

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



*****MAY DAY*** 1**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 10:45 Walking Club with Ginger
 12:30 **Activity Talk with Ginger: Come Help Plan for June**
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night - LB

2
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 11:00 Cornhole - RR
Come Try a New Game!
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 2:30 **Happy Hour: Alincia Vela**
 6:00 Bingo with Terry - RR

3
 9:00 **Outing- Bird Sanctuary & Breakfast at Sweet Pea**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise -RR
 11:00 Tai Chi DVD - RR
 1:00 Mexico Travel Video with Mariachi Band Music - RR
 3:00 Afternoon Bingo - RR
 6:00 Friday Night Movie - RR

*****KENTUCKY DERBY DAY*** 4**
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Yoga DVD - RR
 1:00 Wii Bowling Session 1 - RR
 1:30 Wii Bowling Session 2 - RR
 2:30 Crossword Puzzle Club - RR
 6:00 Saturday Night Movie - RR

*****Cindo De Mayo*** 5**
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie - RR with Popcorn
 4:00 p.m. to 6:00 p.m. **Cinco de Mayo Dinner**
 6:00 Bingo with Terry 

6
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 1:00 Gardening Club - ST
 2:30 **Horse Races - RR**
Come Place Your Bets!
 3:30 History: Kentucky Derby- RR
 6:00 Puzzle Hour - LB

7
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 **Name that Tune with Piano Man Dan** - RR
 11:00 **Handmade Boutique with Caesar Scissors**
 1:00 Driving in California: Yosemite State Park - RR
 2:30 Bean Bag Baseball - RR
 6:00 Yahtzee Hour - RR

8
 9:00 Qi Gong DVD - RR
 9:00 Bible Study & Worship - CH
 10:00 Seated Exercise - RR
 10:30 to 12:30 p.m. **Mother's Day Pancake Breakfast** 
 1:00 POKENO - RR
 2:30 Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night - RR


9
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise -RR
 12:00 Wii Bowling Session 1 - RR
 12:30 **Ceramics Class** - CR
 2:30 **Happy Hour & Music with Mike Ely** - RR
 6:00 Bingo with Terry - RR

10
 9:00 **Outing- Empire Mine State Park & Picnic Lunch**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 1:00 The History of Mother's Day - RR
 3:00 Wii Golfing - RR
 6:00 Friday Night Movie

11
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Yoga DVD - RR
 1:00 Wii Bowling Session 1 - RR
 1:30 Wii Bowling Session 2 - RR
 2:30 Crossword Puzzle Club - RR
 6:00 Saturday Night Movie - RR

*****MOTHER'S DAY*** 12**
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie - RR with Popcorn
 4:00 p.m. to 6:00 p.m. **Mother's Day Dinner**
 6:00 Bingo with Terry 

13
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 1:30 **Chef Chat with Louis** - RR 
 2:30 **Horse Races** - RR
 6:00 Puzzle Hour - LB

14
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Massages - CR
 1:00 **Bean Bag Baseball Tournament with Winding Commons** 
 1:30 **Hearing Aid Checks**
 3:30 Jokes & Riddles- RR
 6:00 Yahtzee Hour - RR

15
 9:00 Qi Gong DVD - RR
 10:00 Seated Strength Exercise with Ginger - RR
 10:45 Walking Club with Ginger
 11:00 Tai Chi DVD - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night - LB

16
 9:00 **Bus Outing: Old Sacramento and lunch**
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 2:30 **Happy Hour & Music with Gary Blodgett** - RR
 6:00 Bingo with Terry - RR

17
 9:30 **Bus Outing- Railroad Museum and Lunch** 
 9:00 Qi Gong DVD - RR
 10:00 Exercise - RR
 11:00 Tai Chi DVD
 1:00 History: U.S. Railroads
 3:00 Afternoon Bingo - RR
 6:00 Friday Night Movie - RR

*****ARMED FORCES DAY*** 18**
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Yoga DVD - RR
 1:00 Wii Bowling Session 1 - RR
 1:30 Wii Bowling Session 2 - RR
 2:30 Crossword Puzzle Club - RR
 6:00 Saturday Night Movie - RR

19
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie - RR with Popcorn
 6:00 Bingo with Terry - RR

20
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 1:00 Gardening Club - ST
 2:30 **Horse Races - RR**
Come Place Your Bets!
 6:00 Puzzle Hour - LB

21
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise-RR
 11:00 **Name that Tune with Piano Man Dan** - RR
 1:00 **Teaching Kitchen with Chef Louis: Wine & Cheese** 
 2:30 Bean Bag Baseball
 3:30 Colored Pencil Art - LB
 6:00 Yahtzee Hour - LB

22
 9:00 Qi Gong DVD - RR
 9:00 Bible Study & Worship - CH
 10:00 Seated Exercise - RR
 10:45 Walking Club with Ginger
 11:00 Tai Chi DVD - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night- LB

23
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 12:30 **Ceramics Class** - CR
 2:30 **Happy Hour & Music with Capital City Reflections**
 6:00 Bingo with Terry - RR

24
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 1:00 Cornhole - RR
Come Try a New Game!
 2:30 **Karaoke Hour with Ice Cream Bars** - RR
 3:30 Roaring 20's Music - RR
 6:00 Friday Night Movie - RR


25
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Yoga DVD - RR
 1:00 Wii Bowling Session 1 - RR
 1:30 Wii Bowling Session 2 - RR
 2:30 Crossword Puzzle Club - RR
 6:00 Saturday Night Movie - RR

26
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie - RR with Popcorn
 6:00 Bingo with Terry - RR

*****MEMORIAL DAY*** 27**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2
 2:00 Changing of the Guard at Arlington National Cemetry
 4-6 p.m. **Memorial Day Barbecue** 

28
 9:00 Tai Chi DVD - RR
 10:00 Seated Strength Exercise with Ginger - RR
 11:00 Seated Massages - CR
 1:00 Gardening Club - ST
 2:30 Bean Bag Baseball- RR
 3:30 Wii Golfing - RR
 6:00 Yahtzee Hour - LB

29
 9:00 Qi Gong DVD - RR
 10:00 Seated Strength Exercise with Ginger - RR
 10:45 Walking Club with Ginger
 11:00 Tai Chi DVD - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night- LB

30
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 2:30 **Happy Hour & Birthday Party with Del & Susan** 
 6:00 Bingo with Terry - RR

31
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 1:00 California State Route 89 Scenic Drive - RR
 2:00 Wii Bowling - RR
 3:30 American Civil War: Battle of Seven Pines - RR
 6:00 Friday Night Movie - RR

