

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2020

## Winding Commons

							9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER	<b>1</b>
<b>TBA-Super Bowl Celebration and Potluck-MR</b>	<b>2</b> 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	<b>3</b> 9:00am-Exercise-ER <b>9:45am-Blood Pressure-L</b> <b>10:00am- Folsom Outlet Shopping Outing-L</b> 2:30pm-Volleyball-ER 7:00pm-Bingo-MR	<b>4</b> 9:00am-Exercise-ER 10:00am-Indoor Golf-ER 1:30pm-Low Impact Exercise-ER <b>3:30pm-Birthday Celebration w/Capitol City Reflections-L</b> 4:30pm-Birthday Dinner	<b>5</b> 9:00am-Weights & Balance-ER <b>10:30-Healthy Heart Habits Presentation with RXHC</b> 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 4:00pm-Poker Walk-MR 7:00pm-Trivia-MR	<b>6</b> 9:00am- Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR	<b>7</b> 9:00am-Wii Bowling-MR 10:00-Jewelry Vendor-L 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER	<b>8</b>	
Groundhog Day 3:00-pm Neighborly Chat-MR	<b>9</b> 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	<b>10</b> 9:00am-Exercise-ER <b>10:45am- Rudy's Hide Away Lunch Outing-L</b> 2:30pm-Volleyball-ER 7:00pm-Bingo	<b>11</b> 9:00am-Exercise-ER 1:30pm-Low Impact Exercise-ER <b>3:30pm-Happy Hour with Your Musical Memories-L</b>	<b>12</b> 9:00am-Weights & Balance-ER <b>9:00am-Chair Massage-CR</b> 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 2:00pm-Blackjack-GR 7:00pm-Trivia-MR	<b>13</b> 9:00am- Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 5:00-6:00pm Christopher Oats Musical-DR 7:00pm-Bingo-MR	<b>14</b> 9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER	<b>15</b>	
2:30pm-Matinee Movie-MR	<b>16</b> 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	<b>17</b> 9:00am-Exercise-ER <b>10:00 Folsom Prison Museum &amp; Lunch-L</b> <b>9:45am-Blood Pressure-L</b> 2:30pm-Volleyball-ER 7:00pm-Bingo-MR	<b>18</b> 9:00am-Exercise-ER 10:00am-Indoor Golf-ER 1:30pm-Low Impact Exercise-ER <b>3:30pm-Happy Hour with Lincoln Highway-L</b>	<b>19</b> 9:00am-Weights & Balance-ER 12:30pm-Pinochle-GR <b>2:00pm-Facebook Presentation-MR</b> 4:00pm- Poker Walk-MR 7:00pm-Trivia-MR	<b>20</b> 9:00am- Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR	<b>21</b> 9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER	<b>22</b>	
2:30pm-Matinee Movie-MR	<b>23</b> 9:00am-Exercise -ER 9:00am-Wii Bowling-MR 10:00am-Crafts w/Lyndy <b>10:30am- Atlas Hearing</b> 1:00pm-Poker-GR 1:30pm-Low Impact Exercise-ER 2:00pm-Word Makers-ER <b>3:00pm-Book Club-Lib</b> 5:45pm- Bridge-MR	<b>24</b> 9:00am-Exercise-ER <b>10:00am-The California Hall of Fame Museum-L</b> <b>1:00-Bookmobile-PL</b> 2:30pm-Volleyball-ER 7:00pm-Bingo-MR	<b>25</b> 9:00am-Exercise-ER 1:30pm-Low Impact Exercise-ER <b>3:30pm-Happy Hour with Vintage Fair-L</b>	<b>26</b> 9:00am-Weights & Balance-ER <b>9:00am-Chair Massage-CR</b> 12:30pm-Pinochle-GR 2:00pm-Puzzles & Snacks-MR 2:00pm-Blackjack-GR 7:00pm-Trivia-MR	<b>27</b> 9:00am- Active Yoga-ER 1:00pm-Pokeno-MR 3:30pm- Wine Social-MR 7:00pm-Bingo-MR	<b>28</b> 9:00am-Wii Bowling-MR 12:30pm-Sequence-MR 2:30pm-Beanbag Baseball-ER	<b>29</b>	

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