

Sunday

Monday

Tuesday

Wednesday

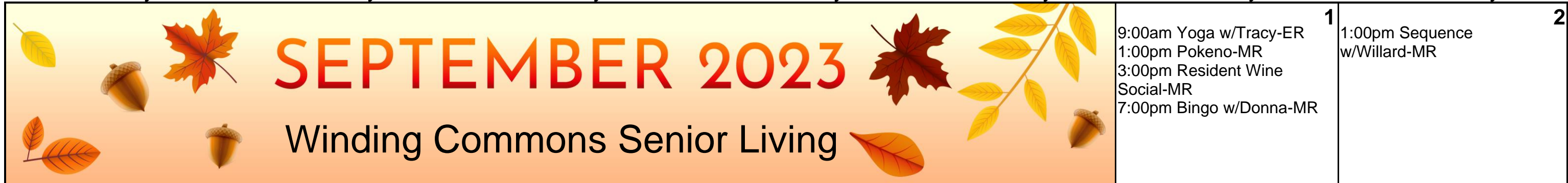
Thursday

Friday

Saturday

SEPTEMBER 2023

Winding Commons Senior Living



Happy Birthday Mary Jo 3
 1:00pm Wii Bowling w/Donna-MR
 3:00pm Bingo w/Donna-MR

STAFF HOLIDAY 4
 2:00pm Bridge-MR



Labor Day

Happy Birthday Nancy 5
 9:00am Full Body Exercise-ER
10:30am El Novillero Mexican Cuisine Lunch Outing, South Sacramento
 2:30pm Beanbag Baseball-ER
4:00pm Avalon Hearing (Media Room)
 7:00pm Bingo w/Donna-MR

Happy Birthday Anita 6
 9:00am Full Body Exercise-ER
9:00am Chair Massage Therapist-LIB (2nd floor)
11:00 am Resident Birthday Brunch Celebration-DR
 1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Country Club Aires-DR
ACTIVITY RAFFLE


Happy Birthday Frances 7
 9:00am Yoga w/Tracy-ER
 9:30am Wii Bowling w/Donna-MR
 1:00pm Poker Walk-MR
 7:00pm Trivia w/Kay-M

9:00am Yoga w/Tracy-ER
9:30am Donuts-L
 1:00pm Pokeno-MR
 3:00pm Resident Wine Social-MR
 7:00pm Bingo w/Donna-MR

1:00pm Sequence w/Willard-MR

11:00am Traveling Boutique w/Michelle-L
1:00 Begonias Diamonds in the Shade 75th Anniversary Show & Sale at Shepard Garden & Art Center on McKinley Blvd. Mid-Town Outing
 1:00pm Sequence w/Willard-MR

1:00pm Wii Bowling w/Donna MR



Grandparents Day

9:00 Full Body Exercise-ER
 1:00pm Word Makers-ER
 2:00pm Bridge-MR
 2:30pm Beanbag Baseball-ER


9:00am Full Body Exercise-ER
9:45am Alpha One Blood Pressure-MR
10:00am McKinley Park Rose Garden & Boxed Lunch Outing
 2:30pm Indoor Golf-ER
 7:00pm Bingo w/Donna-MR

9:00am Full Body Exercise-ER
 1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Pete Schroeder-DR

9:00am Yoga w/Tracy-ER
 9:30am Wii Bowling w/Donna-MR
1:30pm Teaching Kitchen Food Demo w/Chef Jen-DR
 7:00pm Trivia w/Kay-MR

9:00am Yoga w/Tracy-ER
 1:00pm Pokeno-MR
 3:00pm Resident Wine Social-MR
 7:00pm Bingo w/Donna-MR

1:00pm Sequence w/Willard-MR



Oktoberfest Begins

1:00pm Wii Bowling w/Donna-MR
 3:00pm Bingo w/Donna-MR

1:00pm Wii Bowling w/Donna-MR
 3:00pm Bingo w/Donna-MR


9:00 am Full Body Exercise-ER
10:00am Old Auburn Scenic Dr. & Flour Bakery Luncheon
1:00pm Chef's Chat Q+A w/Jen-MR
 2:30pm Cornhole-ER
 7:00pm Bingo w/Donna-MR

9:00am Full Body Exercise-ER
9:00am Chair Massage Therapist-Lib (2nd floor)
 1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Antonio Ciprian-DR

9:00am Yoga w/Tracy-ER
 9:30pm Wii Bowling w/Donna w/Donna-MR
 1:00pm Poker Walk-MR
 7:00pm Trivia w/Kay-MR

9:00am Yoga w/Tracy-ER
 1:00pm Pokeno-MR
 3:00pm Resident Wine Social-MR
 7:00pm Bingo w/Donna-MR

1:00pm Sequence w/Willard-MR



Autumn Begins

1:00pm Wii Bowling w/Donna-MR
 3:00pm Bingo w/Donna-MR

Happy Birthday Rayma 25
 9:00am Tai Chi w/Pati-ER
 1:00pm Word Makers-ER
 2:00pm Bridge-MR
 2:30pm Beanbag Baseball-ER

9:00am Full Body Exercise-ER
10:00am Apple Hill Outing
9:45am Alpha One Blood Pressure-MR
1:00pm Bookmobile (East entrance Parking Lot)
 2:30pm Indoor Golf-ER
 7:00pm Bingo w/ Donna-MR

Happy Birthday Al 27
 9:00 Full Body Exercise-ER
 1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Robert Greene-DR

9:00am Yoga w/Tracy-ER
 9:30am Wii Bowling w/Donna-MR
 7:00pm Trivia w/Kay-MR

9:00am Yoga w/Tracy-ER
 1:00pm Pokeno-MR
 3:00pm Resident Wine Social-MR
 7:00pm Bingo w/Donna-MR

1:00pm Sequence w/Willard-MR

ER=Exercise Room, MR=Media Room, PA=Pond Area, LIB=Library, L=Lobby, DR=Dining Room, PR=Puzzle Room, GR=Game Room, S=Salon *All activities are subject to change*