

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

# February 2024

## Winding Commons

					9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR <b>12:30pm Craft Class w/Zhanna-CR</b> 2:30pm Cornhole-ER 6:30pm-Trivia w/Kay-MR	9:00am Yoga w/Tracy-ER <b>9:30am Donuts-L</b> 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	1:00pm Sequence w/Willard-MR
						Groundhog Day	
<b>Happy Birthday Darrell</b> 	4 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER	<b>Happy Birthday Carol</b> 5 9:00am Full Body Exercise-ER <b>9:45am Galleria Mall + Mimi's Café Lunch Outing</b> 6:30pm Bingo w/Donna-MR	6 9:00am Full Body Exercise-ER <b>11:00am Resident Birthday Brunch Celebration-DR</b> 1:00pm Spanish w/Ruthie-MR <b>2:30pm Happy Hour w/ Happy Trails Duo</b>	<b>Happy Birthday Margaret Ann</b> 7 9:00am Full Body Exercise-ER <b>11:00am Resident Birthday Brunch Celebration-DR</b> 1:00pm Spanish w/Ruthie-MR <b>2:30pm Happy Hour w/ Happy Trails Duo</b>	<b>Happy Birthday Iris</b> 8 9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR <b>1:00pm Chef's Chat w/Jen-MR</b> 2:30pm Indoor Golf-ER 6:30pm Trivia w/Kay-MR	<b>Happy Birthday Les</b> 9 9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	10 1:00pm Sequence w/Willard-MR  <b>Chinese New Year themed Dinner</b> <small>Chinese New Year (Year of the Dragon)</small>
<b>Super Bowl Party</b> Media Room 3:30pm 	11 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Chair Volleyball-ER	12 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 <b>10:00am Taqueria La Nueva Vallarta in Roseville (Mexican Food)</b> 6:30pm Bingo w/Donna-MR	14 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie-MR  <b>Valentine's Day Celebration Dining Room 4:00-6:00pm</b>	15 9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR <b>9:45am Red Hawk Casino Outing</b> 1:00pm Poker Walk-MR 6:30pm Trivia w/Kay-MR	16 9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	17 1:00pm Sequence w/Willard-MR <b>World Fare Food Truck-FPL 4:00-8:00pm</b>
	18 	<b>STAFF HOLIDAY</b> 19  <small>Presidents' Day</small>	20 9:00am Full Body Exercise-ER <b>10:00am Awful Annie's Lunch Outing (Auburn)</b> 6:30pm Bingo w/Donna-MR  <b>Mardi Gras themed Dinner</b>	21 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie-MR <b>2:30pm Happy Hour w/ Peter Schroeder</b>	<b>Happy Birthday Janelle</b> 22 9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR <b>1:30pm Teaching Kitchen w/Chef Jen-DR</b> 2:30pm Indoor Golf-ER 6:30pm Trivia w/Kay-MR	23 9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	24 1:00pm Sequence w/Willard-MR
	25 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Chair Volleyball-ER	26 9:00am Full Body Exercise-ER <b>9:45am Folsom Zoo Sanctuary + Lunch at Olive Garden</b> 6:30pm Bingo w/Donna-MR	27 9:00am Full Body Exercise-ER <b>9:45am Folsom Zoo Sanctuary + Lunch at Olive Garden</b> 6:30pm Bingo w/Donna-MR	28 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie-MR <b>2:30pm Happy Hour w/ Country Club Aires</b>	29 9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR 1:00pm Speed Bingo-MR 2:30pm Cornhole-ER 6:30pm Trivia w/Kay-MR	<b>There is nothing better than a friend, Unless it is a friend with chocolate ~ Linda Grayson</b>	

ER=Exercise Room, MR=Media Room, PL=Parking Lot, 2FLIB=2<sup>nd</sup> Floor Library, L=Lobby, DR=Dining Room, CR=Craft Room, GR=Game Room, FPL=Front Parking Lot – All activities are subject to change