

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019 ASSISTED LIVING

						<p>-WEAR RED DAY- 1</p> <p>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) 3:00-Happy Hour (Lobby)</p>		<p>9:30-Chair Zumba (AD) 2</p> <p>10:00-Music with Lighthouse Gospel (lobby) 12:45-Pretty & Polished (AD) 2:00-Music with Marvin (lobby)</p> <p style="text-align: right;"><small>Groundhog Day</small></p>					
<p>SUPERBOWL SUNDAY 3</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) 3:00-New England Patriots Vs. Los Angeles Rams (BD)</p>		<p>9:30-Chairobics (AD) 4</p> <p>10:20-Violin music with Ciprian (lobby) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)</p>		<p>MARDI GRAS 5</p> <p>9:30-Soccercise & Resistance bands (BD) 10:00-Brain Gym (AD) 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) <small>Chinese New Year</small></p>		<p>9:30-Hand Weight Exercise (BD) 6</p> <p>10:00-Bible Study with Chaplain Sara (AD) 1:00-CERAMICS (BD) 2:00-Food Committee Meeting (AD) 3:00-Bingo (AD)</p>		<p>9:15-Introducing Agile Aging (AD) 7</p> <p>9:30-Pampering with Lauren (AD) 9:30-Pet Visit/cooper 12:00-Outing: Dollar store 2:15-Rosary with Marjorie (AD) 3:00-Karaoke (AD) 6:00-Dime bingo with Marie (AD)</p>		<p>9:00-Catholic Communion (T) 8</p> <p>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) <i>3:00-Happy Hour brought to you by Kristin with Live Well at home (Lobby)</i></p>		<p>9:30-Chair Zumba (AD) 9</p> <p>10:00-Sing Along (AD) 12:45-Pretty & Polished (AD) 2:00-Music with The Nightcaps (lobby)</p>	
<p>9:00-Church Service (AD) 10</p> <p>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)</p>		<p>9:30-Alphabet Challenge (AD) 11</p> <p>10:15-Chair Yoga (AD) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)</p>		<p>9:30-Soccercise & Resistance bands (BD) 12</p> <p>10:00-Brain Gym (AD) 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) 6:00-Game Night with Chaplain Jessie (lobby)</p>		<p>9:30-Hand Weight Exercise (BD) 13</p> <p>10:00-Bible Study with Chaplain Sara (AD) 1:00-Scattogories (AD) 2:00-Town Hall Meeting with Glen (AD) 3:00-Bingo (AD) 6:00-Music with Chap Jessie & Roger (AD)</p>		<p>HAPPY VALENTINES DAY 14</p> <p>9:30-Chair Zumba (AD) 9:30-Pet Visit/cooper (lobby) 10:00-Pampering with Lauren 1:00-Photo Booth Fun 2:15-Rosary with Marjorie (AD) 3:00-Music with Evening Star band (lobby) 4:00-Sweet heart Candlelight Dinner (DR) 6:00-Dime bingo with Marie (AD)</p> <p style="text-align: center;"><small>Valentine's Day</small></p>		<p>9:00-Catholic Communion (T) 15</p> <p>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)</p>		<p>9:30-Chair Zumba 16</p> <p>(AD) 10:00-Laughter Yoga (AD) 12:45-Pretty & Polished (AD) 2:00-Piano Music with Lilia (lobby)</p>	
<p>9:00-Church Service (AD) 17</p> <p>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)</p>		<p>9:30-Chairobics (AD) 18</p> <p>10:00-Alphabet Challenge (AD) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)</p> <p style="text-align: center;"><small>Presidents' Day (US)</small></p>		<p>9:30-Soccercise & Resistance bands (BD) 19</p> <p>10:00-Brain Gym (AD) 1:00-Scrabble with Marie (Library) 1:00-Make A Word (AD) 2:00-Music with Michael Jaspasr (lobby) 3:00-Say it out loud! Trivia (AD)</p>		<p>9:15-OUTING:The Sac Ballet/Fall Prevention movement (lobby) 20</p> <p>10:00-Bible Study with Chaplain Sara (AD) 1:00-CERAMICS (AD) 2:00-Sing Fit (AD) 3:00-Bingo (AD)</p>		<p>9:30-Pampering with Lauren (AD) 21</p> <p>9:30-Pet Visit/cooper 10:30-Outing: Applebee's 2:15-Rosary with Marjorie (AD) 3:00-Music with Marvin (AD) 6:00-Dime bingo with Marie (AD)</p>		<p>9:00-Catholic Communion (T) 22</p> <p>9:15-Shop at Bel Air 10:30-Tai-Chi Video (AD) 1:00-Cross words & word search (AD) 2:00-Music with Robert Green (Lobby) 3:00-Happy Hour (Lobby)</p>		<p>9:30-Chair Zumba (AD) 23</p> <p>10:00-Sing Along (AD) 12:45-Pretty & Polished (AD) 2:00-Sing Fit (AD)</p>	
<p>9:00-Church Service (AD) 24</p> <p>9:15-Catholic church at SJV (lobby) 1:00-Make A word (AD) 2:00-Moviee Matinee (Theater)</p>		<p>9:30-Alphabet Challenge 25</p> <p>10:15-Chair Yoga (AD) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)</p>		<p>9:30-Soccercise & Resistance bands (BD) 26</p> <p>10:00-Brain Gym (AD) 1:00-Scrabble with Marie (Library) 1:00-Make A Word (AD) 2:00-Resident Birthday Party Featuring Music with Steve Davis (lobby) 6:00-Game Night with Chaplain Jessie (lobby)</p>		<p>9:30-Hand Weight Exercise (BD) 27</p> <p>10:00-Bible Study with Chaplain Sara (AD) 1:00-Scattogories (AD) 2:00-Sing Flt (AD) 3:00-Bingo (AD) 6:00-Music with Chap Jessie & Roger (AD)</p>		<p>9:30-Pampering with Lauren (AD) 28</p> <p>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)</p>					

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Thursday



Friday

Saturday



February 2019

DAYS PRING

 <h1>February 2019</h1>						-WEAR RED DAY- 1 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) 3:00-Happy Hour (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) Groundhog Day					
Super Bowl Sunday 3 9:00-Church Service (AD) 9:15-Catholic church at SJV (lobby) 1:00-Make A word (AD) 2:00-Movie Matinee (Theater) 3:00-Music with John Spivack (lobby) 3:00-New England Patriots VS. Los Angeles Rams (BD)		9:30-Chairobics (AD) 4 10:20-Violin music with Ciprian (lobby) 1:00-Sing Fit (AD) 2:00-Heart Healthy Recipes (AD) 3:00-Mexican Train, Monopoly & other games (AD)		MARDI GRAS 5 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		9:30-Hand Weight Exercise 6 10:00-Rock N Roll with Mike Ely 1:00-CERAMICS 2:00-Food Committee Meeting (AD) 3:00-Bingo (AD)		9:30-Pampering with Lauren (AD) 7 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)		9:00-Catholic Communion (T) 8 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)		9:30-Chair Zumba (AD) 9 10:00-Sing Along (AD) 12:45-Pretty & Polished (AD) 2:00-Music with The Nightcaps (lobby)	
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Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

February 2019

DAWN OF A NEW DAY

-WEAR RED DAY-1					9:30-Chair Zumba (ALU) (AD) 2
9:00-Sit N Fit					10:00-Music with Lighthouse Gospel (lobby)
10:00-Bible Study with Chap Jessie					2:00-Music with Marvin (lobby)
1:00-Make over					3:15-Balloon Volleyball
2:00- Music with Don T (ALU)(lobby)					<small>Groundhog Day</small>
3:00-Happy Hour (ALU)(lobby)					
9:00-Church Service 3	9:30-violin music with ciprian 4	MARDI GRAS 5	9:15-Morning Stretch 6	9:00-Short stories & Hot Tea 7	9:00-Sit N Fit 8
10:00-Sing Along	10:15-Sing Fit	9:00-Morning Pampering	10:00-Rock N Roll with Mike Ely	10:00-Pet Visit/cooper	10:00-Bible Study with Chap Jessie
2:15-Short Stories	11:00-Aroma Hand Massage	10:00-Outing: Scenic drive to Old Sacramento	11:00-The Daily Chronicle	10:30-Ballon Volleyball	1:00-Make over
3:00-Music with John Spivack (ALU) (lobby)	1pm-Documentaries	2:00-Music with Gary (ALU) (lobby)	1:00-Call out the answer worksheets	1:00-Arts and Crafts	2:00-Drumming with Tandy (ALU)(lobby)
	2:00-Karaoke	3:00-Trivia (ALU) (AD)	2:00-Adult Coloring	2:00-Brain Connection	3:00-Happy Hour (ALU)(lobby)
	3:00-Napkin folding	<small>Chinese New Year</small>	3:00-Soccercise	3:00-Sing Fit	
9:00-Church Service 10	9:30-Chair Yoga 11	9:00-Morning Pampering 12	9:15-Morning Stretch 13	HAPPY VALENTINES DAY 14	9:00-Sit N Fit 15
10:00-Sing Along	10:00-Sing Fit	10:00-Outing: IHOP	10:00-Sing Fit	9:30-Morning Stretch	10:00-Bible Study with Chap Jessie
2:15-Short Stories	11:00-Aroma Hand Massage	2:00-Music with Michelle DeVol (ALU) (lobby)	11:00-The Daily Chronicle	10:00-Pet Visit/cooper	1:00-Make over
3:00-Music with Mike Shields (ALU) (lobby)	1pm-Documentaries	3:00-Trivia (ALU) (AD)	1:00-Call out the answer worksheets	10:30-Music with Skip	1:45-Music with Alvin (ALU)(lobby)
	2:00-Karaoke		2:00-Adult Coloring	1:00-Pampering	3:00-Happy Hour (ALU)(lobby)
	3:00-Napkin folding		3:00-Soccercise	2:00-Photo Booth Fun	
				3:00-Music with Evening Star band	
				<small>Valentine's Day</small>	
9:00-Church Service 17	9:30-Violin music with ciprian 18	9:00-Morning Pampering 19	9:15-Morning Stretch 20	9:00-Short stories & Hot Tea 21	9:00-Sit N Fit 22
10:00-Sing Along	10:15-Sing Fit	10:00-Outing: Scenic drive to Fair oaks	10:00-Rock N Roll with Mike Ely	10:00-Pet Visit/cooper	10:00-Bible Study with Chap Jessie
2:15-Short Stories	11:00-Aroma Hand Massage	2:00-Music with Michael Jaspar (ALU) (lobby)	11:00-The Daily Chronicle	10:30-Ballon Volleyball	1:00-Make over
3:00-Music with 6 string daisy (ALU) (lobby)	1pm-Documentaries	3:00-Trivia (ALU) (AD)	1:00-Call out the answer worksheets	1:00-Arts and Crafts	2:00- Music with Robert Green (ALU)(lobby)
	2:00-Karaoke		2:00-Adult Coloring	2:00-Brain Connection	3:00-Happy Hour (ALU)(lobby)
	3:00-Napkin folding		3:00-Soccercise	3:00-Music with Marvin (ALU) (lobby)	
	<small>Presidents' Day (US)</small>				
9:00-Church Service 24	9:30-Chair Yoga 25	9:00-Morning Pampering 26	9:15-Morning Stretch 27	9:00-Short stories & Hot Tea 28	
10:00-Sing Along	10:00-Sing Fit	10:00-Outing: Carmelita's	10:00-Sing Fit	10:00-Pet Visit/cooper	
2:15-Short Stories	11:00-Aroma Hand massage	2:00-Residents Birthday Party	11:00-The Daily Chronicle	10:30-Ballon Volleyball	
3:00-Sing Fit	1:00-Documentaries	Featuring Steve Davis (ALU) (lobby)	1:00-Call out the answer worksheets	1:00-Arts and Crafts	
	2:00-Karaoke		2:00-Adult Coloring	2:00-Brain Connection	
	3:00-Napkin Folding		3:00-Soccercise	3:00-Sing Fit	