

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



DECEMBER 2017

Assisted Living

<p>9:00-Church Service (SR) 3 9:15- Catholic Church @ SJV 10:30-Splendid Sunday Stretch (AD) 1:00-Make A Word (AD) 2:00-Sing Along (AD) 2:00-Movie Matinee: (T) 3:00-Childrens Chorus Christmas Concert (lobby) (must sign up/seats limited)</p>	<p>9:30-Monday Wake Up Call (AD) 4 10:00-Sit N Fit 1:00- Mexican Train 2:00-Sing Fit (AD) 3:00-Lets make Homemade Snow (AD)</p>	<p>9:15-Sit n Fit (AD) 5 10:00-Brain Gym with Michael (AD) 1:00-Scrabble with Marie (L) 1:00-Homemade Christmas Cards (AD) 2:00-Music with The Nightcaps (SR) 3:00-Monopoly & other board games(AD)</p>	<p>9:15- Coffee Talk (AD) 6 9:30-Tai-Chi (AD) 10:00-Wheel of Fortune 10:30-Morning Walk(Lobby) 1:00-Karaoke (AD) 2:00-Food Committee Meeting (Library) 3:00-Chair Zumba (AD)</p>	<p>9:00-Bible Study (T) 7 9:45-Scented Hand Massages (Lobby) 10:00-Outing: Red Hawk Casino (Lobby) 1:00- Paul Harvey & other short stories (Lobby) 2:00-Traditional Rosary 3:00-Make A Word(AD) 6:00-Dime bingo with Marie</p>	<p>9:00-Catholic Communion (T) 8 9:15-Shop at Bel Air (Lobby) 10:00-Expressive Painting with Alisha (AD) 12:30- Shriners Hospital Christmas Caroling 1:00- Word Search & Crossword (AD) 2:30-Music with Voz Alta (SR) 3:00-Happy Hour (SR) 6:30- Friday Night Flicks</p>	<p>9:00-Make a word (AD) 9 10:00-ChairZumba (AD) 12:15- Singing Christmas Tree (must sign up) 2:00-Music with Alfredo (SR) 3:00-Pretty & Polished (AD)</p>
<p>9:00-Church Service (SR) 10 9:15- Catholic Church @ SJV 10:00-Christmas carols with Friends and Family Fellowship (SR) 1:00-Make A Word (AD) 2:00-Music with Folsom Piano Academy (SR) 2:00-Movie Matinee: (T) 3:00-Poetry Reading (SR)</p>	<p>9:30-Monday wake up call (AD) 11 10:00-Music with Encore (SR) 1:00-Mexican Train (AD) 2:00-Sing Fit (AD) 3:00-cookie decorating (AD)</p>	<p>9:15-Sit n Fit (AD) 12 10:00-Brain Gym with Michael (AD) 1:00-Scrabble with Marie (L) 1:00-Trivia (SR) 2:00- Musical Mystery bag (AD) 3:00-Monopoly & other board games(AD) 5:30-Christmas Light's viewing (Lobby) First Day of Hanukkah</p>	<p>9:15- Coffee Talk (AD) 13 9:30-Tai-Chi (AD) 10:00-Wheel of Fortune 10:30-Morning Walk(Lobby) 1:00-Karaoke (AD) 2:00-Town Hall Meeting (Library) 3:00-Chair Zumba (AD)</p>	<p>9:00-Bible Study (T) 14 9:45-Scented Hand Massages (Lobby) 10:30-Outing:Emperors Garden Chinese (Lobby) 1:00- Paul Harvey & other short stories (Lobby) 2:00-Traditional Rosary 3:00-Make A Word(AD) 6:00-Dime bingo with Marie</p>	<p>9:00-Catholic Communion (T) 15 9:15-Shop at Bel Air (Lobby) 10:00-Hand Weight Exercise (AD) 2:00-Music with Chrissie B (SR) 3:00-Happy Hour (SR) 6:30- Friday Night Flicks</p>	<p>9:00-Make a word (AD) 16 10:00-Laughtfer yoga (SR) 1:00- Bingo (AD) 2:00-Pretty & Polished (AD) 3:00-Music with Piano students of Ruth Gregory (SR)</p>
<p>9:00-Church Service (SR) 17 9:15- Catholic Church @ SJV 10:00-Music with Folsom Piano Academy (SR) 1:00-Make A Word (AD) 2:00-Music with Marvin (SR) 2:00-Movie Matinee: (T) 3:00-Poetry Reading (SR)</p>	<p>9:30-Monday wake up call (AD) 18 10:00-Kids Connection (AD) 1:00-Mexican Train(AD) 2:00-Music with Michelle DeVol (SR) 3:00-Sing Fit(AD)</p>	<p>9:15-Sit n Fit (AD) 19 10:00-Brain Gym with Michael (AD) 1:00-Scrabble with Marie (L) 1:00-Resident Christmas Party Ft. Mike Jasper (SR) 3:00-Monopoly & other board games (SR)</p>	<p>9:15- Coffee Talk (AD) 20 9:30-Tai-Chi (AD) 10:00-Wheel of Fortune 10:30-Morning Walk(Lobby) 1:00-Christmas Tree Ornaments (AD) 3:00-Resident Council Meeting (Library)</p>	<p>9:00-Bible Study (T) 21 9:45-Scented Hand Massages (Lobby) 10:00-Outing: 99cent store 1:00- Paul Harvey & other short stories (Lobby) 2:00-Traditional Rosary 3:00-Make A Word(AD) 5:30- Christmas Lights viewing (lobby) 6:00-Dime bingo with Marie Winter Begins</p>	<p>9:00-Catholic Communion (T) 22 9:15-Shop at Bel Air (Lobby) 10:00-Art Reflection with Tiffany Paige (AD) 1:00-Word search & crossword puzzles (AD) 2:00-Music with Julian Lacalle (SR) 3:00-Happy Hour (SR) 6:30- Friday Night Flicks</p>	<p>9:00-Make a word (AD) 23 10:00- Light House Gospel Christmas concert (SR) 1:00- Bingo (AD) 2:00-Sing Fit (SR) 3:00-Pretty & Polished (AD)</p>
<p>9:00-Church Service (SR) 24 10:00-Splendid Sunday Stretch (AD) 10:30- Balloon Volleyball (AD) 1:00-Make A Word (AD) 2:00-Music with Mike Shields (SR) 2:00-Movie Matinee: (T) 3:00-Poetry Reading (SR)</p>	<p>Merry Christmas 25 9:30-Christmas Morning Presents & Coffee 10:00-Christmas Story Reading 1:00-Christmas Bingo (AD) 2:00-Christmas Sing Along 3:00-Musical Mystery bag (AD) Christmas Day</p>	<p>9:15-Sit n Fit (AD) 26 10:00-Brain Gym with Michael (AD) 1:00-Scrabble with Marie (L) 1:00-Trivia (SR) 2:00-Resident Birthday Party Featuring Capital City Refection's (SR) Kwanzaa Begins</p>	<p>9:15- Coffee Talk (AD) 27 9:30-Tai-Chi (AD) 10:00-Wheel of Fortune 10:30-Morning Walk(Lobby) 1:00-Karaoke (AD) 2:00- play reads (AD) 3:00-Music with Steve (SR)</p>	<p>9:00-Bible Study (T) 28 9:45-Scented Hand Massages (Lobby) 10:45-Outing: Dash of Panashe (Lobby) 1:00- Paul Harvey & other short stories (Lobby) 2:00-Traditional Rosary 3:00-Make A Word(AD) 6:00-Dime bingo with Marie</p>	<p>9:00-Catholic Communion (T) 29 9:15-Shop at Bel Air (Lobby) 10:30-Hand Weight Exercise (AD) 1:00-Category Puzzle (AD) 2:00-Happy Hour (SR) 3:00-Sing Fit (SR) 6:30- Friday Night Flicks</p>	<p>9:00-Make a word (AD) 30 10:00-Chair Zumba (AD) 1:00- Bingo (AD) 2:00-Sing Fit (SR) 3:00-Pretty & Polished (AD)</p>

New Years Eve 31
 9:00-Church Service (SR)
 9:15- Catholic Church @ SJV
 10:30-Splendid Sunday Stretch (AD)
 1:00-Make A Word (AD)
 2:00-Sing Along (AD)
 2:00-Movie Matinee: (T)
 3:00-New years eve photo booth (SR)
 4:00-New Years Eve Toasting in Dining Room
 New Year's Eve



(AD)-A Down Activity Room
 (BD)-B Down Activity Room
 (SR)-Sunroom/near the dinning room
 (L)-Library/Upstairs
 (T)-Theater/Upstairs



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2017 Day Spring

<p>9:00-Church Service (SR) 3 9:15- Catholic Church @ SJV 10:30-Splendid Sunday Stretch (AD) 1:00-Make A Word (AD) 2:00-Sing Along (AD) 2:00-Movie Matinee: (T) 3:00-Childrens Chorus Christmas Concert (lobby) (must sign up/seats limited)</p>	<p>9:30-The Daily Chronicle 4 10:00-Morning Stretch & Bean Bag Toss 1:00- Short Stories 2:00-Sing Fit (AD) 3:00-Lets Make Homemade Snow (AD)</p>	<p>9:30-Morning Stretch 5 10:00- Sing Along with Friends 1:00-Get to know one another Penny Game 2:00-Music with The Nightcaps (SR) 3:00-Table Games</p>	<p>9:30-The Daily Chronicle 6 10:00-Music with Mike Ely (MCU) 1:00-Homemade Christmas cards 2:00-Kids at heart Ceramics (MCU) 3:00-Fall Crafting</p>	<p>9:30-Cofee Talk 7 10:00-Morning Walk 10:00-Outing:Red Hawk Casino (Lobby) 1:00-Balloon Volleyball 2:00-Sing Fit 3:00-Hand massages & Hot coco</p>	<p>9:30-Make A Word 8 10:00-Journal Prompts 10:30-Sit N Fit 12:30- Shriners Hospital Christmas Caroling 1:00-Expressive Painting 2:30-Music with Voz Alta (SR) 3:00-Happy Hour (SR) 6:30-Friday Night Flicks</p>	<p>9:00-Make a word (AD) 2 10:00-Chair Zumba (SR) 1:00- Bingo (AD) 2:00-Music with Marvin (SR) 3:00-Pretty & Polished (AD)</p>
<p>9:00-Church Service (SR) 10 9:15- Catholic Church @ SJV 10:00-Christmas carols with Friends and Family Fellowship (SR) 1:00-Make A Word (AD) 2:00-Music with Folsom Piano Academy (SR) 2:00-Movie Matinee: (T) 3:00-Poetry Reading (SR)</p>	<p>9:30-The Daily Chronicle 11 10:00-Music with Encore (SR) 1:00-Short Stories 2:00-Sing Fit(AD) 3:00-Cookie Decorating (AD)</p>	<p>9:30-Morning Stretch 12 10:00- Sing Along with Friends 1:00-Get to know one another Penny Game 2:00-Musical Mystery bag 3:00-Table Games 5:30-Christmas Light's viewing (Lobby) <small>First Day of Hanukkah</small></p>	<p>9:30-The Daily Chronicle 13 10:00-Country music with Jerry Jingles (MCU) 1:00-Sing Along with Sandy 2:00-Town hall Meeting (L) 2:00-Baking Fun 3:00-Fall Crafting</p>	<p>9:30-Cofee Talk 14 10:00-Morning Walk 10:30-Outing:Emperors Garden Chinese (Lobby) 1:00-Balloon Volleyball 2:00-Sing Fit 3:00-Hand massages & Hot Coco</p>	<p>9:30-Make A Word 15 10:00-Journal Prompts 10:30-Sit N Fit 2:00-Music with Chrissie B (SR) 3:00-Happy Hour (SR) 6:30-Friday Night Flicks</p>	<p>9:00-Make a word (AD) 16 10:00-Laughtfer yoga (SR) 1:00- Bingo (AD) 2:00-Pretty & Polished (AD) 3:00-Music with Piano students of Ruth Gregory(SR)</p>
<p>9:00-Church Service (SR) 17 9:15- Catholic Church @ SJV 10:00-Music with Folsom Piano Academy (SR) 1:00-Make A Word (AD) 2:00-Music with Marvin (SR) 2:00-Movie Matinee: (T) 3:00-Poetry Reading (SR)</p>	<p>9:30-The Daily Chronicle 18 10:00-Kids Connection (AD) 1:00-Short Stories 2:00-Music with Michelle DeVol (SR) 3:00-Sing Fit(AD)</p>	<p>9:30-Morning Stretch 19 10:00- Sing Along with Friends 1:00-Resident Christmas Party Ft. Mike Jasper (SR) 3:00-Table Games</p>	<p>9:30-The Daily Chronicle 20 10:00-Music with Mike Ely (MCU) 1:00-Sing Along with Sandy 2:00-Kids at heart Ceramics(MCU) 3:00-Resident Council(L)</p>	<p>9:30-Cofee Talk 21 10:00-Morning Walk 10:00-Outing:99cent Store (Lobby) 1:00-Balloon Volleyball 2:00-Sing Fit 3:00-Hand massages & Hot coco <small>Winter Begins</small></p>	<p>9:30-Make A Word 22 10:00-Art Reflection with Tiffany Paige (AD) 1:00-Expressive Painting 2:00-Music with Julian Lacalle (SR) 3:00-Happy Hour (SR) 6:30-Friday Night Flicks</p>	<p>9:00-Make a word (AD) 23 10:00- Light House Gospel Christmas concert (SR) 1:00- Bingo (AD) 2:00-Music with (SR) 3:00-Pretty & Polished (AD)</p>
<p>9:00-Church Service (SR) 24 9:15- Catholic Church @ SJV 10:30-Splendid Sunday Stretch (AD) 1:00-Make A Word (AD) 2:00-Music with Mike Shields (SR) 2:00-Movie Matinee: (T) 3:00-Poetry Reading (SR)</p>	<p>Merry Christmas 25 9:30-Christmas Morning Presents & Coffee 10:00-Christmas Story Reading 1:00-Christmas Cookies 2:00-Christmas Sing Along 3:00-Musical Mystery bag <small>Christmas Day</small></p>	<p>9:30-Morning Stretch 26 10:00- Sing Along with Friends 1:00-Trivia (SR) 2:00-Resident Birthday Party Featuring Capital City Refection's (SR) <small>Kwanzaa Begins</small></p>	<p>9:30-The Daily Chronicle 27 10:00-Country Music with Jerry jingles (MCU) 1:00-Sing Along with Sandy 2:00-Baking Fun 3:00-Fall Crafting</p>	<p>9:30-Cofee Talk 28 10:00-Morning Walk 10:45-Outing:Dash Of Panashe (Lobby) 1:00-Balloon Volleyball 2:00-Sing Fit 3:00-Hand massages & Hot Coco</p>	<p>9:30-Make A Word 29 10:00-Journal Prompts 10:30-Sit N Fit 1:00-Expressive Painting 2:00-Happy Hour (SR) 3:00-Sing Fit(SR) 6:30-Friday Night Flicks</p>	<p>9:00-Make a word (AD) 30 10:00- Chair Zumba (AD) 1:00- Bingo (AD) 2:00-Music with (SR) 3:00-Pretty & Polished (AD)</p>
<p>9:00-Church Service (SR) 31 9:15- Catholic Church @ SJV 10:30-Splendid Sunday Stretch (AD) 1:00-Make A Word (AD) 2:00-Sing Along (AD) 2:00-Movie Matinee: (T) 3:00-Poetry Reading (SR) <small>New Year's Eve</small></p>	<p>(AD)-A Down Activity Room (BD)-B Down Activity Room (SR)-Sunroom/near the dining room (L)-Library/Upstairs (T)-Theater/Upstairs</p>					

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2017

Dawn Of A New Day



					<p>9-Exercise 1 9:15-1st grade Gold River Discovery Center 1-Fancy nails & make over 2-Music with Don Terra (ALU) 3-Happy Hour (ALU)</p>	<p>9:30-The Daily Chronicle 2 10-Sit N Fit (SR) 1-Card Games 2-Music with Marvin (SR) 3-Bingo</p>
<p>9:30-The Daily Chronicle 3 10-Sit N Fit 1-Arts & Crafts 2-Soccer Games 3-Sunday Social</p>	<p>9:00-The Daily Chronicle 4 9:30-Exercise 10-Violin Music with Ciprian 1-Baking Fun 3-Discovery</p>	<p>9-The Daily Chronicle 5 10-Outing:Van Ride to Placerville 2-Music with The Nightcaps(SR) 3-Karaoke</p>	<p>9:00-The Daily Chronicle 6 9:30-Exercise 10-Rocn N roll with Mike Ely 1-Tea Social 2-Kids at heart Ceramics 3-Flower arrangement</p>	<p>9-The Daily Chronicle 7 9:30-Exercise 10-Balloon Volleyball 1-Arts & Crafts 2-Hand Massage 3-Movie Matinee</p>	<p>9-Exercise 8 10-Sing Fit 12:30- Shriners Hospital Christmas Caroling 1-Fancy nails & make over 2:30-Music with Voz Alta (ALU) 3-Happy Hour (ALU)</p>	<p>9:30-The Daily Chronicle 9 10-Sit N Fit (ALU) 11-Resident & Family Christmas Luncheon 1:00-Singng Christmas tree @ Capital Christian Center (Must Sign up) 2-Music with Alfredo (SR) 3-Bingo</p>
<p>9:30-The Daily Chronicle 10 10-Christmas carols by friends & fellowship (SR) 1-Arts & Crafts 2-Folsom Piano Academy (SR) 3-Sunday Social</p>	<p>9:00-The Daily Chronicle 11 9:30-Exercise 10-Violin Music with Ciprian 1- Baking Fun 3-Discovery</p>	<p>9-9:00-The Daily Chronicle 12 10-Outing:Marie callenders 2-Bingo 3-Karaoke <small>First Day of Hanukkah</small></p>	<p>9:00-The Daily Chronicle 13 9:30-Exercise 10-Country Music with Jerry Jingles 1-Tea Social 2-Ceramics class(ALU) 3-Flower arrangement</p>	<p>9-The Daily Chronicle 14 9:30-Exercise 10-Balloon Volleyball 1-Arts & Crafts 2-Hand Massage 3-Movie Matinee</p>	<p>9-Exercise 15 10-Sing Fit 1-Fancy nails & make over 2-Music with Chrissie B (ALU)(SR) 3-Happy Hour (ALU)</p>	<p>9:30-The Daily Chronicle 16 10- Laughter Yoga (ALU) 1-Card Games 2-Sing Along with Dillon 3-Christmas carols with Piano students</p>
<p>9-The Daily Chronicle 17 10-Folsom Piano Academy (SR)(ALU) 1-Arts & Crafts 2-Music with Marvin (ALU)(SR) 3-Sunday Social</p>	<p>9-The Daily Chronicle 18 9:30-Exercise 10- Kids Connection 1- Baking Fun 2-Music with Michelle DevoI (ALU)(SR) 3-Discovery</p>	<p>9-The Daily Chronicle 19 10-Outing:Van Ride to Downtown Sac 1-Resident Christmas Party Ft. Mike Jasper (SR) 3-Karaoke</p>	<p>9-The Daily Chronicle 20 9:30-Exercise 10-Rocn N roll with Mike Ely 1-Tea Social 2-Kids ta heart Ceramics 3-Flower arrangement</p>	<p>9-The Daily Chronicle 21 9:30-Exercise 10-Balloon Volleyball 1-Arts & Crafts 2-Hand Massage 3-Movie Matinee <small>Winter Begins</small></p>	<p>9-Exercise 22 10-Art reflection with Tiffany Paige (AD)(ALU) 1-Fancy nails & make over 2-Music with Julian Lacalle (ALU) 3-Happy Hour (ALU)</p>	<p>9:30-The Daily Chronicle 23 10- Light House Gospel Christmas concert(ALU) 1-Card Games 2-Sing Along with Dillon 3-Bingo</p>
<p>9:30-The Daily Chronicle 24 10-Sit N Fit 1-Arts & Crafts 2-Music with Mike Shields (ALU)(SR) 3-Sunday Social</p>	<p>Merry Christmas 25 9:30-The Daily Chronicle/Christmas Social with Egg nog 1-4-christmas Carole sing Along & Gift Exchange <small>Christmas Day</small></p>	<p>9-The Daily Chronicle 26 10-Outing:Take out and eat in sunroom 2-Resident Birthday Party Featuring Capital City Reflection(SR) <small>Kwanzaa Begins</small></p>	<p>9:00-The Daily Chronicle 27 9:30-Exercise 10-Country Music with Jerry Jingles 1-Tea Social 2-Kids at heart Ceramics 3-Music with Steve (SR)</p>	<p>9:00-The Daily Chronicle 28 9:30-Exercise 10-Balloon Volleyball 1-Arts & Crafts 2-Hand Massage 3-Movie Matinee</p>	<p>9-Exercise 29 10-Sing Fit 1-Fancy nails & make over 2-Music with Don Terra (ALU) 3-Happy Hour (ALU)</p>	<p>9:30-The Daily Chronicle 30 10- Sit N Fit (ALU) 1-Card Games 2-Sing Along with Dillon 3-Bingo</p>
<p>9:30-The Daily Chronicle 31 10-Sit N Fit 1-Arts & Crafts 2-Soccer Games 3-Sunday Social <small>New Year's Eve</small></p>	<p>(ALU)-Assisted Living Unit (AD)-A Down Activity Room (BD)-B Down Activity Room (SR)-ALU Sunroom</p>					