

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00pm-Neighborly Chat-MR 1	9:00am-Exercise -ER 9:00am-Wii Bowling-MR 1:00pm-Poker-GR 1:30pm-Low Impact Exercise -ER 2:00pm-Word Makers-ER 5:45pm- Bridge-MR 2	9:00am-Exercise-ER 9:45am-Blood Pressure-L 9:00am- Duarte Poinsettia Farm & Fruit Yard Luncheon-L 2:30pm-Volleyball-ER 7:00pm-Bingo-MR 3	9:00am-Chair Yoga-ER 10:00am-Indoor Golf-ER 1:30pm-Low Impact Exercise-ER 3:30pm-Birthday Celebration w/Bob Rawleigh-MR 4:30pm-Birthday Dinner 6:00pm-Movie Night-MR 4	9:00am-Weights & Balance-ER 10:00-Food Facts-MR 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 4:00pm-Poker Walk-MR 7:00pm-Trivia-MR 5	9:00am-Weights & Balance-ER 10:30-Door Decor Holiday Showing-L 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 6	9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER 7
2:30pm-Matinee Movie-MR 8	9:00am-Exercise-ER 9:00am-Wii Bowling-MR 1:00pm-Poker-GR 1:30pm-Low Impact Exercise -ER 2:00pm-Word Makers-ER 5:45pm- Bridge-MR 9	9:00am-Exercise-ER 9:30am-Grand Island Mansion Holiday Tour & Lunch-L 2:30pm-Volleyball-ER 7:00pm-Sac Valley Holiday Concert Choir-L 10	9:00am-Chair Yoga-ER 1:30pm-Low Impact Exercise-ER 3:30pm-Happy Hour with Sunrise Tappers-L 6:00pm-Movie Night-MR 11	9:00am-Weights & Balance-ER 9:00am-Chair Massage-CR 12:30pm-Pinochle-GR 2:00pm-Puzzles and Snacks-MR 2:00pm-Blackjack-GR 7:00pm-Trivia-MR 12	9:00am-Weights & Balance-ER 10:00-Health Quest Presentation-MR 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 13	9:00am-Wii Bowling-MR 10:30- Holiday Craft Vendor-L 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER 14
2:30pm-Matinee Movie-MR 15	9:00am-Exercise -ER 9:00am-Wii Bowling-MR 1:00pm-Poker-GR 1:30pm-Low Impact Exercise -ER 2:00pm-Word Makers-ER 5:45pm- Bridge-MR 16	9:00am-Exercise-ER 9:45am-Blood Pressure-L 10:30am- Free Holiday Gift Wrap hosted by American River CC-L 2:30pm-Volleyball-ER 6:30-Holiday Light Tour & Rick's Desserts-L 7:00pm-Bingo-MR 17	9:00am-Chair Yoga-ER 10:00am-Indoor Golf-ER 1:30pm-Low Impact Exercise-ER 3:30pm-Happy Hour with Sister Swing-L 6:00pm-Movie Night-MR 18	9:00am-Weights & Balance-ER 12:30pm-Pinochle-GR 2:30-Resident Xmas Party w/Top Class Magic Show-MR 7:00pm-Trivia-MR 19	9:00am-Weights & Balance-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 20	9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER 21
2:30pm-Matinee Movie-MR 22	9:00am-Exercise -ER 9:00am-Wii Bowling-MR 10:30am- Atlas Hearing 10:00am-Crafts w/Lyndy 1:00pm-Poker-GR 1:30pm-Low Impact Exercise-ER 2:00pm-Word Makers-ER 3:00pm-Book Club-Lib 5:45pm- Bridge-MR <small>First Day of Hanukkah</small> 23	9:00am-Exercise-ER 1:00-Bookmobile-PL 2:30pm-Volleyball-ER 7:00pm-Bingo-MR 24	 <small>Christmas</small> 25	9:00am-Weights & Balance-ER 9:00am-Chair Massage-CR 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 4:00pm-Poker Walk-MR 7:00pm-Trivia-MR <small>Kwanzaa Begins</small> 26	9:00am-Weights & Balance-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 27	9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER <small>Winter Begins</small> 28
2:30pm-Matinee Movie-MR 29	9:00am-Exercise-ER 9:00am-Wii Bowling-MR 1:00pm-Poker-GR 1:30pm-Low Impact Exercise -ER 2:00pm-Word Makers-ER 5:45pm- Bridge-MR 30	NEW YEAR'S EVE 9:00am-Exercise-ER 2:30pm-Volleyball-ER 4:30PM-Special Holiday Dinner 6:00pm-8:00pm Entertainment & Dancing with the "59ers" 31	<h1>December 2019</h1> <p><i>Happy Holidays from the Staff of Winding Commons!</i></p>			