

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Activity Raffle! 1<sup>st</sup> Wednesday of every month right after Happy Hour</b></p> 	<p><b>1</b></p> <p>9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER</p> 	<p><b>2</b></p> <p>9:00am Full Body Exercise-ER <b>9:45am Alpha One Blood Pressure-MR</b> <b>10:45am Steve's Pizza -Make your own Pizza Outing (El Dorado Hills)</b> <b>4:00pm Avalon Hearing Aids-MR</b> 6:30pm-Bingo w/Donna-MR</p> <p><i>Cousins Maine Lobster Food Truck 4:00-8:00pm</i></p>	<p><b>3</b></p> <p>9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/ Peter Schroeder</b> 6:30pm Trivia w/Kay-MR</p> <p><b>Resident Birthday Celebration at Happy Hour</b></p>	<p><b>4</b></p> <p><b>Happy Birthday Erna</b></p> <p>9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR 2:30pm Beanbag Baseball-ER</p>	<p><b>5</b></p> <p>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</p>	<p><b>6</b></p> <p>9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Cornhole-ER</p>
<p><b>7</b></p> <p>2:00pm Bunco-MR</p> 	<p><b>8</b></p> <p>9:00am Full Body Exercise-ER <b>10:00am Pretty &amp; Practical Goods Vendor</b> 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Indoor Golf-ER</p>	<p><b>9</b></p> <p>9:00am Full Body Exercise-ER <b>9:45am Thunder Valley Casino</b> 6:30pm Bingo w/Donna-MR</p>	<p><b>10</b></p> <p>9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie 12:30pm Ping Pong 13-ER <b>2:30pm Happy Hour w/The Deleons-DR</b> 6:30pm Trivia w/Kay-MR</p>	<p><b>11</b></p> <p>9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR <b>2:00pm Craft Class w/Zhanna-CR</b></p>	<p><b>12</b></p> <p><b>Happy Birthday Donna &amp; Claire</b></p> <p>9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR</p> <p><b>COMEDY NIGHT DINNER 4:00-6:00pm</b></p>	<p><b>13</b></p> <p>9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Chair Volleyball-ER</p>
<p><b>14</b></p> <p>1:00pm Poker Walk-MR</p>	<p><b>15</b></p> <p>9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER</p>	<p><b>16</b></p> <p>9:00am Full Body Exercise-ER <b>9:45am Alpha One Blood Pressure-MR</b> <b>11:00am Mary K Beauty Vendor-L</b> 2:30pm Beanbag Baseball-ER 6:30pm Bingo w/Donna-MR</p>	<p><b>17</b></p> <p>9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/ Mike Ely</b> 6:30pm Trivia w/Kay-MR</p>	<p><b>18</b></p> <p>9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR <b>11:45 Lunch + Speed Bingo w/Campus Commons</b> <b>1:30pm Teaching Kitchen w/Chef Jen-DR</b></p>	<p><b>19</b></p> <p>9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR</p>	<p><b>20</b></p> <p>9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Cornhole-ER</p>
<p><b>Happy Birthday Barbara M</b></p> <p><b>21</b></p>	<p><b>Happy Birthday Cliff</b></p> <p><b>22</b></p> <p>9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Indoor Golf-ER</p> 	<p><b>23</b></p> <p>9:00am Full Body Exercise-ER <b>9:45am Sierra Miniature Horses Farm (Grass Valley) + lunch at Olive Garden</b> <b>1:00pm Bookmobile-E PL</b> 6:30pm Bingo w/Donna-MR</p>	<p><b>24</b></p> <p>9:00am Full Body Exercise-ER 12:30pm Ping Pong 13-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/ Jerry Lopes</b> 6:30pm Trivia w/Kay-MR</p> <p>Administrative Professionals Day</p>	<p><b>Happy Birthday Nancy P</b></p> <p><b>25</b></p> <p>9:00am Yoga w/Tracy-ER 9:30am Wii Bowling-MR <b>2:00pm Craft Class w/Zhanna-CR</b></p>	<p><b>26</b></p> <p>9:00am Yoga w/Tracy-ER <b>10:00am Spring Farmers Market-L</b> 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social MR 6:30pm Bingo w/Donna-MR</p> <p>Arbor Day</p>	<p><b>Happy Birthday Alberta</b></p> <p><b>27</b></p> <p>9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Chair Volleyball-ER</p>
<p><b>28</b></p> <p>1:00pm Poker Walk-MR 2:00PM Bunco-MR</p>	<p><b>29</b></p> <p>9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER</p>	<p><b>Happy Birthday April</b></p> <p><b>30</b></p> <p><b>9:45am Picnic w/Grilled Hotdogs at Hagan Park</b> 6:30pm Bingo w/Donna-MR</p>	<h1>April 2024</h1> <h2>Winding Commons Senior Living</h2>			

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