

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



New Year's Day

2:30 Bingo w/Paige-CL
6:30 Rummikub-AC
7:00 Movie Night-L/T



5 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-TCR
2:00 Matinee Monday-L/T
3:00 Beanbag Baseball Practice-AC



6 9:00 Music in Motion-CL
1:00 Bridge-CR
1:00 Shuffleboard-AC
1:00 Bible Study-L/T
2:00 Atlas Hearing-TCR
2:00 Low Impact Exercise-CL
6:30 Mexican Train-AC

7 9:00 Weights & Balance w/Tonya-CL
11:00 Magnolia House Shepherders Inn-L
11:00 Michelle's Traveling Boutique-L
12:00 Bridge-CR
7:00 Bingo w/Christa-CL

8 9:00 Chair YOGA w/Diane-CL
1:00 Bridge-CR
1:00 Shuffleboard-AC
2:00 Avalon Hearing Presentation-CL
6:30 Rummikub-AC
7:00 Movie Night-L/T

9 9:00 Grocery Stores-L
9:00 Stretching & Balance-CL
10:30 Catholic Service-L/T
11:00 Banks-L
12:00 Bridge-CR
1:00 Shopping: Walmart-L
3:00 Happy Hour w/Mike Ely-CL
6:30 Mexican Train-AC

10 9:00 Stretch Bands w/ Barbara Holland-CL
12:00 Wii Bowling-AC
1:00 Crossword Puzzles-AC
7:00 Movie Night-L/T

12 2:30 Bingo w/Paige-CL
6:30 Rummikub-AC
7:00 Movie Night-L/T



13 9:00 Weights & Balance w/Tonya-CL
10:30 Tonya's Craft Class-AC
12:00 Bridge-CR
12:00 Wii Bowling-AC
1:00 Knit Pickers-AC
1:00 Dr. Hague-BS
2:00 Matinee Monday-L/T
3:00 Beanbag Baseball Practice-AC

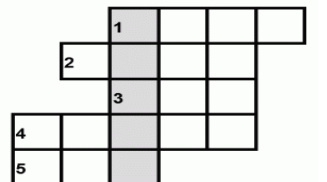
14 9:00 Music in Motion-CL
1:00 Bridge-CR
1:00 Shuffleboard-AC
1:00 Bible Study-L/T
2:00 Bookmobile-PL
2:00 Sacramento Police Department - Senior Scams-CL
6:30 Mexican Train-AC

15 9:15 Physical Therapy-CL
11:15 Music at Noon at Westminster Church: Harpist Emily Mader & Friends-L
12:00 Bridge-CR
7:00 Bingo w/Christa-CL

16 9:00 Chair YOGA w/Diane-CL
10:00 Blank Slate Game-AC
1:00 Bridge-CR
1:00 Shuffleboard-AC
2:00 Low Impact Exercise-CL
6:30 Rummikub-AC
7:00 Movie Night-L/T

17 9:00 Grocery Stores-L
9:00 Stretching & Balance-CL
10:30 Catholic Service-L/T
11:00 Banks-L
12:00 Bridge-GR
1:00 Shopping: Target-L
3:00 Happy Hour w/The Happy Trails Duo-CL
6:30 Mexican Train-AC

18 12:00 Wii Bowling-AC
1:00 Crossword Puzzles-AC
2:00 Trivia w/Lorraine-AC
7:00 Movie Night-L/T



19 1:30 Encore w/Pat-AC
2:30 Bingo w/Paige-CL
6:30 Rummikub-AC



20 Martin Luther King Staff Holiday
9:00 Weights & Balance w/Joann McKee-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 Practice-AC

21 9:00 Music in Motion-CL
1:00 Bridge-CR
1:00 Shuffleboard-AC
1:00 Bible Study-L/T
2:00 Low Impact Exercise-CL
6:30 Mexican Train-AC

22 9:00 Weights & Balance w/Tonya-CL
9:45 Hard Rock Casino in Wheatland-L
12:00 Bridge-CR
7:00 Bingo w/Christa-CL

23 9:00 Chair YOGA w/Diane-CL
1:00 Bridge-CR
1:00 Shuffleboard-AC
2:00 2020 Activity Brainstorm Meeting-CL
6:30 Rummikub-AC
7:00 Movie Night-L/T

24 9:00 Grocery & Banks-L
9:00 Stretching & Balance-CL
10:30 Catholic Service-L/T
11:00 Banks-L
12:00 Bridge-CR
1:00 Shopping: Arden Fair Mall & Kohl's-L
3:00 Happy Hour w/Carl Finnigan-CL
6:30 Mexican Train-AC

25 9:00 Stretch Bands w/ Barbara Holland-CL
12:00 Wii Bowling-AC
1:00 Crossword Puzzles-AC
7:00 Movie Night-L/T

Chinese New Year

26 2:30 Bingo w/Paige-CL
6:30 Rummikub-AC
7:00 Movie Night-L/T



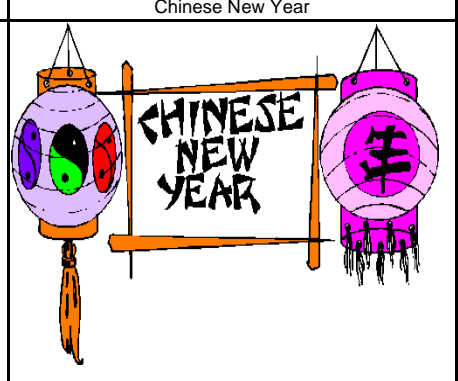
27 9:00 Weights & Balance w/Tonya-CL
12:00 Bridge-CR
12:00 Wii Bowling-AC
1:00 Knit Pickers-AC
2:00 Matinee Monday-L/T
3:00 Beanbag Baseball Practice-AC

28 9:00 Music in Motion-CL
1:00 Bridge-CR
1:00 Shuffleboard-AC
1:00 Bible Study-L/T
2:00 Low Impact Exercise-CL
6:30 Mexican Train

29 9:00 Weights & Balance w/Tonya-CL
10:00 Sacramento Railroad Museum & Lunch at Rio City Café in Old Sac-L
12:00 Bridge-CR
7:00 Bingo w/Christa-CL

30 9:00 Chair YOGA w/Diane-CL
1:00 Bridge-CR
1:00 Shuffleboard-AC
2:00 Low Impact Exercise-CL
6:30 Rummikub-AC
7:00 Movie Night-L/T

31 9:00 Grocery Stores-L
9:00 Stretching & Balance-CL
10:30 Catholic Service-L/T
11:00 Banks-L
12:00 Bridge-CR
1:00 Shopping: Trader Joes-L
3:00 Happy Hour w/Jazz-ination-CL
6:30 Mexican Train-AC



GR=GAME ROOM, CR=CARD ROOM, AC=ACTIVITY CENTER, CL=CABARET LOUNGE, L/T=LIBRARY/THEATRE, L=LOBBY, TF=THIRD FLOOR, PL=PARKING LOT, BS=BEAUTY SHOP, TCR=CONFERENCE ROOM. All activities are subject to change