

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

Happy Birthday Barbara C. **5**



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

6 9:00am Full Body Exercise-ER
9:45 Alpha One Blood Pressure-MR
9:30am Jackson Rancheria Casino & Lunch in Amador County
2:30pm Cornhole-ER
4:00pm Avalon Hearing-MR
7:00pm Bingo w/Donna-MR

7 9:00am Full Body Exercise-ER
9:00am Chair Massage Therapist-2FLIB
1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Peter Morgan-DR

8 **Happy Birthday Ina V.** **1**
9:00am Full Body Exercise-ER
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
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9 **Happy Birthday B. Cochran**
9:00am Yoga w/Tracy-ER
9:30am Wii Bowling w/Donna-MR
1:30pm Teaching Kitchen Chef Demo-DR
2:00 Speed Bingo
7:00pm Trivia w/Kay-MR

10 **Happy Birthday Evelyn G.**
9:00am Yoga w/Tracy-ER
1:00pm Pokeno-MR
3:00pm Resident Wine Social-MR
7:00pm Bingo w/ Donna-MR
11 **Happy Birthday Karen O.**
1:00pm Sequence w/Willard-MR
Veterans Day Remembrance Day (Canada)

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

13 9:00am Full Body Exercise-ER
10:00am Historic Brewster's Grill & Spaans Cookie Gift Shop in Galt
2:30pm Indoor Golf-ER
7:00pm Bingo w/Donna-MR

14 9:00am Full Body Exercise-ER
1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Richard March-DR

15 9:00am Yoga w/Tracy-ER
9:30am Wii Bowling w/Donna-MR
1:00pm Poker Walk-MR
2:00pm Staff Soup Cookoff Competition-MR
7:00pm Trivia w/Kay-MR

16 9:00am Yogo w/Tracy-ER
2:00pm Home for the Holidays Pie Social-MR
7:00pm Bingo w/Donna-MR


17 1:00pm Sequence w/Willard-MR
11:00am Michelle Traveling Boutique-L
18

19



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

20 9:00am Full Body Exercise-ER
9:30am Granzella's Lunch & Gift Shop in Williams
9:45am Alpha One Blood Pressure-MR
2:30am Cornhole-ER
4:00-7:00pm Cousins Maine Lobster Food Truck-Front PL
7:00pm Bingo w/Donna-MR

21 9:00am Full Body Exercise-ER
1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Pete Schroeder-DR

22 11am-12:30pm Thanksgiving Brunch and pick up your Boxed Dinners


23 9:00am Yoga w/Tracy-ER
1:00pm Pokeno-MR
3:00pm Resident Wine Social-MR
7:00pm Bingo w/Donna-MR

24 **Happy Birthday Cindy M.** **25**
1:00pm Sequence w/Willard

26 **Happy Birthday Sandi M.** **27**



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

28 9:00am Full Body Exercise-ER
10:00 Fat's Asian Bistro Lunch & Holiday Shopping at Galleria Mall in Roseville
1:00pm Bookmobile-East PL
2:30pm Indoor Golf-ER
7:00pm Bingo w/Donna-MR

29 9:00am Full Body Exercise-ER
9:00am Chair Massage Therapist-2FLIB
1:00pm Spanish w/Ruthie-MR
2:30pm Happy Hour w/Michelle Devol-DR

30 **Happy Birthday Jerry M.**
9:00am Yoga w/Tracy-ER
1:00pm Chef Chat-MR
2:00pm Speed Bingo-MR
7:00pm Trivia w/Kay-MR

2nd Annual Staff Cookoff Competition!
Join us this year as the staff competes with a Soup Challenge!

