

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2018

# ASSISTED LIVING

				<p><b>8:00-Mens Breakfast with Glen (AD)</b>                  9:30-Stand &amp; Stretch (BD)                  10:00-Bible Study with Sarah (AD)  <b>10:30-Outing: Skip's Kitchen (lobby)</b>                  2:15- Rosary with Marjorie (AD)                  3:00-Karaoke (AD)                  6:00-Dime bingo (AD)</p>	<p><b>9:00-Catholic Communion (T)</b>                  9:15-Shop at Bel Air                  10:30-Tai-Chi Video (AD)  <b>1:00-November IQ (AD)</b>                  2:00-Music with Don Terra (SR)                  3:00-Happy Hour (SR)</p>	<p><b>9:30-Chair Zumba (AD)</b>                  10:00-Gospel Sing along (AD)                  12:45-Pretty &amp; polished (AD)  <b>2:00-Music with Marvin (lobby)</b></p>
<p>9:00-Church Service (AD)                  9:15-Catholic church at SJV (lobby)                  1:00-Make A word (AD)                  2:00-Moviee Matinee (Theater)                  Daylight Saving Time Ends</p>	<p>9:30-Exercise Video                  10:30-Walking Group                  1:00-Faces &amp; Places Trivia Workshop (AD)  <b>2:00-Seasonal Cuisine (AD)</b>                  3:00-Sing Fit (AD)                  3:00-Monopoly (L)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD)                  10:00-Brain Gym (AD)                  1:00-Scrabble with Marie (Library)                  1:00-Make A Word (AD)  <b>2:00-Music with The Nightcaps (lobby)</b>                  3:00-Trivia (AD)  <b>6:00-A walk down memory lane Social (lobby)</b></p>	<p>9:15-Journaling &amp; Coffee                  10:30-Walking Group                  1:00-Sing Fit (AD)  <b>2:00-Food Committee Meeting (AD)</b>                  3:00-Bingo (AD)                  6:00-Your choice movie (BD)</p>	<p>9:30-Stand &amp; Stretch (BD)                  10:00-Bible Study with Sarah (AD)  <b>11:30-Ladies Lunch with Glen (AD)</b>  <b>12:30-Outing: 99 cent store</b>                  2:15- Rosary with Marjorie (AD)                  3:00-Karaoke (AD)                  6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T)                  9:15-Shop at Bel Air                  10:30-Tai-Chi Video (AD)                  1:00-Crosswords &amp; word search (AD)  <b>1:45-Music with Alvin (SR)</b>                  3:00-Happy Hour (SR)</p>	<p>9:30-Chair Zumba (AD)                  10:00-Sing Along (AD)                  12:45-Pretty &amp; Polished (AD)                  2:00-Sing Fit (AD)</p>
<p><b>Happy Veterans Day!</b>                  9:00-Church Service (AD)  <b>9:00-Boyscouts Troop 281 Flag ceremony (ALU)(lobby)</b>                  9:15-Catholic church at SJV (lobby)                  1:00-Make A word (AD)                  2:00-Moviee Matinee                  Veterans Day (US)                  Remembrance Day (Canada)</p>	<p>9:30-Walking Group  <b>10:15-Chair yoga with Cynthia (AD)</b>                  1:00-Mexican Train (AD)                  2:00-Seasonal Cuisine (AD)                  3:00-Sing Fit (AD)                  3:00-Monopoly (L)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD)                  10:00-Brain Gym (AD)                  1:00-Scrabble with Marie (Library)                  1:00-Make A Word (AD)  <b>2:00-Music with Cash Prophets (lobby)</b>                  3:00-Trivia (AD)                  6:00-A walk down memory lane Social (lobby)</p>	<p>9:15-Journaling &amp; Coffee                  10:30-Walking Group  <b>11:30-Ladies Lunch with Glen (AD)</b>                  1:00-Fact or Fiction (AD)  <b>2:00-Town Hall Meeting with Glen (AD)</b>                  3:00-Bingo (AD)                  6:00-Your choice movie</p>	<p>9:30-Stand &amp; Stretch (BD)                  10:00-Bible Study with Sarah (AD)  <b>10:30-Outing: Red Hawk Casino</b>                  2:15- Rosary with Marjorie (AD)  <b>3:00-Music with Marvin (lobby)</b>                  6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T)                  9:15-Shop at Bel Air  <b>10:00-Art Reflection with Tiffany (AD)</b>                  1:00-Crosswords &amp; word search (AD)  <b>2:00-Piano Music with Lilia (SR)</b>                  3:00-Happy Hour (SR)</p>	<p><b>10:00-Laughter Yoga (lobby)</b>                  12:45-Pretty &amp; Polished (AD)  <b>2:00-Music with Kazakah Sarai (lobby)</b></p>
<p>9:00-Church Service (AD)                  9:15-Catholic church at SJV (lobby)                  1:00-Make A word (AD)                  2:00-Moviee Matinee (Theater)</p>	<p>9:30-Walking Group                  10:15-Violin music with Ciprian (lobby)                  1:00-Faces &amp; Places Trivia Workshop (AD)                  2:00-Seasonal Cuisine (AD)                  3:00-Sing Fit (AD)                  3:00-Monopoly (L)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD)                  10:00-Brain Gym (AD)                  1:00-Scrabble with Marie (Library)                  1:00-Make A Word (AD)  <b>2:00-Music with Ellen Smith (lobby)</b>                  3:00-Trivia (AD)                  6:00-A walk down memory lane Social (lobby)</p>	<p>9:15-Journaling &amp; Coffee                  10:30-Walking Group                  1:00-Sing Fit (AD)  <b>2:00-Resident Council (AD)</b>                  3:00-Bingo (AD)                  6:00-Your choice movie (BD)</p>	<p><b>Happy Thanksgiving</b>                  9:00-Macys Thanksgiving day Parade/football with Mimosas &amp; Scones (Theater)                  1:30-Thanksgiving Social  <b>3:00-Music with Mike (lobby)</b>                  Thanksgiving Day (US)</p>	<p>9:00-Catholic Communion (T)                  9:15-Shop at Bel Air                  10:30-Tai-Chi Video (AD)                  1:00-Crosswords &amp; word search (AD)  <b>2:00-Music with Vickie Lee (SR)</b>                  3:00-Happy Hour (SR)</p>	<p>9:30-Chair Zumba (AD)                  10:00-Sing Along (AD)                  12:45-Pretty &amp; Polished (AD)                  2:00-Sing Fit (AD)</p>
<p>9:00-Church Service (AD)                  9:15-Catholic church at SJV (lobby)                  1:00-Make A word (AD)                  2:00-Moviee Matinee (Theater)  <b>3:00-Music with the West Sacramento Singers (lobby)</b></p>	<p>9:30-Walking Group  <b>10:15-Chair yoga with Cynthia (AD)</b>                  1:00-Mexican Train (AD)                  2:00-Seasonal Cuisine (AD)                  3:00-Sing Fit (AD)                  3:00-Monopoly (L)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD)                  10:00-Brain Gym (AD)                  1:00-Scrabble with Marie (Library)                  1:00-Make A Word (AD)  <b>2:00-Residents Birthday Party Featuring Michelle Devol (lobby)</b>                  6:00-A walk down memory lane Social (lobby)</p>	<p>9:15-Journaling &amp; Coffee                  10:30-Walking Group                  1:00-Fact or Fiction(AD)                  2:00-Scategories (AD)                  3:00-Bingo (AD)                  6:00-Your choice movie (BD)</p>	<p><b>10:00-Kids Connection (BD)</b>                  2:15-History of the Rosary with Marjorie (BD)                  3:00-Harp music with Mable (lobby)  <b>4:30-Outing: Applebee's</b>                  6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T)                  9:15-Shop at Bel Air                  10:30-Tai-Chi Video (AD)                  1:00-Crosswords &amp; word search (AD)  <b>2:00-Music with Rob Green (SR)</b>                  3:00-Happy Hour (SR)</p>	<p>1 on 1                  Technology                  Now Available                  See Paloma to                  schedule a visit</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>9:00-Church Service (AD) 4</p> <p>9:15-Catholic church at SJV (lobby)</p> <p>1:00-Make A word (AD)</p> <p>2:00-Moviee Matinee (Theater)</p> <p>Daylight Saving Time Ends</p>	<p>9:30- Morning Workout 5</p> <p>10:00- Fall Baking &amp; Hot Cocoa</p> <p>1:00-Adult Coloring</p> <p>2:00-Outdoor Social</p> <p>3:00-Sing Fit (AD)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD) 6</p> <p>10:00-Sing Along</p> <p>1:00-Scrabble with Marie (Library)</p> <p>1:00-Make A Word (AD)</p> <p>2:00-Music with The Nightcaps (lobby)</p> <p>3:00-Trivia (AD)</p> <p>6:00-A walk down memory lane Social (lobby)</p>	<p>9:15-Hand Therapy Exercise 7</p> <p>10:00-Rock N Roll Music with Mike Ely (MCU)</p> <p>1:00-Ceramics (MCU)</p> <p>2:00-Sing Fit</p> <p>3:00-Fall Crafting</p>	<p>8:00-Mens Breakfast with Glen (AD) 1</p> <p>9:30-Stand &amp; Stretch (BD)</p> <p>10:00-Bible Study with Sarah (AD)</p> <p>10:30-Outing: Skip's Kitchen (lobby)</p> <p>2:15- Rosary with Marjorie (AD)</p> <p>3:00-Karaoke (AD)</p> <p>6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 2</p> <p>9:15-Shop at Bel Air</p> <p>10:30-Tai-Chi Video (AD)</p> <p>1:00-November IQ (AD)</p> <p>2:00-Music with Don Terra (SR)</p> <p>3:00-Happy Hour (SR)</p>	<p>9:30-Chair Zumba (AD) 3</p> <p>10:00-Gospel Sing along (AD)</p> <p>12:45-Pretty &amp; polished (AD)</p> <p>2:00-Music with Marvin (lobby)</p>
<p><b>Happy Veterans Day</b> 11</p> <p>9:00-Church Service (AD)</p> <p>9:00-Boyscouts Troop 281 Flag ceremony (ALU)(lobby)</p> <p>9:15-Catholic church at SJV (lobby)</p> <p>1:00-Make A word (AD)</p> <p>2:00-Moviee Matinee</p> <p>Veterans Day (US)</p> <p>Remembrance Day (Canada)</p>	<p>9:30- Chair Yoga with Cynthia (MCU) 12</p> <p>10:00-Fall Baking &amp; Hot Cocoa</p> <p>1:00-Veterans Day Discussion</p> <p>2:00-Painting</p> <p>3:00-Music with Steve (MCU)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD) 13</p> <p>10:00-Sing Along</p> <p>1:00-Scrabble with Marie (Library)</p> <p>1:00-Make A Word (AD)</p> <p>2:00-Music with Cash Prophets (lobby)</p> <p>3:00-Trivia (AD)</p> <p>6:00-A walk down memory lane Social (lobby)</p>	<p>9:30-Hand Therapy Exercise 14</p> <p>10:00-Short Stories</p> <p>1:00-Magazine Collage</p> <p>2:00-Sing Fit</p> <p>3:00-Fall Crafting</p>	<p>9:30-Stand &amp; Stretch (BD) 15</p> <p>10:00-Bible Study with Sarah (AD)</p> <p>10:30-Outing: Red Hawk Casino</p> <p>2:15- Rosary with Marjorie (AD)</p> <p>3:00-Music with Marvin (lobby)</p> <p>6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 16</p> <p>9:15-Shop at Bel Air</p> <p>10:00-Art Reflection with Tiffany (AD)</p> <p>1:00-Crosswords &amp; word search (AD)</p> <p>2:00-Piano Music with Lilia (SR)</p> <p>3:00-Happy Hour (SR)</p>	<p>10:00-Laughter Yoga (lobby) 17</p> <p>12:45-Pretty &amp; Polished (AD)</p> <p>2:00-Music with Kazakah Sarai (lobby)</p>
<p>9:00-Church Service (AD) 18</p> <p>9:15-Catholic church at SJV (lobby)</p> <p>1:00-Make A word (AD)</p> <p>2:00-Moviee Matinee (Theater)</p>	<p>9:30- Morning Workout 19</p> <p>10:15-Violin music with Ciprian (lobby)</p> <p>1:00-Adult Coloring</p> <p>2:00-Social</p> <p>3:00-Sing Fit (AD)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD) 20</p> <p>10:00-Sing Along</p> <p>1:00-Scrabble with Marie (Library)</p> <p>1:00-Make A Word (AD)</p> <p>2:00-Music with Ellen Smith (lobby)</p> <p>3:00-Trivia (AD)</p> <p>6:00-A walk down memory lane Social (lobby)</p>	<p>9:15-Hand Therapy Exercise 21</p> <p>10:00-Rock N Roll Music with Mike Ely (MCU)</p> <p>1:00-Ceramics (MCU)</p> <p>2:00-Sing Fit</p> <p>3:00-Thanksgiving Discussion</p>	<p><b>Happy Thanksgiving</b> 22</p> <p>9:00-Macys Thanksgiving day Parade/football with Mimosas &amp; Scones (Theater)</p> <p>1:30-Thanksgiving Social</p> <p>3:00-Music with Mike (lobby)</p> <p>Thanksgiving Day (US)</p>	<p>9:00-Catholic Communion (T) 23</p> <p>9:15-Shop at Bel Air</p> <p>10:30-Tai-Chi Video (AD)</p> <p>1:00-Crosswords &amp; word search (AD)</p> <p>2:00-Music with Vickie Lee (SR)</p> <p>3:00-Happy Hour (SR)</p>	<p>9:30-Chair Zumba (AD) 24</p> <p>10:00-Sing Along (AD)</p> <p>12:45-Pretty &amp; Polished (AD)</p> <p>2:00-Sing Fit (AD)</p>
<p>9:00-Church Service (AD) 25</p> <p>9:15-Catholic church at SJV (lobby)</p> <p>1:00-Make A word (AD)</p> <p>2:00-Moviee Matinee (Theater)</p> <p>3:00-Music with the West Sacramento Singers (lobby)</p>	<p>9:30-Fall Baking &amp; Hot Cocoa 26</p> <p>10:15-Chair Yoga with Cynthia (AD)</p> <p>1:00-Adult Coloring</p> <p>2:00-Social</p> <p>3:00-Sing Fit (AD)</p>	<p>9:30-Soccersice &amp; Resistance bands (BD) 27</p> <p>10:00-Sing Along</p> <p>1:00-Scrabble with Marie (Library)</p> <p>1:00-Make A Word (AD)</p> <p>2:00-Residents Birthday Party Featuring Michelle Devol (lobby)</p> <p>6:00-A walk down memory lane Social (lobby)</p>	<p>9:30-Hand Therapy Exercise 28</p> <p>10:00-Short Stories</p> <p>1:00-Magazine Collage</p> <p>2:00-Sing Fit</p> <p>3:00-Fall Crafting</p>	<p>10:00-Kids Connection 29</p> <p>2:15-History of the Rosary with Marjorie (BD)</p> <p>3:00-Harp music with Mable (lobby)</p> <p>4:30-Outing: Applebee's</p> <p>6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 30</p> <p>9:15-Shop at Bel Air</p> <p>10:30-Tai-Chi Video (AD)</p> <p>1:00-Crosswords &amp; word search (AD)</p> <p>2:00-Music with Rob Green (SR)</p> <p>3:00-Happy Hour (SR)</p>	<p>1 on 1 Technology Now Available See Paloma to Schedule a Visit</p>

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# NOVEMBER 2018

## DAWN OF A NEW DAY

<p>9:00-Church Service (AD) 2:15-Sing Fit 3:00-Balloon Volleyball 9:30-Chair Zumba <small>(AD) (ALU) Time Ends</small></p>	<p>9am-Coffee and News 10-Easy seated exercise 11-Aroma Hand Massage 1pm-Documentaries 2pm-Bingo 3pm-Reminiscing Music</p>	<p>9am-Make Over <b>10-Outing: Denny's Restaurant</b> 2pm-Music with The Nightcaps (ALU)(lobby) 3pm-Trivia at (ALU)(AD)</p>	<p>9am-Coffee &amp; News <b>10:00-Rock N Roll music with Mike</b> 11:00-Audio Short Story 1pm-Ceramics 2pm-Card Games 3pm-Music Bingo</p>	<p>9am-The Daily Chronicle &amp; hot cocoa 10:00-Artfull Exercise 11:00-Aroma Hand Massage 1PM-Arts and Crats 2pm-Brain Connection 3pm-Sing-along</p>	<p>9am-Walking Club 10-Bible Study with Chaplain Jessie 11:00-Gospel Music 1pm-Make Over <b>2pm-Music with Don Terra (ALU)(lobby)</b> 3pm-Happy Hour (ALU)(lobby)</p>	<p>9:30-Chair Zumba 3 (ALU) (AD) 10:00-Gospel Sing along (ALU)(AD) <b>2:00-Music with Marvin (ALU) (lobby)</b> 3:15-Short Stories</p>
<p><b>Happy Veterans Day</b> 9:00-Church Service (AD) <b>9:00-Boyscouts Troop 281 Flag ceremony (ALU)(lobby)</b> 2:15-Balloon Volleyball 3:00-Sing Fit <small>Veterans Day (US) Remembrance Day (Canada)</small></p>	<p>9am-Coffee and News <b>9:30am-Chair yoga with Cynthia</b> 10:30-Audio Short Story 11-Aroma hand massage 1pm-Documentaries 2pm-Bingo 3pm-Music with Steve</p>	<p>9am-Make Over <b>10-Outing: Van Ride to Folsom</b> 2pm-Music with Cash Prophets (ALU)(lobby) 3pm-Trivia (ALU) (AD)</p>	<p>9am-Coffee &amp; News 10:00-Soccercise 11:00-Aroma Hand Massage 1pm-Tea Party Social 2pm-Card Games 3pm-Music Bingo</p>	<p>9am-Coffee and News 10:00-Artful Exercise 11:00-Audio Short Story 1PM-Arts and Crats 2pm-Brain Connection <b>3pm-Music with Marvin (ALU)(lobby)</b></p>	<p>9am-Walking Club <b>10-Art Reflection (ALU)(lobby)</b> 11:00-Gospel Music 1pm-Make Over <b>2pm-Music with Lilia (ALU)(lobby)</b> 3pm-Happy Hour (ALU)(lobby)</p>	<p>9:30-Chair Zumba (ALU)(AD) <b>10:00-Sing Along (ALU)(AD)</b> 2:00-Sing Fit (ALU)(AD) 3:15-Short Stories</p>
<p>9:00-Church Service (AD) <b>2:00-Music with Mikey</b> 3:15-Balloon Volleyball</p>	<p><b>9:15am-Violin music with Ciprian</b> 10-Easy seated exercise 11-Aroma Hand Massage 1pm-Documentaries 2pm-Bingo 3pm-Reminiscing Music</p>	<p>9am-Make Over <b>10-Outing: IHOP Restaurant</b> 2pm-Music with Ellen Smith (ALU)(AD) 3pm-Trivia (ALU)(AD)</p>	<p>9am-Coffee &amp; News <b>10:00-Rock N Roll music with Mike</b> 11:00-Audio Short Story 1pm-Ceramics 2pm-Card Games 3pm-Music Bingo</p>	<p><b>Happy Thanksgiving</b> 9am-Coffee/ News &amp; Macys Thanksgiving day Parade 1PM-Arts and Crats 2pm-Thanksgiving Social <b>3pm-Music with Mike (ALU)(lobby)</b> <small>Thanksgiving Day (US)</small></p>	<p>9am-Walking Club 10-Bible Study with Chaplain Jessie 11:00-Gospel Music 1pm-Make Over 2pm-Music with 3pm-Happy Hour</p>	<p><b>10:00-Laughter Yoga (lobby)</b> 2:00-Music with Kazakah Sarai (lobby) 3:15-Short Stories</p>
<p>9:00-Church Service (AD) 2:15-Balloon Volleyball <b>3:00-Music with Tim Durnan</b></p>	<p>9am-Coffee and News <b>9:30am-Chair yoga with Cynthia</b> 10:15-Audio short story 11:00-Aroma Hand Massage 1pm-Documentaries 2pm-Bingo 3pm-Reminiscing Music</p>	<p>9am-Make Over <b>10:00-Outing-Van Ride to Madison</b>  2pm-Residents Birthday Party featuring Michelle DeVol (ALU)(lobby)</p>	<p>9am-Coffee &amp; News 10:00-Soccercise 11:00-Aroma Hand massage 1pm-Tea Party Social 2pm-Card Games 3pm-Music Bingo</p>	<p><b>10:00- Kids Connection</b>  2pm-Brain Connection <b>3pm-Harp music with Mable (ALU)(lobby)</b></p>	<p>9am-Walking Club 10-Bible Study with Chaplain Jessie 11:00-Gospel Music 1pm-Make Over 2pm-Music with 3pm-Happy Hour</p>	<p>9:30-Chair Zumba (ALU)(AD) 10:00-Sing Along (ALU)(AD) 2:00-Sing Fit (ALU)(AD) 3:15-Short Stories</p>

