January 2019						created COCU
In The Moment – M Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KINGSTON BAY SENIOR LIVING	6161 West Spruce Avenue Fresno, CA 93722 559-479-4700	9:00 Sit & Be Fit 9:30 Sit & Be Fit 9:30 News Paper Readings 10:00 A Walk Around The Building 1:30 Minute Manicures 2:30 Hand Massages 3:00 Dry Erase Art 6:00 Evening Matinee	9:00 SS Music & Meditation 9:30 S News Paper Readings 10:00 Wheres My Wild Walkers 11:00 Snack Time! 1:30 Noodle Hockey 2:00 Scenic Drive 3:30 Sing A Longs 6:00 Evening Matinee		9:00 PE Fitness Fun Friday 9:30 CE News Paper Readings 10:00 Goodie Break	9:00 Lets Move It! 9:30 E News Paper Readings 10:00 Good Eats! 10:30 Lets Do Some Holiday Baking 11:00 Super Strides 1:30 Soothing Music & A Walk Through Memory Lane 2:30 Jenga! 3:00 Hot Chocolate Social 6:00 Evening Matinee
9:00 Yoga Stretch 9:30 News Paper Readings 10:00 Snack Hour 11:00 E Sunday Strides 1:30 Puzzle Perfect! 2:30 Receiving Communion 3:00 Crazy Crafts 6:00 Evening Matinee	9:00 Socialize & Reminisce About The Past 9:30 Socialize & Reminisce About The Past 9:30 Socialize & Reminisce About The Past 9:30 Socialize & Readings 10:30 Chicken Soup For The Soul Readings 1:30 Musical Instruments 2:30 Melodie Mondays 3:00 Balloon Volleyball 3:00 Bingo Bash 6:00 Evening Matinee	9:00 Sit & Be Fit 9:30 News Paper Readings 10:00 A Walk Around The Building 1:30 Minute Manicures 2:30 Hand Massages 3:00 Dry Erase Art 6:00 Evening Matinee	9:00 SS Music & Meditation 9:30 S News Paper Readings 10:00 Wheres My Wild Walkers 11:00 Snack Time! 1:30 Noodle Hockey 2:00 Scenic Drive 3:30 Sing A Longs 6:00 Evening Matinee	9:00 Tap Your Toes 9:30 News Paper Readings 10:00 A Little Nibble 10:00 SS Bible Study 10:30 Going On A Stroll 1:30 Board Games Hour 2:30 Chair Volleyball Tournament 3:30 Fun with Color 6:00 Evening Matinee	11:00 Walking Club	9:00 Lets Move It! 9:30 S News Paper Readings 10:00 Good Eats! 10:30 Lets Do Some Holiday Baking 11:00 Super Strides 1:30 Soothing Music & A Walk Through Memory Lane 2:30 Jenga! 3:00 Hot Chocolate Social 6:00 Evening Matinee
9:00 Yoga Stretch 9:30 News Paper Readings 10:00 Snack Hour 11:00 PE Sunday Strides 1:30 Puzzle Perfect! 3:00 Crazy Crafts 6:00 Evening Matinee	9:00 Socialize & Reminisce About The Past 9:30 Socialize & Reminisce Abo	National Hat Day 9:00 Sit & Be Fit 9:30 Sit & Be Fit 9:30 News Paper Readings 10:00 A Walk Around The Building 1:30 Minute Manicures 2:30 Hand Massages 3:00 Dry Erase Art 6:00 Evening Matinee	9:00 SS Music & Meditation 9:30 SE News Paper Readings 10:00 Wheres My Wild Walkers 11:00 Snack Time! 1:30 Noodle Hockey 2:00 CC Scenic Drive 3:30 Sing A Longs 6:00 Evening Matinee	9:00 Tap Your Toes 9:30 News Paper Readings 10:00 A Little Nibble 10:00 SS Bible Study 10:30 Going On A Stroll 1:30 Board Games Hour 2:30 Chair Volleyball Tournament 3:30 Fun with Color 6:00 Evening Matinee	10.00 Goodic Break	9:00 Lets Move It! 9:30 E News Paper Readings 10:00 Good Eats! 10:30 Lets Do Some Holiday Baking 11:00 Super Strides 1:30 Soothing Music & A Walk Through Memory Lane 2:30 Jenga! 3:00 Hot Chocolate Social 6:00 Evening Matinee
9:00 Yoga Stretch 9:30 News Paper Readings 10:00 Snack Hour 11:00 PE Sunday Strides 1:30 Puzzle Perfect! 3:00 Crazy Crafts 6:00 Evening Matinee	Martin Luther King, Jr. Day 9:00 Socialize & Reminisce About The Past 9:30 News Paper Readings 10:30 Chicken Soup For The Soul Readings 1:30 Musical Instruments 2:30 Melodie Mondays 3:00 Balloon Volleyball 3:00 Bingo Bash 6:00 Evening Matinee	9:00 Sit & Be Fit 9:30 E News Paper Readings 10:00 A Walk Around The Building 1:30 Minute Manicures 2:30 Taste & Tell W/Chef Juan 3:00 Dry Erase Art 6:00 Evening Matinee	9:00 SS Music & Meditation 9:30 Set News Paper Readings 10:00 Wheres My Wild Walkers 11:00 Snack Time! 1:30 Noodle Hockey 2:00 Secenic Drive 3:30 Sing A Longs 6:00 Evening Matinee		Readings 10:00 Goodie Break 11:00 Walking Club	9:00 Lets Move It! 9:30 E News Paper Readings 10:00 Good Eats! 10:30 Lets Do Some Holiday Baking 11:00 Super Strides 1:30 Soothing Music & A Walk Through Memory Lane 2:30 Jenga! 3:00 Hot Chocolate Social 6:00 Evening Matinee
9:00 Yoga Stretch 9:30 E News Paper Readings 10:00 Snack Hour 11:00 PE Sunday Strides 1:30 Puzzle Perfect! 3:00 Crazy Crafts 6:00 Evening Matinee	9:00 Socialize & Reminisce About The Past 9:30 Socialize & Reminisce About The Past 9:30 Socialize & Reminisce About The Past 9:30 Socialize & Reminisce About Readings 10:30 Chicken Soup For The Soul Readings 1:30 Musical Instruments 2:30 Melodie Mondays 3:00 Balloon Volleyball 3:00 Bingo Bash 6:00 Evening Matinee	9:00 Sit & Be Fit 9:30 News Paper Readings 10:00 A Walk Around The Building 1:30 Minute Manicures 2:30 Hand Massages 3:00 Dry Erase Art 6:00 Evening Matinee	9:00 SS Music & Meditation 9:30 SE News Paper Readings 10:00 Wheres My Wild Walkers 11:00 Snack Time! 1:30 Noodle Hockey 2:00 CC Scenic Drive 3:30 Sing A Longs 6:00 Evening Matinee	9:00 Tap Your Toes 9:30 News Paper Readings 10:00 A Little Nibble 10:00 SS Bible Study 10:30 Going On A Stroll 1:30 Board Games Hour 2:30 Chair Volleyball Tournament 3:30 Fun with Color 6:00 Evening Matinee	CC Community Connections CE Continuing Education LL Lifestyle &Leisure PE Physical Engagment SS Spiritual Support	Healthy Snacks & Hydration offered throughout each day!