

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	<p><b>1</b> 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER</p> <p style="text-align: center;"><small>Canada Day</small></p>	<p><b>2</b> 9:00am Full Body Exercise-ER <b>9:45am-Alpha One Blood Pressure-MR</b> <b>2:30pm Craft Class 1 w/Zhanna-CR</b> 6:30pm Bingo w/Donna-MR</p>	<p><b>3</b> <b>Happy Birthday Glen S</b> <b>ACTIVITY RAFFLE</b> 9:00am-Full Body Exercise-ER 1:00pm-Spanish w/Ruthie <b>2:30pm-Happy Hour w/Todd Morgan-MR</b></p> <p style="text-align: center;"><b>Resident Birthday Celebration at Happy Hour</b></p>	<p><b>4</b> <b>STAFF HOLIDAY</b></p>  <p>9:00am Yoga w/Tracy-ER <b>2:00pm Ice Cream Sundaes-L</b></p> <p style="text-align: center;"><small>Independence Day (US)</small></p>	<p><b>5</b> <b>Happy Birthday Joanne Stanton</b> 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> 9:30am Full Body Exercise-ER <b>10:00am Michelle w/Traveling Boutique-L</b> 1:00 pm Sequence w/Willard-MR 2:30pm Chair Volleyball-ER</p>
<p><b>7</b> 2:00pm Poker Walk-MR</p>	<p><b>8</b> 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-MR</p>	<p><b>9</b> 9:00am Full Body Exercise-ER <b>1:00pm Beanbag Baseball Competition Home Game w/Roseville Commons-MR</b> 6:30pm Bingo w/Donna-MR</p>	<p><b>10</b> 9:00am Full Body Exercise-ER 12:30pm Ping Pong 13-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/Peter Schroeder-MR</b></p> <p style="text-align: center;"><u>Cousins Maine Lobster Truck</u> <u>4:00-8:00pm</u></p>	<p><b>11</b> <b>Happy Birthday Rory</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>2:30pm Craft Class 2 w/Zhanna-CR</b></p>	<p><b>12</b> 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>13</b> 9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Cornhole-ER</p>
<p><b>14</b> 2:00pm Bunco-MR</p>	<p><b>15</b> <b>Happy Birthday Charlotte</b> 2:00pm Bridge-MR <b>1:00pm Top Scams of 2024 Seminar w/Kerri Sanford-MR</b> 2:30pm Indoor Golf-ER</p>	<p><b>16</b> <b>Happy Birthday Ruthie</b> <b>Happy Birthday Kay P</b> <b>9:45am Alpha One Blood Pressure-MR</b> <b>9:45am Thunder Valley Casino Outing</b> 6:30pm Bingo w/Donna-MR</p>	<p><b>17</b> <b>Happy Birthday George</b> 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/Happy Trails Duo-DR</b></p>	<p><b>18</b> <b>Happy Birthday Dorothy</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>2:00pm Teaching Kitchen w/Chef Jen-MR</b></p>	<p><b>19</b> 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> <b>Happy Birthday Connie N</b> 9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Chair Volleyball-ER</p>
<p><b>21</b> <b>Happy Birthday Karen P</b> 2:00pm Poker Walk-MR</p>	<p><b>22</b> 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER</p>	<p><b>23</b> <b>Rocklin Movie Studio Grill Outing – Movie TBD</b> <b>1:00pm Bookmobile-E PL</b> 6:30pm Bingo w/Donna-MR</p>	<p><b>24</b> 9:00am Full Body Exercise-ER 12:30pm Ping Pong 13-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/Mike Ely-MR</b></p>	<p><b>25</b> <b>Happy Birthday Marlys</b> <b>Happy Birthday Phyllis</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>2:00pm Speed Bingo-MR</b></p>	<p><b>26</b> 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>27</b> 9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Cornhole-ER</p>

<p><b>28</b> 2:00pm Bunco-MR</p>	<p><b>29</b> 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Indoor Golf-ER</p>	<p><b>30</b> 9:00am Full Body Exercise-ER <b>9:45am Museum of Medical History + Lunch at The Original Mel's Diner</b> 6:30pm Bingo w/Donna-MR</p>	<p><b>31</b> 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/Michelle Devol-MR</b></p>
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# July 2024

Winding Commons Senior Living

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