00 A Little Help with Carol Burnett [TH1]</p>	<p>8:30 Morning Stretch [W2] 7</p> <p>9:30 <b>Shopping at Walmart [R1]</b> 10:00 Arts and Crafts [ARF1] 11:00 AH Singers Choir Practice [GR2] 1:00 Senior Fitness [W2] 1:45 Matinee [ARF1] 2:15 Crossword Puzzles [GR2] 3:30 LL Farkle [GR2]</p>	<p>8:30 Morning Stretch [W2] 1</p> <p>9:30 Spiritual Connections [AFB1] 11:00 Anagrams [ARF1] 11:00 <b>Atlas Hearing Aids Free Cleaning</b> 1:00 Senior Fitness [W2] 2:00 Creative Coloring [ARF1] 3:30 Beanbag Baseball [ARF1] 6:00 Call the Midwife ("Series) [TH1]</p>	<p>8:30 Morning Stretch [W2] 2</p> <p>10:15 Art Reflections [TH1] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 4:00 New in the News [GR2] 7:00 SS Friday Vespers [AFB1]</p>	<p>8:30 Morning Stretch [W2] 3</p> <p>9:45 LL <b>AH Auction [ARF1]</b> 11:00 Sacred Music [AFB1] 1:00 Senior Fitness [W2] 2:00 LL Jeopardy Team Trivia [GR2] 3:30 Bridge Club [GR2] 6:00 Movie Night [TH1]</p>		
<p><b>Veterans Day</b> 11</p> <p>8:30 Morning Stretch [W2] 9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 Planet Earth II (Series) [TH1] 1:00 PE Senior Fitness [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Choir Practice [GR2] 6:00 Game Night [GR2]</p>	<p>8:30 Morning Stretch [W2] 12</p> <p>10:00 CE Beginning Spanish with Aldo [ARF1] 10:30 <b>Shopping at Winco [R1]</b> 1:00 Senior Fitness [W2] 2:00 Senior Blessings with Rudy [AFB1] 3:00 Kings in the Corner [GR2] 6:00 The Royal House of Windsor (Series) [TH1]</p>	<p>8:30 Morning Stretch [W2] 13</p> <p>10:00 Brain Games [ARF1] 1:00 Senior Fitness [W2] 1:30 <b>Food For Thought with Eddie [ARF1]</b> 2:00 <b>Happy Hour with Don Maeder [GR2]</b> 3:30 PE Wii Bowling [TH1] 6:00 A Little Help with Carol Burnett [TH1]</p>	<p>8:30 Morning Stretch [W2] 14</p> <p>10:00 Arts and Crafts [ARF1] 11:00 AH Singers Choir Practice [GR2] 1:00 Senior Fitness [W2] 1:00 <b>Wine Tasting at Naggiar Vineyards [R1]</b> 1:45 Matinee [ARF1] 2:15 Crossword Puzzles [GR2] 3:30 LL Farkle [GR2]</p>	<p>8:30 Morning Stretch [W2] 15</p> <p>9:30 Spiritual Connections [AFB1] 11:00 Lend a Heart Pet Visit [ARF1] 1:00 Senior Fitness [W2] 2:00 Creative Coloring [ARF1] 3:30 Beanbag Baseball [ARF1] 6:00 Call the Midwife ("Series) [TH1]</p>	<p>8:30 Morning Stretch [W2] 16</p> <p>10:00 Rummikub [GR2] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 4:00 New in the News [GR2] 7:00 SS Friday Vespers [AFB1]</p>	<p>8:30 Morning Stretch [W2] 17</p> <p>10:00 Horse Races [ARF1] 11:00 the Computer Tutor [C2] 1:00 Senior Fitness [W2] 2:00 LL Jeopardy Team Trivia [GR2] 4:00 <b>Murder Mystery Dinner [DR1]</b></p>		
<p>8:30 Morning Stretch [W2] 18</p> <p>9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 Planet Earth II (Series) [TH1] 1:00 PE Senior Fitness [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Choir Practice [GR2] 6:00 Game Night [GR2]</p>	<p>8:30 Morning Stretch [W2] 19</p> <p>10:00 CE Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 2:00 Senior Blessings with Rudy [AFB1] 3:00 Kings in the Corner [GR2] 6:00 The Royal House of Windsor (Series) [TH1]</p>	<p>8:30 Morning Stretch [W2] 20</p> <p>10:00 Brain Games [ARF1] 11:00 CC <b>Resident Council [ARF1]</b> 1:00 Senior Fitness [W2] 2:00 <b>Happy Hour with Jack Convery [GR2]</b> 3:30 PE Wii Bowling [TH1] 6:00 A Little Help with Carol Burnett [TH1]</p>	<p>8:30 Morning Stretch [W2] 21</p> <p>10:00 Arts and Crafts [ARF1] 11:00 AH Singers Choir Practice [GR2] 11:30 <b>Lunch Outing at Blue Nami [GR2]</b> 1:00 Senior Fitness [W2] 1:45 Matinee [ARF1] 2:15 Crossword Puzzles [GR2] 3:30 LL Farkle [GR2]</p>	<p><b>Thanksgiving</b> 22</p> <p>8:30 Morning Stretch [W2] 10:00 Math and Riddle Bingo [ARF1] 11:00 <b>Thanksgiving Dinner [DR1]</b> 1:00 Senior Fitness [W2] 2:00 <b>Special Movie Presentation [TH1]</b> 6:00 Call the Midwife ("Series) [TH1]</p>	<p>8:30 Morning Stretch [W2] 23</p> <p>9:15 <b>Men's Group Breakfast Outing [R1]</b> 10:15 Art Reflections [TH1] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 4:00 New in the News [GR2] 7:00 SS Friday Vespers [AFB1]</p>	<p>8:30 Morning Stretch [W2] 24</p> <p>10:00 Horse Races [ARF1] 11:00 Sacred Music [AFB1] 1:00 Senior Fitness [W2] 2:00 LL Jeopardy Team Trivia [GR2] 3:30 Bridge Club [GR2] 6:00 Movie Night [TH1]</p>		
<p>8:30 Morning Stretch [W2] 25</p> <p>9:00 SS Worship and the Word [ARF1] 9:30 Catholic Communion [AFB1] 11:00 Planet Earth II (Series) [TH1] 1:00 PE Senior Fitness [W2] 2:00 Bingo [ARF1] 3:30 LL AH Singers Choir Practice [GR2] 6:00 Game Night [GR2]</p>	<p>8:30 Morning Stretch [W2] 26</p> <p>10:00 CE Beginning Spanish with Aldo [ARF1] 1:00 Senior Fitness [W2] 2:00 Senior Blessings with Rudy [AFB1] 3:00 Kings in the Corner [GR2] 6:00 The Royal House of Windsor (Series) [TH1]</p>	<p>8:30 Morning Stretch [W2] 27</p> <p>10:00 Brain Games [ARF1] 11:00 <b>Let's Talk Activities with Melissa [ARF1]</b> 1:00 Senior Fitness [W2] 2:00 <b>Happy Hour with Little Trouble [GR2]</b> 3:30 PE Wii Bowling [TH1] 6:00 A Little Help with Carol Burnett [TH1]</p>	<p>8:30 Morning Stretch [W2] 28</p> <p>9:30 <b>Shopping at Raleys Shopping Center [R1]</b> 10:00 Arts and Crafts [ARF1] 11:00 AH Singers Choir Practice [GR2] 1:00 Senior Fitness [W2] 1:45 Matinee [ARF1] 2:15 Crossword Puzzles [GR2] 3:30 LL Farkle [GR2]</p>	<p>8:30 Morning Stretch [W2] 29</p> <p>9:30 Spiritual Connections [AFB1] 11:00 Anagrams [ARF1] 1:00 Senior Fitness [W2] 2:00 Creative Coloring [ARF1] 3:30 Beanbag Baseball [ARF1] 6:00 Call the Midwife ("Series) [TH1]</p>	<p>8:30 Morning Stretch [W2] 30</p> <p>10:00 Rummikub [GR2] 1:00 Volley Folley [W2] 2:00 Nostalgic Movie [TH1] 4:00 New in the News [GR2] 7:00 SS Friday Vespers [AFB1]</p>			