

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2020



Winding Commons

				1 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	2 9:00am- Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR	3 9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER 4
3:00pm-Neighborly Chat-MR 5	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 6	9:00am-Exercise-ER 9:45am-Blood Pressure-L 10:00am- Hardrock Casino Outing-L 2:30pm-Vollyball-ER 7:00pm-Bingo-MR 7	9:00am-Chair Yoga-ER 10:00am-Indoor Golf-ER 1:30pm-Low Impact Exercise-ER 3:30pm-Birthday Celebration w/Jay Casi-L 4:30pm-Birthday Dinner 6:00pm-Movie Night-MR 8	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 9	9:00am- Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 10	9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER 11
2:30pm-Matinee Movie-MR 12	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 13	9:00am-Exercise-ER 10:00am-The Mimosa House Breakfast Outing-L 2:30pm-Vollyball-ER 7:00pm-Bingo 14	9:00am-Chair Yoga-ER 1:30pm-Low Impact Exercise-ER 3:30pm-Happy Hour with James Phillips-L (40's,50's Music) 6:00pm-Movie Night-MR 15	9:00am-Weights & Balance-ER 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 4:00pm- Poker Walk-MR 7:00pm-Trivia-MR 16	9:00am- Active Yoga-ER 10:00am- Electronic Caregiver Presentation-MR 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 17	9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER 18
2:30pm-Matinee Movie-MR 19 Activity Professionals Week	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 20 Martin Luther King Day	9:00am-Exercise-ER TBA-Studio Movie Grill Movie & time to be Announced-L 9:45am-Blood Pressure-L 2:30pm-Vollyball-ER 7:00pm-Bingo-MR 21	9:00am-Chair Yoga-ER 10:00am-Indoor Golf-ER 1:30pm-Low Impact Exercise-ER 3:30pm-Happy Hour with Mellow Fellas-L 6:00pm-Movie Night-MR 22	9:00am-Weights & Balance-ER 9:00am-Chair Massage-CR 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 2:00pm-Blackjack-GR 7:00pm-Trivia-MR 23	9:00am-Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 24	9:00am-Wii Bowling-MR 10:00am-Community Yard Sale MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER 25 Chinese New Year
1:00pm-Paint Class with Holly and Hilary 2:30pm-Matinee Movie-MR 26	9:00am-Exercise -ER 9:00am-Wii Bowling-MR 10:00am-Crafts w/Lyndy 10:30am- Atlas Hearing 1:00pm-Poker-GR 1:30pm-Low Impact Exercise-ER 2:00pm-Word Makers-ER 3:00pm-Book Club-Lib 5:45pm- Bridge-MR Australia Day (observed) 27	9:00am-Exercise-ER 10:00am-Wells Fargo History Museum-L 1:00-Bookmobile-PL 2:30pm-Vollyball-ER 7:00pm-Bingo-MR 28	9:00am-Chair Yoga-ER 1:30pm-Low Impact Exercise-ER 3:30pm-Happy Hour with Songbird Trio 6:00pm-Movie Night-MR 29	9:00am-Weights & Balance-ER 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 4:00pm-Poker Walk 7:00pm-Trivia-MR 30	9:00am-Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR 31	9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER ER

ER=EXERCISE ROOM, MR=MEDIA ROOM, GR=GAME ROOM, L=LOBBY, Lib=LIBRARY, CR=CONFERENCE ROOM/1FLOOR, PL= PARKING LOT, DR=DINING ROOM.

All activities subject to change