Tuesday Sunday Wednesday Friday Saturday -WEAR RED DAY-9:30-Chair Zumba (AD) February 2019 9:00-Catholic 10:00-Music with Communion (T) Lighthouse Gospel 9:15-Shop at Bel Air (lobby) 10:30-Tai Chi Video (AD) 12:45-Pretty & Polished 1:00-Crosswords & word ASSISTED LIVING (AD) search (AD) 2:00-Music with 2:00-Music with Don T Marvin (lobby) (Lobby) 3:00-Happy Hour (Lobby) Groundhog Day 5 9:30-Hand Weight 9:15-Introducing Agile 9:00-Catholic 9:30-Chair Zumba **SUPERBOWL** 3 9:30-Chairobics (AD) A MARDI GRAS Aging (AD) Communion (T) 9:30-Soccersice & SUNDAY 10:20-Violin music Exercise (BD) (AD) 9:30-Pampering with Resistance bands (BD) 9:15-Shop at Bel Air 9:00-Church Service (AD) 10:00-Bible Study with with Ciprian (lobby) 10:00-Sing Along Lauren (AD) 10:30-Tai-Chi Video (AD) 10:00-Brain Gym (AD) 9:15-Catholic church at SJV Chaplain Sara (AD) 1:00-Sing Fit (AD) 9:30-Pet Visit/cooper 1:00-Cross words & word (AD) 1:00-Scrabble with Marie (lobby) 1:00-CERAMICS (BD) 2:00-Heart Healthy 12:00-Outing: Dollar stor search (AD) 12:45-Pretty & (Library) 1:00-Make A word (AD) 2:00-Food Committee Recipes (AD) 2:00-Drumming with 1:00-Make A Word (AD) 2:15-Rosary with Marjorie 2:00-Moviee Matinee Polished (AD) Meeting (AD) 3:00-Mexican Train, (AD) Tandy (Lobby) 2:00-Music with Gary (Theater) 2:00-Music with The 3:00-Bingo (AD) 3:00-Karaoke (AD) 3:00-Happy Hour brought to Monopoly & other (lobby) 3:00-New England you by Kristin with Live Well Nightcaps (lobby) 6:00-Dime bingo with 3:00-Say it out loud! Trivia Patriots Vs. Los Angeles games (AD) at home (Lobby) Marie (AD) Rams (BD) (AD) Chinese New Year 12 9:30-Hand Weight HAPPY VALENTINES DAY 9:00-Catholic 10 9:30-Alphabet 9:30-Soccersice & 9:00-Church 13 15 9:30-Chair Zumba16 Resistance bands (BD) Communion (T) Challenge (AD) Exercise (BD) Service (AD) (AD) 9:30-Chair Zumba (AD) 10:00-Brain Gym (AD) 9:15-Shop at Bel Air 9:15-Catholic church at 10:15-Chair Yoga (AD) 10:00-Bible Study with 9:30-Pet Visit/cooper (lobby) 1:00-Scrabble with Marie 10:00-Laughter 10:30-Tai-Chi Video (AD) 10:00-Pampering with Lauren 1:00-Sing Fit (AD) Chaplain Sara (AD) SJV (lobby) (Library) 1:00-Photo Booth Fun 1:00-Cross words & word Yoga (AD) 1:00-Make A Word (AD) 2:00-Heart Healthy 1:00-Scattegories (AD) 1:00-Make A word (AD) 2:15-Rosary with Marjorie (AD) search (AD) 2:00-Music with Michelle 3:00-Music with Evening Star band 12:45-Pretty & 2:00-Town Hall 2:00-Moviee Matinee Recipes (AD) 1:45-Music with Alvin DeVol (lobby) 3:00-Mexican Train, Meeting with Glen (AD) (Theater) 3:00-Say it out loud! Trivia (AD) 4:00-Sweet heart Candlelight Polished (AD) (Lobby) Dinner (DR) 3:00-Music with Mike Monopoly & other 6:00-Game Night with 3:00-Bingo (AD) 3:00-Happy Hour (Lobby) 2:00-Piano Music 6:00-Dime bingo with Marie (AD) Chaplain Jessie (lobby) 6:00-Music with Chap Shields(lobby) games (AD) with Lilia (lobby) Jessie & Roger (AD) Valentine's Day 20 9:30-Pampering with 19 9:15-OUTING:The 17 9:30-Chairobics (AD) 8 9:30-Soccersice & 22 9:30-Chair 9:00-Church 9:00-Catholic 21 Resistance bands (BD) Sac Ballet/Fall Lauren (AD) Communion (T) Service (AD) 10:00-Alphabet Zumba (AD) 10:00-Brain Gym (AD) 9:30-Pet Visit/cooper 9:15-Shop at Bel Air 9:15-Catholic church at Challenge (AD) Prevention movement 10:00-Sing Along 1:00-Scrabble with Marie 10:30-Tai-Chi Video (AD) 10:30-Outing: SJV (lobby) 1:00-Sing Fit (AD) (lobby) (Library) 1:00-Cross words & word Applebee's (AD) 1:00-Make A word (AD) 2:00-Heart Healthy 10:00-Bible Study with 1:00-Make A Word (AD) search (AD) 2:15-Rosary with Marjorie 12:45-Pretty & 2:00-Moviee Matinee Recipes (AD) Chaplain Sara (AD) 2:00-Music with Michael 2:00-Music with Robert (Theater) 3:00-Mexican Train, 1:00-CERAMICS (AD) Polished (AD) Jaspar (lobby) Green (Lobby) 3:00-Music with Marvin 3:00-Music with 6 Monopoly & other 3:00-Say it out loud! Trivia 2:00-Sing Fit (AD) 3:00-Happy Hour (Lobby) (AD) 2:00-Sing Fit (AD) (AD) String Daisy (lobby) games (AD) 3:00-Bingo (AD) 6:00-Dime bingo with Marie (AD) Presidents' Day (US) 25 9:30-Soccersice & 26 9:30-Hand Weight 24 9:30-Alphabet 9:30-Pampering with 9:00-Church 28 Resistance bands (BD) Lauren (AD) Challenge Exercise (BD) Service (AD) 10:00-Brain Gym (AD) 9:30-Pet Visit/cooper 10:15-Chair Yoga (AD) 10:00-Bible Study with 9:15-Catholic church 1:00-Scrabble with Marie 10:30-Outing: Love 1:00-Sing Fit (AD) Chaplain Sara (AD) at SJV (lobby) (Library) at First bite 2:00-Heart Healthy 1:00-Scattegories (AD) 1:00-Make A Word (AD) 1:00-Make A word 2:15-Rosary with Marjorie Recipes (AD) 2:00-Sing Flt (AD) 2:00-Resident Birthday (AD) (AD) 3:00-Mexican Train, 3:00-Bingo (AD) Party Featuring Music 3:00-Karaoke (AD) 2:00-Moviee Matinee Monopoly & other 6:00-Music with Chap with Steve Davis (lobby) 6:00-Dime bingo with Marie (Theater) games (AD) 6:00-Game Night with Jessie & Roger (AD) (AD) Chaplain Jessie (lobby) Coloma Rd. Gold River, C 47001241 re subjec to change-

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Feb	ruary 2		SPRING	-WEAR RED DAY- 9:00-Catholic Communion (T) 9:15-Shop at Bel Air 10:30-Tai Chi Video (AD) 1:00-Crosswords & word search (AD) 2:00-Music with Don T (Lobby)	9:30-Chair Zumba (AD)2 10:00-Music with Lighthouse Gospel (lobby) 12:45-Pretty & Polished (AD) 2:00-Music with Marvin (lobby)
		3:00-Happy Hour (Lobby)	Groundhog Day			
9:00-Church Service (AD) 9:15-Catholic church at SJV (lobby) 1:00-Make A word (AD) 2:00-Moviee Matinee (Theater) 3:00-Music with John Spivack (lobby) 3:00-New England Patriots VS. Los Angeles Rams (BD)	3:00-Mexican Train, Monopoly & other games (AD)	9:30-Soccersice & Resistance bands 10:00-Sing Fit 1:00-Scrabble with Marie (Library) 1:00-Make A Word (AD) 2:00-Music with Gary (lobby) 3:00-Say it out loud! Trivia (AD) Chinese New Year	Exercise 10:00-Rock N Roll with Mike Ely 1:00-CERAMICS 2:00-Food Committee Meeting (AD) 3:00-Bingo (AD)	Lauren (AD) 9:30-Pet Visit/cooper 10:30-Outing: Dollar Store 2:15-Rosary with Marjorie (AD) 3:00-Karaoke (AD) 6:00-Dime bingo with Marie (AD)	Communion (T) 9:15-Shop at Bel Air 10:30-Tai-Chi Video (AD) 1:00-Cross words & word search (AD) 2:00-Drumming with Tandy (Lobby) 3:00-Happy Hour brought to you by Kristin with Live Well at home (Lobby)	
9:00-Church Service (AD) 9:15-Catholic church at SJV (lobby) 1:00-Make A word (AD) 2:00-Moviee Matinee (Theater) 3:00-Music with Mike Shields (lobby)	9:30-Alphabet Challenge (AD) 10:15-Chair Yoga (AD) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)	9:30-Soccersice & 12 Resistance bands 10:00-Sing Fit 1:00-Scrabble with Marie (Library) 1:00-Make A Word (AD) 2:00-Music with Michelle DeVol (lobby) 3:00-Say it out loud! Trivia (AD)	1:00-Scattegories (AD) 2:00-Town Hall Meeting with Glen (AD)	VALENTINES DAY	9:00-Catholic Communion (T) 9:15-Shop at Bel Air 10:30-Tai-Chi Video (AD) 1:00-Cross words & word search (AD) 1:45-Music with Alvin (Lobby) 3:00-Happy Hour (Lobby)	9:30-Chair Zumba 16 (AD) 10:00-Laughter Yoga (AD) 12:45-Pretty & Polished (AD) 2:00-Piano Music with Lilia (lobby)
Service (AD) 9:15-Catholic church at SJV (lobby) 1:00-Make A word (AD) 2:00-Moviee Matinee (Theater) 3:00-Music with 6 String Daisy (lobby)	9:30-Chairobics (AD) 18 10:00-Alphabet Challenge (AD) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)	Resistance bands 10:00-Sing Fit 1:00-Scrabble with Marie (Library) 1:00-Make A Word (AD) 2:00-Music with Michael Jaspar (lobby) 3:00-Say it out loud! Trivia (AD)	Sac Ballet/Fall Prevention movement (lobby) 10:00-Rock N Roll with Mike Ely 1:00-CERAMICS (AD) 2:00-Sing Fit (AD) 3:00-Bingo (AD)	9:30-Pampering with Lauren (AD) 9:30-Pet Visit/cooper 10:30-Outing: Applebee's 2:15-Rosary with Marjorie (AD) 3:00-Karaoke (AD) 6:00-Dime bingo with Marie (AD)	Communion (T) 9:15-Shop at Bel Air 10:30-Tai-Chi Video 1:00-Cross words & word search (AD) 2:00-Music with Robert Green (Lobby) 3:00-Happy Hour (Lobby)	9:30-Chair Zumba (AD) 10:00-Sing Along (AD) 12:45-Pretty & Polished (AD) 2:00-Sing Fit (AD)
Service (AD) 9:15-Catholic church at SJV (lobby) 1:00-Make A word (AD) 2:00-Moviee Matinee (Theater)	Challenge (AD) 10:15-Chair Yoga (AD) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)	10:00-Sing Fit 1:00-Scrabble with Marie (Library) 1:00-Make A Word (AD) 2:00-Resident Birthday Party Featuring Music	Exercise 10:00-Bible Study with Chaplain Sara (AD) 1:00-Scattegories (AD) 2:00-Sing Fit (AD) 3:00-Bingo (AD) 6:00-Music with Chap Jessie & Roger (AD)	9:30-Pampering with 28 Lauren (AD) 9:30-Pet Visit/cooper 10:30-Outing:Love at first Bite 2:15-Rosary with Marjorie (AD) 3:00-Karaoke (AD) 6:00-Dime bingo with Marie (AD) #347001241—Ac		to change-

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-Church 3	9:30-violin music 4	MARDI GRAS 5	9:15-Morning 6	9:00-Short stories & 7	9:00-Sit N Fit 10:00-Bible Study with Chap Jessie 1:00-Make over 2:00- Music with Don T (ALU)(lobby) 3:00-Happy Hour (ALU)(lobby) 9:00-Sit N Fit	Marvin (lobby) 3:15-Balloon Volleyball Groundhog Day 9:30-Chair Zumba
10:00-Sing Along 2:15-Short Stories 3:00-Music with John Spivack (ALU) (lobby)	with ciprian 10:15-Sing Fit 11:00-Aroma Hand Massage 1pm-Documentaries 2:00-Karaoke 3:00-Napkin folding	10:00-Outing: Scenic drive to Old Sacramento 2:00-Music with Gary (ALU) (lobby) 3:00-Trivia (ALU) (AD)	10:00-Rock N Roll with Mike Ely 11:00-The Daily Chronicle 1:00-Call out the answer worksheets 2:00-Adult Coloring 3:00-Soccercise	10:00-Pet Visit/cooper 10:30-Ballon Volleyball 1:00-Arts and Crafts 2:00-Brain Connection 3:00-Sing Fit	Tandy (ALU)(lobby) 3:00-Happy Hour (ALU)(lobby)	(ALU) (AD) 10:00-Sing Along (ALU) (AD) 2:00-Music with The Nightcaps (lobby) 3:15-Balloon Volleyball
9:00-Church 10 Service 10:00-Sing Along 2:15-Short Stories 3:00-Music with Mike Shields (ALU) (lobby)	9:30-Chair Yoga 11 10:00-Sing Fit 11:00-Aroma Hand Massage 1pm-Documentaries 2:00-Karaoke 3:00-Napkin folding	Pampering 10:00-Outing: IHOP 2:00-Music with Michelle DeVol	9:15-Morning Stretch 10:00-Sing Fit 11:00-The Daily Chronicle 1:00-Call out the answer worksheets 2:00-Adult Coloring 3:00-Soccercise	VALENTINES DAY 9:30-Morning Stretch 10:00-Pet Visit/cooper 10:30-Music with Skip 1:00-Pampering	10:00-Bible Study with Chap Jessie 1:00-Make over 1:45-Music with	9:30-Chair Zumba 16 (ALU) (AD) 10:00-Laughter Yoga (ALU) (AD) 2:00-Piano Music with Lilia (lobby) 3:15-Balloon Volleyball
Service 10:00-Sing Along 2:15-Short Stories 3:00-Music with 6 string daisy (ALU) (lobby)	10:15-Sing Fit 11:00-Aroma Hand Massage 1pm-Documentaries 2:00-Karaoke 3:00-Napkin folding Presidents' Day (US)	Pampering 10:00-Outing: Scenic drive to Fair oaks 2:00-Music with Michael Jaspar (ALU) (lobby) 3:00-Trivia (ALU) (AD)	Stretch 10:00-Rock N Roll with Mike Ely 11:00-The Daily Chronicle 1:00-Call out the answer worksheets 2:00-Adult Coloring 3:00-Soccercise	& Hot Tea 10:00-Pet Visit/cooper 10:30-Ballon Volleyball 1:00-Arts and Crafts 2:00-Brain Connection 3:00-Music with Marvin (ALU) (lobby)	10:00-Bible Study with Chap Jessie 1:00-Make over 2:00- Music with Robert Green (ALU)(lobby) 3:00-Happy Hour (ALU)(lobby)	9:30-Chair 23 Zumba (ALU) (AD) 10:00-Sing Along (ALU) (AD) 2:00-Sing Along 3:15-Balloon Volleyball
Service 10:00-Sing Along 2:15-Short Stories 3:00-Sing Fit		Pampering 10:00-Outing: Carmelita's 2:00-Residents Birthday Party Featuring Steve Davis (ALU) (lobby)	Stretch 10:00-Sing Fit 11:00-The Daily Chronicle 1:00-Call out the answer worksheets 2:00-Adult Coloring 3:00-Soccercise	9:00-Short stories 28 & Hot Tea 10:00-Pet Visit/cooper 10:30-Ballon Volleyball 1:00-Arts and Crafts 2:00-Brain Connection 3:00-Sing Fit #347001241—Act		to change-