Mo**vid**ay Tuesday Wednesday Sunday Thursday Friday Saturday **1** 9:00 Qi Gong ~ DVD ~ RR **2** 9:00 Tai Chi ~ DVD ~ RR 9:00 Qi Gong ~ DVD ~ RR 3 9:00 Seated Yoga ~ DVD ~ RR4 10:00 Seated/Band ~ RR 10:00 Balance & Strength ~ RR 10:00 Seated/Band ~ RR 10:00 Balance & Strength ~ RR September 2021 Exercise class w/Tina Exercise class w/Tina w/Tom seated/balance Exercise class w/Tina 1:00 **POKENO** ~RR 10:30 Pat Selling Jewelry ~ RR 12:30 Wii Bowling ~ RR 11:00 Tai Chi ~ DVD ~ RR (18 nickels & 2 Quarters) 1:00 **POKENO** ~ RR 1:00 Wii Bowling ~ RR 12:30 Ceramics Class – RR 2:30 Bingo ~ RR (18 nickels & 2 Quarters) 2:30 Happy Hour ~ RR w/Claudie (10 dimes & 2 quarters) w/ Jim Hall 2:30 Bean Bag Staring new project Roseville Commons Activities 6:00 Cards ~ LB baseball -RR 2:30 **Bingo**-RR 6:00 Saturday Night Movie ~ RR 6:00 Friday Night Movie-RR 9:05 Tai Chi ~ DVD ~ RR 5 No Transportation ~ Holiday! 6 9:00 Qi Gong ~ DVD ~ RR 2 9:00 Qi Gong ~ DVD ~ RR 9 9:00 Tai Chi ~ DVD ~ RR 10 9:00 Seated Yoga ~ DVD ~ RR 1 **7** 9:00 Qi Gong ~ DVD ~ RR 10:00 Senior Stretching ~ RR 9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR 10:00 Seated/Band ~ RR 10:00 Balance & Strength ~ RR 10:00 Seated/Band ~ RR 10:00 Balance & Strength ~ RR DVD Seated Exercise Exercise class w/Tina Exercise class w/Tina **DVD Seated Exercise** w/Tom seated/balance Exercise class w/Tina 10:00 Senior Stretching ~ RR 12:30 Music w/Dan ~ RR 1:00 Crystal Bowls Music ~ RR 1:00 Matinee Movie ~ RR 12:30 Wii Bowling ~ RR 2:00 Magic Show ~ RR 11:00 Tai Chi ~ DVD ~ RR **DVD Seated Exercise** By Kimberly Bass Charlie from Sevilla Magic FX 1:00 Wii Bowling ~ RR 1:00 Bingo ~ RR 11:00 Tai Chi ~ DVD ~ RR 2:30 Bingo ~ RR Celebrating MOVIE MATINEE 2:30 Happy Hour ~ RR (8 dimes & 2 quarters) 1:00 Matinee Movie ~ RR You don't have to sing, come down 6:00 Cards ~ LB Grandparents Day w/ Lincoln Highway Band 2:30 **POKENO** ~ RR 6:00 Cards ~ LB and listen. Mixed music (18 nickels & 2 Quarters) 6:00 Saturday Night 1:45 Wii Bowling ~ RR 6:00 Scrabble ~ LB **6:00** Friday Night Movie-RR Movie ~ RR 2:00 Wii Bowling ~ RR Labor Day 6:00 Scrabble ~ LB Rosh Hashanah Begins 9:05 Tai Chi ~ DVD ~ RR 12 9:05 Tai Chi ~ DVD ~ RR 13 9:00 Qi Gong ~ DVD ~ RR14 9:00 Qi Gong ~ DVD ~ RR 15|9:00 Qi Gong ~ DVD ~ RR16|9:00 Tai Chi ~ DVD ~ RR 17|9:00 Seated Yoga ~ DVD ~ RR18 10:00 Senior Stretching ~ RR 10:00 Seated/Band ~ RR 10:00 Balance & Strength ~ RR 10:00 Seated/Band ~ RR 10:00 Senior Stretching ~ RR 10:00 Balance & Strength ~ RR 10:00 Senior Stretching ~ RR Exercise class w/Tina DVD Seated Exercise Exercise class w/Tina **DVD Seated Exercise** w/Tom seated/balance Exercise class w/Tina **DVD Seated Exercise** 1:00 **POKENO** ~RR 1:30 Saturday Movie ~ RR 1:00 Tuesday Speaker ~ RR 12:30 Wii Bowling ~ RR 1:00 Matinee Movie ~ RR 11:00 Tai Chi ~ DVD ~ RR 11:00 Tai Chi ~ DVD ~ RR (18 nickels & 2 Quarters) The Art of Striving Tina is off in Lieu of Labor Day 1:00 Wii Bowling ~ RR 12:30 Ceramics Class - RR Carpet cleaning The Shakiest Gun in the 2:30 Bingo ~ RR MOVIE MATINEE vs. Survivina" 2:30 Happy Hour ~ RR w/Claudie in Common area. West, w/Don Knotts, (10 dimes & 2 quarters) w/ Carol S. Scofield w/ Ellen & Larry 6:00 Cards ~ LB 2:30 Cornhole ~ RR Comedy. 6:00 Cards ~ LB Peanut guess **6:00** Scrabble ∼ LB 🤻 2:30 Wii Bowling ~ RR National Peanut Day! Guess how 3:00 Cornhole ~ RR winner announced! many peanuts are in the jar & Win-3:00 Wii Bowling ~ RR 6:00 Friday Night Movie-RR 6:00 Saturday Night Movie ~ RR Table in the Lobby Entrance 6:00 Scrabble ~ LB | 9:05 Tai Chi ~ DVD ~ RR 19 | 9:05 Tai Chi ~ DVD ~ RR 20 | 9:00 Qi Gong ~ DVD ~ RR 21 | 9:00 Qi Gong ~ DVD ~ RR 22 9:00 Qi Gong ~ DVD ~ RR 23 9:00 Tai Chi ~ DVD ~ RR 24 9:00 Seated Yoga ~ DVD ~ RR25 10:00 Senior Stretching ~ RR 10:00 Seated/Band ~ RR 10:00 Senior Stretching ~ RR 10:00 Balance & Strength ~ RR 10:00 Seated/Band ~ RR 10:00 Balance & Strength ~ RR 10:00 Senior Stretching ~ RR Exercise class w/Tina **DVD Seated Exercise** Exercise class w/Tina **DVD Seated Exercise** w/Tom seated/balance Exercise class w/Tina **DVD Seated Exercise** 1:00 **POKENO** ~RR 1:00 Matinee Movie ~ RR **12:30 Music w/Dan ~ RR** 1:00 Bean Bag 12:30 Wii Bowling ~ RR 11:00 Tai Chi ~ DVD ~ RR 11:00 Tai Chi ~ DVD ~ RR (18 nickels & 2 Quarters) 1:00 Wii Bowling ~ RR baseball -RR 1:30 Horse Races ~ RR Sing-A-Long 1:00 Matinee Movie ~ RR 2:30 Happy Hour ~ RR 2:30 Bingo ~ RR MOVIE MATINEE If you don't want to Place your Bets! You don't have to sing, come down (10 dimes & 2 quarters) play, come watch the game! w/ Beny & The MOVIE MATINEE Beers & Pretzels' and listen to the music. 6:00 Cards ~ LB 6:00 Saturday Night Movie ~ RR For Oktoberfest! Singing Sax 1:45 Wii Bowling ~ RR 6:00 Scrabble ~ LB 6:00 Friday Night Movie-RR Mixed music **6:00** Cards ~ LB 2:00 Wii Bowling ~ RR 6:00 Scrabble ~ LB | 9:05 Tai Chi ~ DVD ~ RR 26 | 9:05 Tai Chi ~ DVD ~ RR 27 | 9:00 Qi Gong ~ DVD ~ RR 28 | 9:00 Qi Gong ~ DVD ~ RR 29 9:00 Qi Gong ~ DVD ~ RR30 10:00 Senior Stretching ~ RR | 10:00 Seated/Band ~ RR **10:00** Senior Stretching ~ RR 10:00 Balance & Strength ~ RR 10:00 Senior Stretching ~ RR **DVD Seated Exercise** Exercise class w/Tina **DVD Seated Exercise** w/Tom seated/balance **DVD Seated Exercise 11:00** Qi Gong ~ DVD ~ RR 1:00 Tuesday Speaker ~ RR 12:30 Wii Bowling ~ RR 1:00 Matinee Movie ~ RR 11:00 Tai Chi ~ DVD ~ RR 2:30 Fall Bingo ~ RR How to take care of your skin. 1:00 Wii Bowling ~ RR MOVIE MATINEE Carpet cleaning (4 dimes & 1 quarter) w/ Waverly Pierce ~ Kemp 2:30 Happy Hour ~ RR in Common area. Raffle Prizes 2:30 Wii Bowling ~ RR w/ Michael Jaspar 6:00 Cards ~ LB 6:00 Cards ~ LB 6:00 Scrabble ~ LB Everything Jazz 6:00 Scrabble ~ LB Simchat Torah Begins