

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  February 2019 Campus Commons Senior Living						
3:00 Super Bowl LIII Party-CL 6:30 Rummikub-AC 7:00 Movie Night-L/T 	3 9:00 Weights & Balance w/Tonya-CL 12:00 Bridge-CR 12:00 Wii Bowling-AC 1:00 Knit Pickers-AC 2:00 Blood Pressure-CL 2:00 Matinee Monday-L/T 3:00 Beanbag Baseball-AC	4 9:00 Music in Motion-CL 1:00 Bible Study-AC 1:00 Bridge-GR 2:00 Atlas Hearing-CL 3:30 Low Impact Exercise-CL 6:30 Mexican Train-AC Chinese New Year	5 9:15 Physical Therapy-CL 10:00 Red Hawk Casino-L 12:00 Bridge-CR 3:30 Sing Along-CL 7:00 Bingo w/Christa-CL	6 9:00 YOGA w/Diane-CL 10:00 Word Makers-AC 11:30 New Resident Lunch-DR 1:00 Bridge-CR 2:00 Cracker Barrel-CL 3:30 Low Impact Exercise-CL 7:00 Movie Night-L/T	7 9:00 Grocery & Banks -L 9:00 Stretching & Balance-CL 10:30 Catholic Service-L/T 12:00 Bridge-CR 1:00 Shopping: Walmart-L 3:00 Happy Hour w/Jay Casl -CL 6:30 Mexican Train-AC	1 9:00 Tai Chi w/Joanne McKee-CL 12:00 Wii Bowling-AC 1:00 Crossword Puzzles & Snacks-AC 2:00 Scrabble-AC 3:30 Low Impact Exercise-DVD-CL 7:00 Movie Night-L/T Groundhog Day
2:30 Bingo w/Paige-CL 6:30 Rummikub-AC 7:00 Movie Night-L/T 	10 9:00 Weights & Balance w/Tonya-CL 10:30 Craft Class-AC 12:00 Bridge-CR 12:00 Wii Bowling-AC 1:00 Knit Pickers-AC 2:00 Matinee Monday-L/T 2:00 Renaissance Society: Early Human Development & Migrations-CL 3:00 Beanbag Baseball-AC	11 9:00 Weights & Balance w/Joanne McKee-CL 11:00 Scarf Lady Boutique-L 1:00 Bible Study-AC 1:00 Bridge-GR 2:00 Bookmobile-PL 3:30 Low Impact Exercise-CL 6:30 Mexican Train-AC	12 9:00 Weights & Balance-CL 11:15 Music @ Noon at the Westminster Church Downtown-L 12:00 Bridge-CR 7:00 Bingo w/Christa-CL	13 9:00 YOGA w/Diane-CL 1:00 Bridge-CR 4:30 Valentine Candy Bar-L 5:15 Entertainment: Pianist Eduardo-DR 7:00 Movie Night-L/T Valentine's Day	14 9:00 Grocery & Banks -L 9:00 Stretching & Balance-CL 10:30 Catholic Service-L/T 12:00 Bridge-CR 1:00 Shopping: Arden Fair Mall & Kohl's-L 3:00 Happy Hour w/Moon Glow-CL 6:30 Mexican Train-AC	15 9:00 Tai Chi w/Joanne McKee-CL 12:00 Wii Bowling-AC 1:00 Crossword Puzzles & Snacks-AC 2:00 Scrabble-AC 3:30 Low Impact Exercise DVD-CL 7:00 Movie Night-L/T
2:00 Encore w/Pat-AC 2:30 Bingo w/Paige-CL 6:30 Rummikub-AC 7:00 Movie Night-L/T 	17 9:00 Exercise DVD-CL 12:00 Bridge-CR 12:00 Wii Bowling-AC 1:00 Knit Pickers-AC 2:00 Matinee Monday-L/T 3:00 Beanbag Baseball-AC Presidents' Day (US)	18 9:00 Stretch Bands w/Barbara Holland-CL 1:00 Bible Study-AC 1:00 Bridge-GR 3:30 Low Impact Exercise-CL 6:30 Mexican Train-AC	19 9:15 Physical Therapy-CL 10:45 El Novillero Lunch Outing in Sacramento-L 12:00 Bridge-CR 3:30 Sing Along-CL 7:00 Bingo w/Christa-CL	20 9:00 YOGA w/Diane-CL 10:00 Word Makers-AC 1:00 Bridge-CR 3:30 Low Impact Exercise-CL 7:00 Movie Night-L/T	21 9:00 Grocery & Banks -L 9:00 Stretching & Balance-CL 10:30 Catholic Service-L/T 12:00 Bridge-CR 1:00 Shopping: Target-L 3:00 Happy Hour w/Dennis Cain-CL 6:30 Mexican Train-AC	22 9:00 Stretch Bands w/Barbara Holland-CL 12:00 Wii Bowling-AC 1:00 Crossword Puzzles & Snacks-AC 2:00 Trivia w/Virginia-AC 3:30 Low Impact Exercise DVD-CL 7:00 Movie Night-L/T
2:30 Bingo w/Paige-CL 6:30 Rummikub-AC 7:00 Movie Night-L/T 	24 9:00 Weights & Balance w/Tonya-CL 12:00 Bridge-CR 12:00 Wii Bowling-AC 1:00 Knit Pickers-AC 2:00 Matinee Monday-L/T 3:00 Beanbag Baseball-AC	25 9:00 Weights & Balance w/Tonya-CL 1:00 Bible Study-AC 1:00 Bridge-GR 3:30 Low Impact Exercise-CL 6:30 Mexican Train-AC	26 9:00 Weights & Balance-CL 10:30 Sacramento Fine Arts in Carmichael & Lunch-L 12:00 Bridge-CR 3:00 Line Dancing-CL 7:00 Bingo w/Christa-CL	27 9:00 YOGA w/Diane-CL 1:00 Bridge-CR 2:00 Renaissance Society: Songs of Protest – A Sing-Along-CL 7:00 Movie Night-L/T	28 ALL medical appointments can now be made on Tuesdays, <u>Wednesdays</u> & Thursdays! Please be a sweetie and make your appointments between 8am & 1:30pm with 2:30pm being the last pick up time. 	