

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2017

						1 10:00 Exercise with Sonia (MPR) 10:30 Brain Boosters (MPR) 1:30 Afternoon Movie (MPR) 3:00 Sing Along with Refreshments (MPR) 4:00 Scrabble (AR) Canada Day	
Sunday Service 2 9:30 Depart for Worship 10:00 Exercise Video (MPR) 10:30 Coffee & Donuts (MPR) 1:30 Afternoon Movie with Popcorn (MPR) 3:00 Entertainment with Steve Barkhurst (MPR) 6:30 Evening Movie (MPR)	Shopping Day 3 9:30 Depart for Dollar Store 10:00 Exercise Video (MPR) 10:30 Worship with Blue Oaks Church (MPR) 1:30 Arm Chair Travel (MPR) 2:00 Entertainment by Norm Meister (MPR) 3:00 Bingo (AR)	Medical Appointments Parkview BBQ 4 9:30 Sit & Be Fit (MPR) 10:00 Art Class (AR) 10:30 Crossword Puzzles & Word Finds (MPR) 1:30 Chair Yoga (MPR) 2:00 Poker (AR) 2:00 Mahjong (AR)	Out to the Movies 5 10:00 Focus on Fitness (MPR) 10:30 Trivia (MPR) 12:30 Depart for Outing 1:15 Entertainment with Jeff Wessman (MPR) 2:15 Bingo (AR) 3:00 Resident Meeting (MPR)	Medical Appointments 6 10:00 Ball Exercise (MPR) 10:00 Catholic Service (L) 10:30 Hang Man (MPR) 11:00 Morning Walk (FL) 1:30 Chair Yoga (MPR) 2:00 Poker (AR) 2:00 Mahjong (AR) 3:00 Entertainment by Ciro Vargas (MPR)	Shopping Day 7 9:30 Depart for CVS 10:00 Exercise with Sonia (MPR) 10:30 Worship with Jackie & Dan (MPR) 1:30 Afternoon Movie with Ice Cream (MPR) 2:00 Bingo (AR)	8 10:00 Exercise with Sonia (MPR) 10:30 Jeopardy Trivia (MPR) 1:30 Afternoon Movie (MPR) 3:00 Sing Along with Refreshments (MPR) 4:00 Scrabble (AR)	
Sunday Service 9 9:30 Depart for Worship 10:00 Exercise Video (MPR) 10:30 Coffee & Donuts (MPR) 2:30 Entertainment with John Glick: Family Tradition (MPR) 3:30 Scrabble (AR) 6:30 Evening Movie (MPR)	Shopping Day 10 9:30 Depart for Target 10:00 Exercise Video (MPR) 10:30 Worship with Blue Oaks Church (MPR) 1:30 Afternoon Movie (MPR) 2:00 Banjo by Jack Convery (MPR) 3:00 Bingo (AR)	Medical Appointments 11 <small>Independence Day</small> 10:00 Ball Exercise (MPR) 10:30 Who Am I? (MPR) 11:30 Walk to the Park 1:30 Chair Yoga (MPR) 2:00 Afternoon Movie & Popcorn (MPR) 2:00 Mahjong (AR) 2:00 Poker (AR)	Lunch Bunch: Panda Express 12 10:00 Sitting Exercise (MPR) 10:30 Jeopardy Trivia (MPR) 11:00 Depart for Outing 2:00 Resident Council Meeting (MPR) 3:00 Entertainment with Country Singer: Randy Johnson (MPR) 4:00 Spite & Malice (AR)	Medical Appointments 13 10:00 Exercise with Paper Plates (MPR) 10:00 Catholic Service (L) 10:30 How much do you know about the number 6 (MPR) 2:00 Poker (AR) 2:00 Mahjong (AR) 3:00 Musical Guests: Kate & Dan (MPR)	Shopping Day 14 9:30 Depart for Walgreens 10:00 Exercise with Sonia (MPR) 10:30 Worship with Jackie & Dan (MPR) 1:30 Afternoon Movie with Popcorn (MPR) 2:00 Bingo (AR) 3:00 Rummikub (AR)	15 10:00 Exercise with Sonia (MPR) 10:30 How Many Words? (MPR) 1:30 Laughter with Johnny Carson (MPR) 3:00 Sing Along with Refreshments (MPR) 4:00 Scrabble (AR)	
Sunday Service 16 9:30 Depart for Worship 10:00 Exercise Class (MPR) 10:30 Coffee & Donuts (MPR) 1:30 Afternoon Movie (MPR) 3:00 Entertainment with Country Singer: Denny Colletet (MPR) 6:30 Evening Movie (MPR)	Shopping Day 17 9:30 Depart for Walmart 10:00 Standing Exercise (MPR) 10:30 Rick Deutsch Slide Presentation on Napoleon Bonaparte (MPR) 2:00 Violinist Yakov Stanislavskiy (MPR) 3:00 Bingo (AR)	Medical Appointments Jewelry Show 18 9:30 Sit & Be Fit (MPR) 10:00 Art Class (AR) 11:00 Jewelry Show (MPR) 1:30 Chair Yoga (MPR) 2:00 Poker (AR) 2:00 Mahjong (AR) 3:00 Spite & Malice (AR) 3:00 Craft Time (AR)	Scenic Drive Across the Bay 19 9:30 Depart for Trip 10:00 Ball Exercise (MPR) 10:30 Finish the Line (MPR) 1:30 Afternoon Travelogue (MPR) 2:00 Bingo (AR) 3:00 Residents Birthday Party with Ciro Vargas (MPR) 4:00 Cards of Choice (AR)	Medical Appointments 20 10:00 Ball Exercise (MPR) 10:00 Catholic Service (L) 10:30 Dictionary Brain Game (MPR) 1:30 Chair Yoga (MPR) 2:00 Poker (AR) 2:00 Mahjong (AR) 3:00 Bake & Taste (AR) 3:30 Activity Meeting (AR)	Shopping Day 21 9:30 Depart for Dollar Store 10:00 Exercise with Sonia (MPR) 10:30 Worship with Jackie & Dan (MPR) 1:30 Matinee with Banana Splits (MPR) 2:00 Bingo (AR) 3:00 Kings in the Corner (AR)	22 10:00 Exercise with Sonia (MPR) 10:30 Joke & Trivia Time (MPR) 1:30 Afternoon Movie (MPR) 3:00 Cards of Choice (AR) 4:00 Scrabble (AR)	
Sunday Service 23 9:30 Depart for Worship 10:00 Exercise Class (MPR) 10:30 Coffee & Donuts (MPR) 1:30 Afternoon Movie with Popsicles (MPR) 3:00 Scrabble (AR) 4:00 Cards of Choice (AR) 6:30 Evening Movie (MPR)	Shopping Day 24 9:30 Depart for Raley's 10:00 Light Weight Lifting (MPR) 10:30 Worship with Blue Oaks Church (MPR) 2:30 Entertainment with Accordion Ed (MPR) 3:30 Bingo (AR) 6:30 Evening Movie (MPR)	Medical Appointments 25 10:00 Ball Exercise (MPR) 10:30 Name That Tune! (MPR) 1:30 Chair Yoga (MPR) 2:00 Mahjong (AR) 2:00 Poker (AR) 3:00 Entertainment with Margarita & Doug (MPR) 4:00 Rummikub (AR)	Ferry Trip to San Francisco 26 9:30 Depart for Trip 10:00 Focus on Fitness (MPR) 10:30 How Many Words? (MPR) 1:30 Afternoon Movie with Popcorn (MPR) 2:00 Bingo (AR) 3:00 Independent Water Color Painting Class (AR)	Medical Appointments 27 10:00 Standing Exercise (MPR) 10:00 Catholic Service (L) 10:30 Crafting Hour (AR) 1:30 Chair Yoga (MPR) 2:00 Poker (AR) 2:00 Mahjong (AR) 3:00 Entertainment with Ed Davin (MPR) 4:00 Rummikub (AR)	Shopping Day 28 9:30 Depart for J.C. Penney's 10:00 Exercise with Sonia (MPR) 10:30 Worship with Jackie & Dan (MPR) 1:30 Afternoon Movie (MPR) 3:00 Scrabble (AR) 3:00 Adult Coloring (AR)	29 10:00 Exercise with Sonia (MPR) 10:30 Brain Boosters (MPR) 1:30 Afternoon Movie (MPR) 3:00 Sing Along with Refreshments (MPR) 4:00 Scrabble (AR)	
Sunday Service 30 9:30 Depart for Worship 10:00 Exercise Class (MPR) 10:30 Coffee & Donuts (MPR) 1:30 Afternoon Movie with Popcorn (MPR) 3:00 Scrabble (AR) 4:00 Cards of Choice (AR) 6:30 Evening Movie (MPR)	Shopping Day 31 9:30 Depart for Dollar Store 10:00 Sit & Be Fit (MPR) 10:30 Worship with Blue Oaks Church (MPR) 1:30 Afternoon Movie with Popcorn (MPR) 2:00 Bingo (AR) 3:00 Rummikub (AR) 3:00 Scrabble (AR)	 <i>Activities are subject to Change</i>					