


November 2019  
Assisted Living Lifestyle & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>9325 East Stockton Blvd. Elk Grove, CA 95624 916-714-3755</div>		<div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle &amp; Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div>			<div>Dia De Los Muertos</div> <div>9:30 <div>SS</div> Communion</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Sit &amp; Be Fit</div> <div>2:30 <div>CC</div> Resident Birthday Party!</div> <div>3:00 <div>AE</div> Artistic Hour</div> <div>3:00 <div>LL</div> King's Corner</div>	<div>Happy Birthday, George Williford!</div> <div>10:00 <div>PE</div> Healthy Strides</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>LL</div> Mid-Day Movie</div> <div>3:30 <div>LL</div> Dealer's Choice</div> <div>5:00 <div>LL</div> FoodNetwork TV</div>
<div>Daylight Saving Time Begins</div> <div>National Sandwich Day</div> <div>10:00 <div>CC</div> Piano Recital</div> <div>11:00 <div>CE</div> Daily Chronicles</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>SS</div> Sunday Service</div> <div>3:00 <div>LL</div> GSN TV</div> <div>3:00 <div>LL</div> Nickel Pokeno</div>	<div>National Candy Day</div> <div>10:00 <div>PE</div> Simple Stretches</div> <div>10:30 <div>LL</div> Kings Corner</div> <div>1:30 <div>PE</div> Fitness Fun</div> <div>2:00 <div>CC</div> Sundae on a Monday</div> <div>3:00 <div>LL</div> Friendly Poker</div> <div>3:00 <div>AE</div> Fun w/ Watercolors</div> <div>5:15 <div>LL</div> Monday Night Football: Cowboys VS NY Giants</div>	<div>Election Day</div> <div>National Donuts Day</div> <div>8:45 <div>SS</div> Prayer &amp; Fellowship</div> <div>9:30 <div>PE</div> Its Donut Day!</div> <div>10:30 <div>CC</div> Friendship Bingo</div> <div>1:00 <div>CC</div> BookMobile</div> <div>2:00 <div>PE</div> Chair Yoga</div> <div>3:00 <div>SS</div> Relax &amp; Unwind</div> <div>6:00 <div>LL</div> Movie Night!</div>	<div>9:00 <div>CC</div> Walgreens Flu Shot</div> <div>9:45 <div>CC</div> Wal-Mart Outing</div> <div>1:15 <div>CC</div> Culinary Corner</div> <div>1:30 <div>SS</div> Kaiser Flu Shot</div> <div>2:30 <div>LL</div> Afternoon Nickel Bingo</div> <div>3:30 <div>CC</div> Ladies Tea Club</div>	<div>9:30 <div>CC</div> Apple Hill Outing</div> <div>10:00 <div>PE</div> Chair Exercises</div> <div>10:30 <div>CE</div> Treats &amp; Trivia</div> <div>11:00 <div>CE</div> Brain Teaser</div> <div>2:30 <div>LL</div> Dominos</div> <div>4:00 <div>PE</div> Strolling Through the Meadows</div> <div>6:00 <div>LL</div> Movie Night!</div>	<div>9:30 <div>SS</div> Communion</div> <div>9:30 <div>PE</div> Sit &amp; Be Fit</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>LL</div> Men's Club</div> <div>2:00 <div>CC</div> Happy Hour</div> <div>3:00 <div>AE</div> Artistic Hour</div> <div>3:00 <div>LL</div> Friendly Poker</div>	<div>Happy Birthday, Alvina Eck!</div> <div>10:00 <div>SS</div> Ms. Sharon's Piano Recital</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>LL</div> Mid-Day Movie</div> <div>3:30 <div>LL</div> Kings Corner</div> <div>5:00 <div>CE</div> History Channel</div>
<div>National Vanilla Cupcake Day</div> <div>10:00 <div>PE</div> Healthy Strides</div> <div>10:30 <div>CE</div> Daily Chronicles</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>SS</div> Sunday Service</div> <div>3:00 <div>LL</div> Nickel Pokeno</div> <div>3:00 <div>LL</div> TV Land Channel</div>	<div>Happy Birthday, Ida Butler!</div> <div>Veterans Day</div> <div>10:00 <div>PE</div> Morning Chair Work Out</div> <div>11:00 <div>CC</div> The Meadows Book Club</div> <div>1:30 <div>PE</div> Fitness Fun</div> <div>2:00 <div>LL</div> Veterans Social</div> <div>3:00 <div>LL</div> Friendly Poker</div> <div>3:00 <div>AE</div> Fun w/ Watercolors</div> <div>5:15 <div>LL</div> Monday Night Football: Seahawks VS 49ers</div>	<div>Full Moon Day</div> <div>8:45 <div>SS</div> Prayer &amp; Fellowship</div> <div>9:30 <div>PE</div> Chair Exercises</div> <div>10:30 <div>CC</div> Friendship Bingo</div> <div>1:30 <div>PE</div> Chair Yoga</div> <div>2:00 <div>SS</div> One on One</div> <div>3:00 <div>SS</div> Relax &amp; Unwind</div> <div>6:00 <div>LL</div> Movie Night!</div>	<div>Happy Birthday, Betty Ring!</div> <div>World Kindness Day</div> <div>9:00 <div>LL</div> GSN TV</div> <div>9:45 <div>CC</div> Wal-Mart Outing</div> <div>10:00 <div>PE</div> Music &amp; Movement</div> <div>11:45 <div>CC</div> Flaming Grill Cafe Outing</div> <div>1:30 <div>PE</div> Afternoon Stroll</div> <div>2:00 <div>LL</div> Musical Guest: Alvin!</div> <div>3:30 <div>CC</div> Ladies Tea Club</div>	<div>National Pickle Day</div> <div>8:30 <div>LL</div> HGTV</div> <div>9:30 <div>PE</div> Chair Exercises</div> <div>10:30 <div>CE</div> Treats &amp; Trivia</div> <div>11:00 <div>CE</div> The Meadows Funny Money Meeting</div> <div>1:30 <div>PE</div> Chair Yoga</div> <div>2:00 <div>LL</div> Mid-Day Movie!</div> <div>2:00 <div>SS</div> One on One</div>	<div>9:30 <div>SS</div> Communion</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Sit &amp; Be Fit</div> <div>2:00 <div>CC</div> Happy Hour</div> <div>2:00 <div>LL</div> Men's Club</div> <div>3:00 <div>AE</div> Artistic Hour</div> <div>3:00 <div>LL</div> King's Corner</div>	<div>9:00 <div>LL</div> TV Land</div> <div>10:00 <div>PE</div> Healthy Strides</div> <div>10:00 <div>CC</div> Holiday Shopping Event</div> <div>1:00 <div>CC</div> Thanksgiving Cocktail Party</div> <div>6:00 <div>LL</div> Movie Night!</div>
<div>World Peace Day</div> <div>10:00 <div>PE</div> Healthy Strides</div> <div>10:30 <div>CE</div> Daily Chronicles</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>SS</div> Sunday Service</div> <div>3:00 <div>LL</div> GSN TV</div> <div>3:00 <div>LL</div> Nickel Pokeno</div>	<div>National Princess Day</div> <div>10:00 <div>PE</div> Move and Groove</div> <div>10:30 <div>AE</div> Watcha Makin'</div> <div>1:30 <div>PE</div> Fitness Fun</div> <div>2:00 <div>CC</div> Sundae on a Monday</div> <div>3:00 <div>LL</div> Friendly Poker</div> <div>3:00 <div>AE</div> Fun w/ Watercolors</div> <div>5:15 <div>LL</div> Monday Night Football: Chiefs VS Chargers</div>	<div>Happy Birthday, Tom Smith!</div> <div>8:45 <div>SS</div> Prayer &amp; Fellowship</div> <div>9:30 <div>PE</div> Chair Exercises</div> <div>10:30 <div>CC</div> Friendship Bingo</div> <div>1:30 <div>PE</div> Chair Yoga</div> <div>3:00 <div>SS</div> Relax &amp; Unwind</div> <div>6:00 <div>LL</div> Movie Night!</div>	<div>9:00 <div>LL</div> GSN TV</div> <div>9:45 <div>CC</div> Wal-Mart Outing</div> <div>10:00 <div>PE</div> Music &amp; Movement</div> <div>11:45 <div>CC</div> Mac Que's BBQ Outing</div> <div>1:15 <div>CC</div> Resident Council</div> <div>2:30 <div>LL</div> Afternoon Nickel Bingo</div> <div>3:30 <div>CC</div> Ladies Tea Club</div> <div>4:30 <div>PE</div> Evening Walk</div>	<div>World Hello Day</div> <div>9:30 <div>PE</div> Chair Exercises</div> <div>10:30 <div>CE</div> Treats &amp; Trivia</div> <div>11:15 <div>CC</div> Elk Grove Food Bank Delivery</div> <div>1:30 <div>PE</div> Chair Yoga</div> <div>2:30 <div>LL</div> Employee Chili Cook Off</div> <div>3:30 <div>AE</div> Making Things Interesting Art</div> <div>6:00 <div>LL</div> Movie Night!</div>	<div>9:30 <div>SS</div> Communion</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Sit &amp; Be Fit</div> <div>2:00 <div>CC</div> Happy Hour</div> <div>2:00 <div>LL</div> Men's Club</div> <div>3:00 <div>AE</div> Artistic Hour</div> <div>3:00 <div>LL</div> Friendly Poker</div>	<div>10:00 <div>PE</div> Healthy Strides</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>LL</div> Mid-Day Movie</div> <div>2:30 <div>LL</div> Lucky Dog Card Game</div> <div>3:30 <div>LL</div> Dealer's Choice</div>
<div>Happy Birthday, David Decker!</div> <div>10:00 <div>PE</div> Healthy Strides</div> <div>10:30 <div>CE</div> Daily Chronicles</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>SS</div> Sunday Service</div> <div>3:00 <div>LL</div> Nickel Pokeno</div> <div>3:00 <div>LL</div> TV Land Channel</div>	<div>10:00 <div>PE</div> Simple Stretches</div> <div>10:30 <div>CC</div> The Meadows Senior Living Book Club</div> <div>1:30 <div>PE</div> Afternoon Walk</div> <div>2:00 <div>LL</div> Nickel LCR Game</div> <div>3:00 <div>LL</div> Friendly Poker</div> <div>3:00 <div>AE</div> Fun w/ Watercolors</div> <div>5:15 <div>LL</div> Monday Night Football: Ravens VS Rams</div>	<div>National Cake Day</div> <div>8:45 <div>SS</div> Prayer &amp; Fellowship</div> <div>9:30 <div>PE</div> Chair Exercises</div> <div>10:30 <div>CC</div> Friendship Bingo</div> <div>1:30 <div>PE</div> Chair Yoga</div> <div>2:00 <div>CC</div> Monthly Auction</div> <div>3:00 <div>SS</div> Relax &amp; Unwind</div> <div>6:00 <div>LL</div> Movie Night!</div>	<div>National Word Puzzle Day</div> <div>9:00 <div>LL</div> GSN TV</div> <div>9:45 <div>LL</div> Jackson Casino</div> <div>10:00 <div>PE</div> Music &amp; Movement</div> <div>1:30 <div>PE</div> Taking a Stroll</div> <div>2:30 <div>LL</div> Nickel Bingo Wednesday</div>	<div>Thanksgiving</div> <div>8:30 <div>LL</div> Thanksgiving Parade on TV</div> <div>9:30 <div>PE</div> Chair Exercises</div> <div>10:30 <div>CE</div> Truth or Turkey Trivia Game</div> <div>12:30 <div>LL</div> Mid-Day Movie!</div> <div>3:00 <div>CE</div> Thanksgiving Puzzles</div>	<div>9:30 <div>SS</div> Communion</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Sit &amp; Be Fit</div> <div>2:00 <div>CC</div> Happy Hour</div> <div>2:00 <div>LL</div> Men's Club</div> <div>3:00 <div>AE</div> Artistic Hour</div>	<div>Happy Birthday, Thomas Mackey!</div> <div>10:00 <div>PE</div> Healthy Strides</div> <div>10:30 <div>LL</div> Nickel Bingo</div> <div>1:30 <div>PE</div> Stretch &amp; Flex</div> <div>2:00 <div>LL</div> Mid-Day Movie</div> <div>2:30 <div>LL</div> Lucky Dog Card Game</div> <div>3:30 <div>LL</div> Dealer's Choice</div>