

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9325 East Stockton Blvd.
Elk Grove, CA 95624
916-714-3755

- AE Artistic Expression
- CC Community Connections
- CE Continuing Education
- LL Lifestyle & Leisure
- PE Physical Engagement
- SS Spiritual Support

<p>National Bird Day 5</p> <p>8:00 LL MORNING MUSIC 9:30 PE SUNDAY STROLLS 10:00 SS CHICKEN SOUP FOR THE SOUL 10:30 UNO 1:30 AE SIT AND BE FIT 2:30 AE COLOR ME HAPPY 3:30 TEA TIME TOGETHER</p>	<p>Happy Birthday, Dolores Rugama! 6</p> <p>8:00 LL MORNING MUSIC 9:30 WELLNESS WORKOUT 10:30 BINGO 1:30 PE SIMPLE STRETCHES 2:30 TARGET TOSS 3:30 CE DAILY CHRONICLES</p>	<p>Happy Birthday, Em Klement! 1 New Year's Day</p> <p>8:00 LL MORNING MUSIC 9:30 PE WINTER WALKERS 10:00 AE KARAOKE 10:30 WORDSEARCH GROUPIE 1:30 SS DEVOTIONAL WEDNESDAY 2:30 CC OUT & ABOUT: SCENIC DRIVE 4:00 PE AFTERNOON WALK</p>	<p>Happy Birthday, Em Klement! 1 New Year's Day</p> <p>8:00 LL MORNING MUSIC 9:30 PE WINTER WALKERS 10:00 AE KARAOKE 10:30 WORDSEARCH GROUPIE 1:30 SS DEVOTIONAL WEDNESDAY 2:30 CC OUT & ABOUT: SCENIC DRIVE 4:00 PE AFTERNOON WALK</p>	<p>Happy Birthday, Em Klement! 1 New Year's Day</p> <p>8:00 LL MORNING MUSIC 9:30 PE WINTER WALKERS 10:00 AE KARAOKE 10:30 WORDSEARCH GROUPIE 1:30 SS DEVOTIONAL WEDNESDAY 2:30 CC OUT & ABOUT: SCENIC DRIVE 4:00 PE AFTERNOON WALK</p>	<p>Happy Birthday, Em Klement! 1 New Year's Day</p> <p>8:00 LL MORNING MUSIC 9:30 PE WINTER WALKERS 10:00 AE KARAOKE 10:30 WORDSEARCH GROUPIE 1:30 SS DEVOTIONAL WEDNESDAY 2:30 CC OUT & ABOUT: SCENIC DRIVE 4:00 PE AFTERNOON WALK</p>	<p>National Spaghetti Day 4</p> <p>8:00 LL MORNING MUSIC 9:30 PE SIMPLE STRETCHES 10:30 DOMINOS 1:30 WALKING AND TALKING 2:00 MATINEE MOVIE 6:00 LL EVENING NEWS</p>
<p>Happy Birthday, Leo Fassler! 12</p> <p>8:00 LL MORNING MUSIC 9:30 PE SUNDAY STROLLS 10:00 SS CHICKEN SOUP FOR THE SOUL 10:30 UNO 1:30 AE SIT AND BE FIT 2:30 BOWLING FUN 3:30 HANGMAN</p>	<p>Happy Birthday, Dolores Rugama! 6</p> <p>8:00 LL MORNING MUSIC 9:30 WELLNESS WORKOUT 10:30 BINGO 1:30 PE SIMPLE STRETCHES 2:30 TARGET TOSS 3:30 CE DAILY CHRONICLES</p>	<p>National Bubble Bath Day 8</p> <p>8:00 LL MORNING MUSIC 9:30 PE WINTER WALKERS 10:00 AE KARAOKE 10:30 WORDSEARCH GROUPIE 1:30 SS DEVOTIONAL WEDNESDAY 2:30 CC OUT & ABOUT: SCENIC DRIVE 4:00 PE AFTERNOON WALK 6:30 LL GSN</p>	<p>National Bubble Bath Day 8</p> <p>8:00 LL MORNING MUSIC 9:30 PE WINTER WALKERS 10:00 AE KARAOKE 10:30 WORDSEARCH GROUPIE 1:30 SS DEVOTIONAL WEDNESDAY 2:30 CC OUT & ABOUT: SCENIC DRIVE 4:00 PE AFTERNOON WALK 6:30 LL GSN</p>	<p>National Apricot Day 9</p> <p>8:00 LL MORNING MUSIC 9:30 PE CHAIR EXERCISE 10:15 AE PET THERAPY - MICAH COMFORT DOG 10:45 AE ART CORNER: FINISH THE DRAWING 1:30 DANCING GROUP 2:30 SS UNO 3:30 BINGO</p>	<p>National Apricot Day 9</p> <p>8:00 LL MORNING MUSIC 9:30 PE CHAIR EXERCISE 10:15 AE PET THERAPY - MICAH COMFORT DOG 10:45 AE ART CORNER: FINISH THE DRAWING 1:30 DANCING GROUP 2:30 SS UNO 3:30 BINGO</p>	<p>National Milk Day 11</p> <p>8:00 LL MORNING MUSIC 9:30 PE Move & Groove 9:30 PE SIMPLE STRETCHES 10:30 DOMINOS 1:30 WALKING AND TALKING 2:00 AL MUSICAL GUEST 2:00 MATINEE MOVIE 6:00 LL EVENING NEWS</p>
<p>Happy Birthday, Leo Fassler! 12</p> <p>8:00 LL MORNING MUSIC 9:30 PE SUNDAY STROLLS 10:00 SS CHICKEN SOUP FOR THE SOUL 10:30 UNO 1:30 AE SIT AND BE FIT 2:30 BOWLING FUN 3:30 HANGMAN</p>	<p>Martin Luther King, Jr. Day 20</p> <p>8:00 LL MORNING MUSIC 9:30 PE WELLNESS WORKOUT 10:30 BINGO 11:00 SS Puppy Therapy 1:30 PE SIMPLE STRETCHES 2:30 TARGET TOSS 3:30 CE DAILY CHRONICLES 6:30 AE CLASSICAL MUSIC</p>	<p>National Dress up your Pet Day 14</p> <p>8:00 LL MORNING MUSIC 9:30 PE MORNING WORSHIP 10:30 LL HORSE RACES 10:30 SS PET THERAPY - MICAH COMFORT DOG 1:30 PE SIMPLE STRETCHES 2:30 NAME GAME 3:00 HOT POTATO 3:30 HAND MASSAGE THERAPY</p>	<p>National Dress up your Pet Day 14</p> <p>8:00 LL MORNING MUSIC 9:30 PE MORNING WORSHIP 10:30 LL HORSE RACES 10:30 SS PET THERAPY - MICAH COMFORT DOG 1:30 PE SIMPLE STRETCHES 2:30 NAME GAME 3:00 HOT POTATO 3:30 HAND MASSAGE THERAPY</p>	<p>National Dress up your Pet Day 14</p> <p>8:00 LL MORNING MUSIC 9:30 PE MORNING WORSHIP 10:30 LL HORSE RACES 10:30 SS PET THERAPY - MICAH COMFORT DOG 1:30 PE SIMPLE STRETCHES 2:30 NAME GAME 3:00 HOT POTATO 3:30 HAND MASSAGE THERAPY</p>	<p>Happy Birthday, Wayne Whitehead! 17</p> <p>8:00 LL MORNING MUSIC 9:30 PE FITNESS FUN 9:30 PE Stretch & Flex 10:00 BINGO FRIDAY 1:30 PE AFTERNOON WALKING GROUP 2:00 CC HAPPY HOUR! 3:30 SS VERSE OF THE DAY 4:00 GSN TV</p>	<p>Happy Birthday, Wayne Whitehead! 17</p> <p>8:00 LL MORNING MUSIC 9:30 PE Chair Yoga 9:30 PE SIMPLE STRETCHES 10:30 DOMINOS 1:30 WALKING AND TALKING 2:00 MATINEE MOVIE 6:00 LL EVENING NEWS</p>
<p>Happy Birthday, Leo Fassler! 12</p> <p>8:00 LL MORNING MUSIC 9:30 PE SUNDAY STROLLS 10:00 SS CHICKEN SOUP FOR THE SOUL 10:30 UNO 1:30 AE SIT AND BE FIT 2:30 AE COLOR ME HAPPY 3:30 HANGMAN 6:30 LL GSN</p>	<p>Martin Luther King, Jr. Day 20</p> <p>8:00 LL MORNING MUSIC 9:30 PE WELLNESS WORKOUT 10:30 BINGO 11:00 SS Puppy Therapy 1:30 PE SIMPLE STRETCHES 2:30 TARGET TOSS 3:30 CE DAILY CHRONICLES 6:30 AE CLASSICAL MUSIC</p>	<p>National Hugging Day 21</p> <p>8:00 LL MORNING MUSIC 9:30 PE MORNING WORSHIP 10:30 LL HORSE RACES 10:30 SS PET THERAPY - MICAH COMFORT DOG 1:30 PE SIMPLE STRETCHES 2:30 NAME GAME 3:00 HOT POTATO 3:30 HAND MASSAGE THERAPY</p>	<p>National Hugging Day 21</p> <p>8:00 LL MORNING MUSIC 9:30 PE MORNING WORSHIP 10:30 LL HORSE RACES 10:30 SS PET THERAPY - MICAH COMFORT DOG 1:30 PE SIMPLE STRETCHES 2:30 NAME GAME 3:00 HOT POTATO 3:30 HAND MASSAGE THERAPY</p>	<p>National Pie Day 23</p> <p>8:00 LL MORNING MUSIC 9:30 PE CHAIR EXERCISE 10:15 AE PET THERAPY - MICAH COMFORT DOG 10:45 AE ART CORNER: FINISH THE DRAWING 1:30 DANCING GROUP 2:30 SS UNO 3:30 MISSING VOWELS 6:30 GSN</p>	<p>National Pie Day 23</p> <p>8:00 LL MORNING MUSIC 9:30 PE CHAIR EXERCISE 10:15 AE PET THERAPY - MICAH COMFORT DOG 10:45 AE ART CORNER: FINISH THE DRAWING 1:30 DANCING GROUP 2:30 SS UNO 3:30 MISSING VOWELS 6:30 GSN</p>	<p>Chinese New Year 25</p> <p>8:00 LL MORNING MUSIC 9:30 PE SIMPLE STRETCHES 10:30 DOMINOS 1:30 WALKING AND TALKING 2:00 MATINEE MOVIE 6:00 LL EVENING NEWS</p>
<p>National Peanut Brittle Day 26</p> <p>8:00 LL MORNING MUSIC 9:30 PE Fitness Fun 9:30 PE SUNDAY STROLLS 10:00 SS CHICKEN SOUP FOR THE SOUL 10:30 UNO 1:30 AE SIT AND BE FIT 2:30 BOWLING FUN 3:30 HANGMAN 6:30 LL I Love Lucy</p>	<p>Martin Luther King, Jr. Day 20</p> <p>8:00 LL MORNING MUSIC 9:30 PE CHAIR YOGA 10:30 BINGO 1:30 PE SIMPLE STRETCHES 2:00 CC SUNDAY ON A MONDAY 2:30 TARGET TOSS 3:30 CE DAILY CHRONICLES 6:30 SS SOOTHING JAZZ</p>	<p>National Hugging Day 21</p> <p>8:00 LL MORNING MUSIC 9:30 PE MORNING WORSHIP 10:30 LL HORSE RACES 10:30 SS PET THERAPY - MICAH COMFORT DOG 1:30 PE SIMPLE STRETCHES 2:30 NAME GAME 3:00 HOT POTATO 3:30 HAND MASSAGE THERAPY</p>	<p>National Hugging Day 21</p> <p>8:00 LL MORNING MUSIC 9:30 PE MORNING WORSHIP 10:30 LL HORSE RACES 10:30 SS PET THERAPY - MICAH COMFORT DOG 1:30 PE SIMPLE STRETCHES 2:30 NAME GAME 3:00 HOT POTATO 3:30 HAND MASSAGE THERAPY</p>	<p>Happy Birthday, Laurette Albaugh! 30</p> <p>8:00 LL MORNING MUSIC 9:30 PE CHAIR EXERCISE 10:15 AE PET THERAPY - MICAH COMFORT DOG 10:45 AE EZ TRIVIA 1:30 DANCING GROUP 2:00 BAKE AWAY</p>	<p>Happy Birthday, Laurette Albaugh! 30</p> <p>8:00 LL MORNING MUSIC 9:30 PE CHAIR EXERCISE 10:15 AE PET THERAPY - MICAH COMFORT DOG 10:45 AE EZ TRIVIA 1:30 DANCING GROUP 2:00 BAKE AWAY</p>	<p>National Hot Chocolate Day 31</p> <p>8:00 LL MORNING MUSIC 9:30 PE FITNESS FUN 9:30 PE Stretch & Flex 10:00 BINGO FRIDAY 1:30 PE AFTERNOON WALKING GROUP 2:00 CC HAPPY HOUR! 3:30 SS VERSE OF THE DAY 4:00 GSN TV 6:30 AE CLASSICAL MUSIC</p>

Healthy Snacks & Hydration offered throughout each day!