


# January 2020

## Assisted Living Lifestyle & Leisure

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>12877 Sylva Lane Sonora, CA 95370 209-588-0373</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>New Year's Day 1</div> <div>9:30 <div>LL</div> Shopping at Timberhills (Savemart) [ML]</div> <div>10:00 Yoga with Tully [C]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>CE</div> Culture Class [A]</div> <div>3:30 <div>PE</div> Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:45 <div>Therapy Dog "Gypsy" [L] 2</div></div> <div>1:45 <div>CE</div> What Do Ya Know? [L]</div> <div>2:30 Rummikub (resident led) [C]</div> <div>3:00 Activity Meeting [A]</div> <div>3:00 <div>CE</div> Mobile Library [UPL]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:00 <div>PE</div> Sit &amp; Be Fit Video [A] 3</div> <div>11:00 <div>AE</div> Craft Class [A]</div> <div>1:30 <div>LL</div> Happy Hour [L]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>11:00 <div>PE</div> Chair Workout [A] 4</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:30 <div>CC</div> Crochet Club [FR]</div> <div>6:15 <div>LL</div> Movie [A]</div>
<div>10:00 <div>LL</div> Hangman Game [L] 5</div> <div>11:00 <div>LL</div> UNO Card game [C]</div> <div>1:30 <div>PE</div> Simple Stretches [A]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>PE</div> Walking Club [ML] 6</div> <div>11:00 <div>CE</div> 30min Brain Games [A]</div> <div>1:45 <div>LL</div> RummiKub [C]</div> <div>2:30 <div>AE</div> Craft Class [A]</div> <div>3:30 Nail Care [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>SS</div> Prayer &amp; Communion (Catholic) [C] 7</div> <div>9:30 Shopping Crossroads (Walmart) [ML]</div> <div>11:00 <div>CC</div> Town Hall Meeting [D]</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:45 <div>LL</div> Yahtzee [C]</div> <div>3:00 <div>PE</div> Strength/Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:00 Yoga with Tully [C] 8</div> <div>1:00 Rock Garden [A]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>CE</div> Culture Class [A]</div> <div>3:00 Welcoming Committee Meeting [C]</div> <div>3:30 <div>PE</div> Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:30 <div>CC</div> Resident Council Meeting [A] 9</div> <div>10:45 <div>Therapy Dog "Gypsy" [L]</div></div> <div>1:45 <div>CE</div> What Do Ya Know? [L]</div> <div>2:30 <div>CE</div> Genealogy [L]</div> <div>2:30 Rummikub (resident led) [C]</div> <div>3:00 Movin' &amp; Groovin' [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>Theme Day: Music! 10</div> <div>10:00 <div>PE</div> Sit &amp; Be Fit Video [A]</div> <div>11:00 <div>AE</div> Craft Class [A]</div> <div>2:00 Happy Hour [L]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>11:00 Chair Workout [A] 11</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:30 <div>CC</div> Crochet Club [FR]</div> <div>6:15 <div>LL</div> Movie [A]</div>
<div>10:00 <div>LL</div> Hangman Game [L] 12</div> <div>11:00 <div>LL</div> UNO Card game [C]</div> <div>1:30 <div>PE</div> Simple Stretches [A]</div> <div>1:30 Unity in the Community [L]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>PE</div> Walking Club [ML] 13</div> <div>11:00 <div>CE</div> 30min Brain Games [A]</div> <div>1:45 <div>LL</div> RummiKub [C]</div> <div>2:30 <div>AE</div> Craft Class [A]</div> <div>3:30 Nail Care [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>SS</div> Prayer &amp; Communion (Catholic) [C] 14</div> <div>11:00 <div>CC</div> Resident Food Committee/Dining Services Meeting [D]</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:45 <div>LL</div> Yahtzee [C]</div> <div>3:00 <div>PE</div> Strength/Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:30- <div>CC</div> Shopping &amp; Out To Lunch (The Junction) [ML] 15</div> <div>10:00 Yoga with Tully [C]</div> <div>1:30 Winter Floral Arrangements with Stephanie [A]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>CE</div> Culture Class [A]</div> <div>3:30 <div>PE</div> Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:45 <div>Therapy Dog "Gypsy" [L] 16</div></div> <div>1:30 Lutheran Church Service [A]</div> <div>1:45 <div>CE</div> What Do Ya Know? [L]</div> <div>2:30 Rummikub (resident led) [C]</div> <div>3:00 Auction [D]</div> <div>3:00 <div>CE</div> Mobile Library [UPL]</div> <div>3:00 Movin' &amp; Groovin' [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:00 <div>PE</div> Sit &amp; Be Fit Video [A] 17</div> <div>11:00 <div>AE</div> Craft Class [A]</div> <div>1:00 <div>CC</div> Hearing Aids Checked [PD]</div> <div>2:00 Happy Hour [L]</div> <div>3:30 <div>SS</div> Unitarian Universalist Discussion [PD]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>11:00 <div>PE</div> Chair Workout [A] 18</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:30 <div>CC</div> Crochet Club [FR]</div> <div>6:15 <div>LL</div> Movie [A]</div>
<div>10:00 <div>LL</div> Hangman Game [L] 19</div> <div>11:00 <div>LL</div> UNO Card game [C]</div> <div>1:30 <div>PE</div> Simple Stretches [A]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>Martin Luther King, Jr. Day 20</div> <div>9:30 <div>PE</div> Walking Club [ML]</div> <div>11:00 <div>CE</div> 30min Brain Games [A]</div> <div>1:45 <div>LL</div> RummiKub [C]</div> <div>2:30 <div>AE</div> Craft Class [A]</div> <div>3:30 Nail Care [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>SS</div> Prayer &amp; Communion (Catholic) [C] 21</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:45 <div>LL</div> Yahtzee [C]</div> <div>3:00 <div>PE</div> Strength/Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>PE</div> Yoga at Sol Y Breath with Tully [C] 22</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>CE</div> Culture Class [A]</div> <div>3:00 Welcoming Committee Meeting [C]</div> <div>3:30 <div>PE</div> Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:45 <div>Therapy Dog "Gypsy" [L] 23</div></div> <div>1:45 <div>CE</div> What Do Ya Know? [L]</div> <div>2:00 <div>LL</div> Music with Ulysses [L]</div> <div>2:30 Rummikub (resident led) [C]</div> <div>3:00 Movin' &amp; Groovin' [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>CC</div> Shopping Crossroads (Walmart) 24</div> <div>10:00 <div>PE</div> Sit &amp; Be Fit Video [A]</div> <div>11:00 <div>AE</div> Craft Class [A]</div> <div>2:00 Happy Hour [L]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>11:00 Chair Workout [A] 25</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:30 <div>CC</div> Crochet Club [FR]</div> <div>6:15 <div>LL</div> Movie [A]</div>
<div>10:00 <div>LL</div> Hangman Game [L] 26</div> <div>11:00 <div>LL</div> UNO Card game [C]</div> <div>1:30 <div>PE</div> Simple Stretches [A]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>PE</div> Walking Club [ML] 27</div> <div>11:00 <div>CE</div> 30min Brain Games [A]</div> <div>1:45 <div>LL</div> RummiKub [C]</div> <div>2:30 <div>AE</div> Craft Class [A]</div> <div>3:30 Nail Care [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>9:30 <div>SS</div> Prayer &amp; Communion (Catholic) [C] 28</div> <div>11:00 <div>SS</div> Catholic Mass [A]</div> <div>1:30 <div>LL</div> 1 Hour Bingo [A]</div> <div>2:45 <div>LL</div> Yahtzee [C]</div> <div>3:00 <div>PE</div> Strength/Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:00 Yoga with Tully [C] 29</div> <div>10:30 Farmory Outing [ML]</div> <div>1:45 <div>LL</div> Card Game '31 [C]</div> <div>2:30 <div>CE</div> Culture Class [A]</div> <div>3:30 <div>PE</div> Sit &amp; Be Fit [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:45 <div>Therapy Dog "Gypsy" [L] 30</div></div> <div>1:45 <div>CE</div> What Do Ya Know? [L]</div> <div>2:30 Rummikub (resident led) [C]</div> <div>3:00 Movin' &amp; Groovin' [A]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>10:00 <div>PE</div> Sit &amp; Be Fit Video [A] 31</div> <div>11:00 <div>AE</div> Craft Class [A]</div> <div>2:00 <div>LL</div> Birthday Happy Hour [L]</div> <div>6:15 <div>LL</div> Movie [A]</div>	<div>Location Keys</div> <div>Activities Room A</div> <div>Card Room C</div> <div>Dining Room D</div> <div>Fireside Room FR</div> <div>Lobby L</div> <div>Meet in Lobby ML</div> <div>Private Dining PD</div> <div>Upper Parking Lot UPL</div>