







Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>Office Holiday 1</p> <p>Happy New Year!</p> <p><small>New Year's Day</small></p>	<p>Welcome Back, Zhanna! 2</p> <p>9:45am Thunder Valley Casino & Lunch-L 9:45am Alpha One Blood Pressure-MR 6:30pm Bingo w/Donna-MR</p>	<p>9:00am Full Body Exercise-ER 3</p> <p>9:00am Chair Massage Therapist (2nd FL LIB) 11:00am Resident Birthday Brunch Celebration-DR 1:00pm Spanish w/Ruthie-MR 2:30pm Happy Hour w/ Curt Stoffel-DR ACTIVITY RAFFLE</p>	<p>Happy Birthday Penny 4</p> <p>9:00am Yoga w/Tracy-ER 9:30am Wii Bowling w/Donna-MR 1:00pm Poker Walk-MR 2:00pm Speed Bingo-MR 2:30pm Cornhole-ER 6:30pm Trivia w/ Kay-MR</p>	<p>5</p> <p>9:00am Yoga w/Tracy-ER 1:00pm Pokeno-MR 2:45pm Resident Wine Wine Social-MR 6:30pm Bingo w/Donna-MR</p>	<p>6</p> <p>1:00pm Sequence w/Willard-MR</p>
	<p>7</p> <p>9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Chair Volleyball-ER</p>	<p>8</p> <p>9:00am Full Body Exercise-ER 10:30pm Blue Line Art Gallery (Cutting Edge Art) & Lunch @ The Lazy Dog in Roseville 6:30pm Bingo w/Donna-MR</p>	<p>Happy Birthday John C. 10</p> <p>9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie-MR 2:30pm Happy Hour w/Mike Ely-DR</p>	<p>11</p> <p>9:00am Yoga w/Tracy-ER 9:30am Wii Bowling w/Donna-MR 1:30 Rock Craft Class w/Patti-MR 2:30pm Indoor Golf-ER 6:30pm Trivia w/ Kay-MR</p>	<p>12</p> <p>9:00am Yoga w/Tracy-ER 1:00pm Pokeno-MR 2:45pm Wine Social-MR 6:30pm Bingo w/Donna-MR</p>	<p>13</p> <p>1:00pm Sequence w/Willard-MR</p>
	<p>Office Holiday 15</p>  <p><small>Martin Luther King Jr. Day</small></p>	<p>16</p> <p>9:00am Full Body Exercise-ER 9:45am Alpha One Blood Pressure-MR NO OUTING (bus in for service) 4pm-8pm Cousins Maine Lobster Food Truck-FPL 6:30pm Bingo w/Donna-MR</p>	<p>17</p> <p>9:00am Full Body Exercise-ER 9:00am Chair Massage Therapist (2nd FL LIB) 1:00pm Spanish w/Ruthie-MR 2:30pm Happy Hour w/Songbird Trio-DR</p>	<p>18</p> <p>9:00am Yoga w/Tracy-ER 9:00am Ogden Alpaca Farm in Citrus Heights & Lunch at Olive Garden w/Roseville Commons 9:30am Wii Bowling w/Donna-MR 1:00pm Poker Walk-MR 2:30pm Cornhole-ER 6:30pm Trivia w/Kay-MR</p>	<p>19</p> <p>9:00am Yoga w/Tracy-ER 1:00pm Pokeno-MR 2:45pm Wine Social-MR 6:30pm Bingo w/Donna-MR</p>	<p>20</p> <p>1:00pm Sequence w/Willard-MRⁱ</p>
<p>Happy Birthday Anna 21</p>  <p><small>Activity Professionals Week</small></p>	<p>22</p> <p>9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER</p>	<p>Happy Birthday Dixie 23</p> <p>9:00am Full Body Exercise-ER 10:00am Jelly Belly Factory & Lunch in Fairfield 1:00pm Bookmobile-E PL 6:30pm Bingo w/Donna-MR</p>	<p>24</p> <p>9:00am Full Body Exercise-ER 1:00pm Spanish w/ Ruthie 2:30pm Happy Hour w/Todd Morgan-DR</p> <p><small>Tu B'Shevat Begins</small></p>	<p>Happy Birthday Elaine 25</p> <p>9:00am Yoga w/Tracy-ER 9:30 Wii Bowling w/Donna-MR 2:00pm Speed Bingo-MR 2:30pm Indoor Golf-ER 6:30pm Trivia w/Kay-MR</p>	<p>26</p> <p>9:00am Yoga w/Tracy-ER 1:00pm Pokeno-MR 2:45pm Wine Social-MR 6:30 pm Bingo w/Donna-MR</p> <p><small>Australia Day (Observed)</small></p>	<p>27</p> <p>1:00pm Sequence w/Willard-MR</p>
 <p>January</p>	<p>28</p> <p>9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Chair Volleyball-MR</p>	<p>Happy Birthday Donald 30</p> <p>9:00am Full Body Exercise-ER 10:00am Crocker Art Museum & Lunch 6:30pm Bingo w/Donna</p>	<p>31</p> <p>9:00am Full Body Exercise-ER 1:00 Spanish w/ Ruthie 2:30pm Social Hour w/ Peter Schroeder</p>	<h1>January 2024</h1>		

ER=Exercise Room, MR=Media Room, PL=Parking Lot, 2FLIB=2nd Floor Library, L=Lobby, DR=Dining Room, PR=Puzzle Room, GR=Game Room, FPL=Front Parking Lot – All activities are subject to change.