

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Happy Birthday Kay W.** 1



2  
9:00am Full Body Exercise-ER  
1:00pm Word Makers-ER  
2:00pm Bridge-MR  
2:30pm Chair Volleyball-ER

3  
9:00am Full Body Exercise-ER  
**9:45am Alpha One Blood Pressure-MR**  
**9:30am Red Hawk Casino/Lunch in Placerville**  
2:30pm Cornhole-ER  
**4:00pm Avalon Hearing-MR**  
7:00pm Bingo w/Donna-MR

4  
9:00am Full Body Exercise-ER  
**11:00am Resident Birthday Brunch Celebration-DR**  
1:00pm Spanish w/Ruthie-MR  
**2:30pm Happy Hour w/Michelle Devol-DR**  
**ACTIVITY RAFFLE**

5  
9:00am Yoga w/Tracy-ER  
9:30am Wii Bowling w/Donna-MR  
**10:00am Rite-Aid Flu Shot Clinic-ER**  
1:00pm Poker Walk-MR  
**2:00pm Farmers Fall Festival-MR**  
7:00pm Trivia w/Kay-MR

6  
9:00am Yoga w/Tracy-ER  
1:00pm Pokeno-MR  
3:00pm Resident Wine Social-MR  
7:00pm Bingo w/Donna-MR

7  
1:00pm Sequence w/Willard-MR  
  
Simchat Torah Begins

**Happy Birthday Judith C.** 8



9  
9:00am Full Body Exercise-ER  
1:00pm Word Makers-ER  
2:00pm Bridge-MR  
2:30pm Beanbag Baseball-ER  
  
Columbus Day (US)  
Indigenous Peoples' Day  
Thanksgiving Day (Canada)

10  
9:00am Full Body Exercise-ER  
**9:30am Venita Rhea's Brunch in Rocklin**  
2:30pm Indoor Golf-ER  
7:00pm Bingo w/Donna-MR

11  
9:00am Full Body Exercise-ER  
1:00pm Spanish w/Ruthie-MR  
**2:30pm Happy Hour w/Stan Reed-DR**

12  
9:00am Yoga w/Tracy-ER  
9:30am Wii Bowling w/Donna-MR  
7:00pm Trivia w/Kay-MR

13  
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

14  
1:00pm Sequence w/Willard-MR

15



16  
9:00am Full Body Exercise-ER  
1:00pm Word Makers-ER  
2:00pm Bridge-MR  
2:30pm Chair Volleyball-ER

**Happy Birthday Marybeth M.** 17  
9:00am Full Body Exercise-ER  
**9:45am Alpha One Blood Pressure-MR**  
**10:00am Nimbus Fish Hatchery & Old Spaghetti Factory in Folsom**  
2:30pm Cornhole-ER  
7:00pm Bingo w/Donna-MR

18  
9:00am Full Body Exercise-ER  
1:00pm Spanish w/Ruthie-MR  
**2:30pm Happy Hour w/Songbird Trio-DR**

19  
9:00am Yoga w/Tracy-ER  
9:30am Wii Bowling w/Donna-MR  
1:00pm Poker Walk-MR  
2:00pm Speed Bingo-MR  
7:00pm Trivia w/Kay-MR

20  
9:00am Yoga w/Tracy-ER  
1:00pm Pokeno-MR  
3:00pm Resident Wine Social-MR  
7:00pm Bingo w/Donna-MR

**Happy Birthday Laura F.** 21  
1:00pm Sequence w/Willard-MR

**Happy Birthday Karin G.** 22



23  
9:00am Full Body Exercise-ER  
1:00pm Word Makers-ER  
2:00pm Bridge-MR  
2:30pm Beanbag Baseball-ER

**Happy Birthday Marge D.** 24  
9:00am Full Body Exercise-ER  
**Outing is on Thursday this Week**  
**1:00pm Bookmobile (East entrance Parking Lot)**  
2:30pm Indoor Golf-ER  
7:00pm Bingo w/Donna-MR

25  
9:00am Full Body Exercise-ER  
1:00pm Spanish w/Ruthie-MR  
**2:30pm Happy Hour w/Robert Greene-DR**

26  
9:00am Yoga w/Tracy-ER  
9:30am Wii Bowling w/Donna-MR  
**9:30am Bishop's Pumpkin Farm in Wheatland**  
7:00pm Trivia w/Kay-MR

**Happy Birthday Peggy C.** 27  
9:00am Yoga w/Tracy-ER  
1:00pm Pokeno-MR  
3:00pm Resident Wine Social-MR  
7:00pm Bingo w/Donna-MR

**Happy Birthday Bob S.** 28  
1:00pm Sequence w/Willard-MR

29



**Happy Birthday AJ M.** 30  
9:00am Full Body Exercise-ER  
1:00pm Word Makers-ER  
2:00pm Bridge-MR  
2:30pm Chair Volleyball-ER

31  
9:00am Full Body Exercise-ER  
**2:00pm Halloween Costume & Pumpkin Carving Contest-DR**  
**2:30pm Halloween Happy Hour w/Happy Trails Duo-DR**  
7:00pm Bingo w/Donna-MR  
  
Halloween

# October 2023

## Winding Commons Senior Living

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\*