Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Spring!	9:00am-Exercise 1 9:00am-Wii Bowling 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge	10:00am-Presentation with Alpha One-Vial of Life 11:00am-Blood Pressure 11:00am-Studio Movie Grill	9:00am-Exercise Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-Bday celebration with Jim Wright Guitarist 4:30pm-Birthday Dinner 7:00pm-Movie Night	9:00am-Exercise Balance Class 10:00am-Poker Walk 10:00am-Adam Hultman VA Benefits presentation 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia	9:00am-Exercise 5 Weights and Balance 11:00am-Presentation Clear-Captioned phones 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo	9:00am-Wii Bowling 12:30pm-Canasta 1:00pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night
12:30pm-Mexican Train 1:00pm-Chapel Protestant Service 3:00pm-Neighborly Chat	9:00am-Exercise 9:00am-Wii Bowling 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge	9:00am-Exercise 10:00am-CA Phones- Android Training 10:30am-Amador Flower Farm Picnic 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo	9:00am-Exercise 10 Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-Happy Hour with Capitol City Reflections 7:00pm-Movie Night	9:00am-Exercise 11 Balance Class 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia	9:00am-Exercise Weights and Balance 1:00pm-Pokeno 3:30pm-Resident Wine Social 6:00pm-Piano Concert with Michael Kravchuk 7:00pm-Bingo	9:00am-Wii Bowling 10:00am-Dot Boyd- Electronic Caregiver 12:30pm-Canasta 1:00pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night
12:30pm-Mexican Train 1:00pm-Chapel Protestant Services	9:00am-Exercise 15 9:00am-Wii Bowling 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge	9:00am-Exercise 16 10:00am-Blood Pressure 10:30am-Back-Forty Barbecue 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo	9:00am-Exercise 17 Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-Happy Hour with Marvin Ulvild 7:00pm-Movie Night	9:00am-Exercise Balance Class 10:00am-Poker Walk 10:00am-Jewelry with Pat 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia	9:00am-Exercise Weights and Balance 1:00pm-Pokeno 2:00pm-Resident Egg Hunt & Desserts Photos with The Easter Bunny 7:00pm-Bingo	9:00am-Wii Bowling 12:30pm-Canasta 1:00pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night
Easter Brunch 11:00am-1:00pm 1:00pm-Chapel-Easter Sunday Services	9:00am-Exercise 9:00am-Wii Bowling 10:00am-Crafts with Lyndy 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 3:00pm-Book Club 5:45pm-Bridge	9:00am-Exercise 23 10:30am-Lunch/Rudy's Hideaway 1:00pm-Bookmobile 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo	9:00am-Exercise 24 Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-Happy Hour with Christopher's Musical Marionettes 7:00pm-Movie Night	9:00am-Exercise 25 Balance Class 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia	9:00am-Exercise 26 Weights and Balance 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo	9:00am-Wii Bowling 12:30pm-Canasta 1:00pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night
12:30pm-Mexican Train 1:00pm-Chapel Protestant Services 3:00pm-Game Day	9:00am-Exercise 29 9:00am-Wii Bowling 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge	9:00am-Exercise 10:30am-Lunch-Fair Oaks Brew Pub 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo		ING COMMONS	C 2019 ACTIVITIES CAI	LENDAR