

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Happy New Year! 1
 9:00 Catholic Communion-CH
 9:30 Senior Stretching/DVD-RR
 11:15 Tai Chi/DVD-RR
 12:30 Stitch & Chat-LB
 2:30 POKENO-RR
 6:30 Bingo-RR
 You need 12 dimes & 1 quarter

2
 9:30 Exercise Class w/Tom-RR
 Seated exercises class
 11:15 Tai Chi ~ DVD-RR
 1:00 Wii Bowling-LO
 2:30 Happy Hour-RR
 w/ Ken Roberts-Elvis
 6:30 Poker-PL
 6:30 Cards-LB

3
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 10:00am Board Bus For
 Huckleberry's ~ Eat Out Only
 2:30 Activity Talk & Raffle-RR
 6:30 Bingo-RR
 You need 12 dimes & 1 quarter

4
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 2:30 Saturday Movie Matinee-RR
 6:30 Saturday Night Movie-RR
 6:30 Poker-PL

5
 Brain Teasers-LB
 On the table in the Library
 12:30 Crossword Club-PL
 2:30 Board Game Time-RR
 Bring your friends & have fun!
 GAME TIME!
 6:30 Sunday Night
 Movie-RR

6
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 1:00 Wii Bowling-LO
 2:00 Monday Movie Matinee-RR
 3:00 Bible Study-CH
 6:30 POKENO-RR
 You need 21 nickels and 4 dimes

7
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 1:00 Tuesday Speaker-RR
 Life Under Nazi Rule
 By Irene Perbal
 2:30 Bean Bag Baseball-RR
 6:30 Poker-PL
 6:30 Cards & Board Games-RR

8
 9:00 Catholic Communion-CH
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 12:30 Ceramics-RR
 1:00 Comcast Q&A-LB
 2:30 POKENO-RR
 6:30 Bingo-RR
 You need 12 dimes & 1 quarter

9
 9:30 Exercise Class w/Tom-RR
 Seated exercises class
 10:00 Bischoff's Medical-RR
 Free Walker Check-up
 11:15 Tai Chi ~ DVD-RR
 12:30 Music with Dan-RR
 1:00 Wii Bowling-LO
 2:30 Happy Hour-RR
 w/ Jazzman Duo
 6:30 Poker-PL
 6:30 Cards-LB

10
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 9:30am Board Bus For
 Douglas Van Howd Art Gallery
 Lunch at Denny's ~ In Auburn
 6:30 Bingo-RR
 You need 12 dimes & 1 quarter

11
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 12:30 Painting Class-RR
 Only 14 spots available!
 You need to sign-up
 in the book!
 6:30 Saturday Night Movie-RR
 6:30 Poker-PL

12
 Brain Teasers-LB
 On the table in the Library
 12:30 Crossword Club-PL
 2:30 Board Game Time-RR
 Bring your friends & have fun!
 GAME TIME!
 6:30 Sunday Night
 Movie-RR

13
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 1:00 Wii Bowling-LO
 2:00 Monday Movie Matinee-RR
 3:00 Bible Study-CH
 6:30 POKENO-RR
 You need 21 nickels and 4 dimes

14
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 1:00 Michael Beck-RR
 Singing you oldies, but goodies!
 2:30 Bean Bag Baseball-RR
 3:30 Cornerstone Kids-RR
 6:30 Poker-PL
 6:30 Cards & Board Games-RR

15
 9:00 Catholic Communion-CH
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:00 Residents Birthday Brunch-DR
 11:15 Tai Chi/DVD-RR
 12:30 Stitch & Chat-RR
 2:30 POKENO-RR
 You need 21 nickels & 4 dimes
 6:30 Poker-PL

16
 9:30 Exercise Class w/Tom-RR
 Seated exercises class
 11:15 Tai Chi ~ DVD-RR
 12:30 Music with Dan-RR
 1:00 Wii Bowling-LO
 2:30 Happy Hour-RR
 w/ Daisy Dee~ Six String Daisy
 6:30 Poker-PL
 6:30 Cards-LB

17
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 Time TBA Board Bus For
 Movie Studio Grill ~ In Rocklin
 6:30 Bingo-RR
 You need 12 dimes & 1 quarter

18
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 2:30 Wooden Horse Racing-RR
 You need 6 quarters
 6:30 Saturday Night Movie-RR
 6:30 Poker-PL

19
 Brain Teasers-LB
 On the table in the Library
 12:30 Crossword Club-PL
 2:30 Board Game Time-RR
 Bring your friends & have fun!
 6:30 Sunday Night Movie-RR
 National Popcorn Day!
 Activity Professionals Week

20
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 1:00 Wii Bowling-LO
 2:00 Monday Movie Matinee-RR
 3:00 Bible Study-CH
 6:30 POKENO-RR
 You need 21 nickels and 4 dimes

21
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 2:30 Bean Bag Baseball-RR
 6:30 Poker-PL
 6:30 Cards & Board Games-RR

22
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 9:30 Rosary-CH
 10:00 Mass-CH
 11:15 Tai Chi/DVD-RR
 12:30 Ceramics-RR
 2:30 POKENO-RR
 You need 21 nickels & 4 dimes
 6:30 Poker-PL

23
 9:30 Exercise Class w/Tom-RR
 Seated exercises class
 11:15 Tai Chi ~ DVD-RR
 12:30 Music with Dan-RR
 1:00 Wii Bowling-LO
 2:30 Happy Hour-RR
 w/ Collin Hobbs & The Invisibles
 National Pie Day
 6:30 Poker-PL
 6:30 Cards-LB

24
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 10:30am Board Bus For
 Pheasant Club Restaurant & Big
 Lot's ~ In Sacramento
 6:30 Bingo-RR
 You need 12 dimes & 1 quarter

25
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 2:30 Wine Social-RR
 w/ Moon Glow band
 6:30 Saturday Night Movie-RR
 6:30 Poker-PL

26
 Brain Teasers-LB
 On the table in the Library
 12:30 Crossword Club-PL
 2:30 Board Game Time-RR
 Bring your friends & have fun!
 GAME TIME!
 6:30 Sunday Night
 Movie-RR

27
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 1:00 Wii Bowling-LO
 2:00 Monday Movie Matinee-RR
 3:00 Bible Study-CH
 6:30 POKENO-RR
 You need 21 nickels and 4 dimes

28
 9:30 Exercise Class w/Joan-RR
 Balance & Strength exercise class
 11:15 Tai Chi/DVD-RR
 2:30 Bean Bag Baseball-RR
 6:30 Poker-PL
 6:30 Cards & Board Games-RR

29
 9:00 Catholic Communion-CH
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 2:30 POKENO-RR
 You need 21 nickels & 4 dimes
 6:30 Poker-PL

30
 9:30 Exercise Class w/Tom-RR
 Seated exercises class
 11:15 Tai Chi ~ DVD-RR
 12:30 Music with Dan-RR
 1:00 Wii Bowling-LO
 2:30 Happy Hour-RR
 w/ Capital City Reflections
 6:30 Poker-PL
 6:30 Cards-LB

31
 9:30 Senior Stretching/DVD-RR
 Seated exercises ~ DVD
 11:15 Tai Chi/DVD-RR
 11:00am Board Bus For
 Thunder Valley Casino
 Board bus for departure at 2:30pm to
 return home.
 6:30 Bingo-RR
 You need 12 dimes & 1 quarter

