

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



August 2018

Assisted Living

<p>9:00-Church Service (BD) 5 9:15-Catholic Church @ SJV 1:00-Make A Word (AD) 2:00-Movie Matinee (T)</p>	<p>9:30-Walking Group (lobby) 6 10:30-Cool Down stretch (AD) 1:00- Knitting & Jewelry Making (AD) 2:00-Sing Fit (AD) 3:00-TED Talks (AD) 6:00-James Bond classic movie (BD)</p>	<p>9:15-Soccersice & Resistance bands (BD) 7 10:00-Brain Gym (AD) 1:00-Scrabble with Marie (Library) 1:00-Fact or Fiction (BD) 2:00-Music with The Nightcaps (SR) 3:00-Trivia (SR)</p>	<p>9:30-Walking Group (lobby) 8 10:30-Scented Hand Massage (AD) 1:00-You Be The Judge (AD) 2:00-Town Hall Meeting (AD) 3:00-Bingo (AD)</p>	<p>9:30-Pet visit from Cooper (lobby) 2 10:00-Bible Study with Sarah (AD) 10:30-Outing: Cinemark/MAMA MIA 2 (lobby) 2:15-History of the Rosary with Marjorie (AD) 3:00-Karaoke with Trivia (AD) 6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 3 9:15-Shop at Bel Air 10:30-Hand Weights Exercise (AD) 1:00-August IQ & word search (AD) 2:00-Music with Don Terra (SR) 3:00-Happy Hour (SR)</p>	<p>10:00-Ballroom Dancing (SR) 4 1:00-Pretty & Polished/Avon (AD) 2:00-Music with Marvin (SR) 6:00-James Bond classic movie (BD)</p>
<p>9:00-Church Service (BD) 12 9:15-Catholic Church @ SJV 1:00-Make A Word (AD) 2:00-Movie Matinee (T)</p>	<p>9:30-Walking Group (lobby) 13 10:30-Cool Down stretch/Avon (AD) 1:00- Knitting & Jewelry Making (AD) 2:00-Sing Fit (AD) 3:00-Summer Cooking Fun (AD) 6:00-James Bond classic movie (BD)</p>	<p>9:15-Soccersice & Resistance bands (BD) 14 10:00-Brain Gym (AD) 1:00-Scrabble with Marie (Library) 1:00-Fact or Fiction (BD) 2:00-Music with Talia (SR) 3:00-Trivia (SR)</p>	<p>9:15-Walking Group (lobby) 15 10:00-Rock N Roll Music with Mike Ely (SR) 1:00-Kids at Heart Ceramics (AD) 2:00-Fictional Writing (AD) 3:00-Bingo (AD)</p>	<p>9:30-Pet visit from Cooper (lobby) 9 10:00-Bible Study with Sarah (AD) 10:30-Outing: Tour the Sherwood Demonstration Garden (lobby) 2:15-History of the Rosary with Marjorie (AD) 3:00-Karaoke with Trivia (AD) 6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 10 9:15-Shop at Bel Air 10:00-Atlas Hearing Aid Cleaning (AD) 1:00-Technology Fun (AD) 2:00-Music with Alvin (SR) 3:00-Happy Hour (SR)</p>	<p>9:30-Sit N Fit (SR) 11 10:00-Sing Along with Sandy (SR) 1:00-Pretty & polished (AD) 2:30-The Church of Jesus Christ Children's concert (SR) 6:00-James Bond classic movie (BD)</p>
<p>9:00-Church Service (BD) 19 9:15-Catholic Church @ SJV 1:00-Make A Word (AD) 2:00-Movie Matinee (T)</p>	<p>9:30-Walking Group (lobby) 20 10:30-Cool Down stretch (AD) 1:00- Knitting & Jewelry Making (AD) 2:00-Sing Fit (AD) 3:00-TED Talks(AD) 6:00-James Bond classic movie (BD)</p>	<p>9:15-Soccersice & Resistance bands (BD) 21 10:00-Brain Gym (AD) 1:00-Scrabble with Marie (Library) 1:00-Fact or Fiction (BD) 2:00-Music with Mike Jasper (SR) 3:00-Trivia (SR)</p>	<p>9:30-Walking Group (lobby) 22 10:30-Scented Hand Massage (AD) 1:00-You Be The Judge (AD) 2:00-Flower Arrangement for your home (AD) 3:00-Bingo (AD)</p>	<p>9:30-Pet visit from Cooper (lobby) 16 10:00-Bible Study with Sarah (AD) 10:30-Outing: Mongolian Bar. B.L (lobby) 2:15-History of the Rosary with Marjorie (AD) 3:00-Music with Marvin (SR) 6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 17 9:15-Shop at Bel Air (lobby) 10:00-Polynesian Performance (SR) 1:00-Hawaiian Fruit Bar (BD) 2:00-Music with Capital City Reflection (SR) 3:00-Happy Hour Hawaiian Style (SR) ~Dinner Buffet~</p>	<p>10:00-Laughter Yoga (SR) 18 1:00-Pretty & polished (AD) 2:15-Sing Fit (SR) 6:00-James Bond classic movie (BD)</p>
<p>9:00-Church Service (BD) 26 9:15-Catholic Church @ SJV 1:00-Make A Word (AD) 2:00-Movie Matinee (T) 2:00-Music with Steve (SR)</p>	<p>9:30-Walking Group (lobby) 27 10:30-Cool Down stretch (AD) 1:00- Knitting & Jewelry Making (AD) 2:00-Sing Fit (AD) 3:00-Summer Cooking Fun (AD) 6:00-James Bond classic movie (BD)</p>	<p>9:15-Soccersice & Resistance bands (BD) 28 10:00-Brain Gym (AD) 1:00-Scrabble with Marie (Library) 2:00-Resident Birthday Party Featuring Michelle D (SR)</p>	<p>9:30-Walking Group (lobby) 29 10:30-Scented Hand Massage (AD) 1:00-Fashion Show brought to you by: Stein Mart 3:00-Bingo (AD)</p>	<p>7:45-Outing: Arden Fair Mall (lobby) 23 9:30-Pet visit from Cooper (lobby) 10:00-Bible Study with Sarah (AD) 1:00-Shopping Trip to 99 cent store (lobby) 2:15- History of the Rosary with Marjorie (AD) 3:00-Karaoke with Trivia (AD) 6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 24 9:15-Shop at Bel Air 10:00-Art Reflection(AD) 1:00-Technology Fun (AD) 2:00-Music with Little Trouble (SR) 3:00-Happy Hour/Welcoming All New Residents (SR)</p>	<p>10:00-Lighthouse Gospel (SR) 25 1:00-Pretty & polished (AD) 2:00-Music with Mike Shields (SR) 6:00-James Bond classic movie (BD)</p>
<p>9:00-Church Service (BD) 26 9:15-Catholic Church @ SJV 1:00-Make A Word (AD) 2:00-Movie Matinee (T) 2:00-Music with Steve (SR)</p>	<p>9:30-Walking Group (lobby) 27 10:30-Cool Down stretch (AD) 1:00- Knitting & Jewelry Making (AD) 2:00-Sing Fit (AD) 3:00-Summer Cooking Fun (AD) 6:00-James Bond classic movie (BD)</p>	<p>9:15-Soccersice & Resistance bands (BD) 28 10:00-Brain Gym (AD) 1:00-Scrabble with Marie (Library) 2:00-Resident Birthday Party Featuring Michelle D (SR)</p>	<p>9:30-Walking Group (lobby) 29 10:30-Scented Hand Massage (AD) 1:00-Fashion Show brought to you by: Stein Mart 3:00-Bingo (AD)</p>	<p>9:30-Pet visit from Cooper (lobby) 30 10:00-Bible Study with Sarah (AD) 10:30-Outing: Crepes & Burgers (lobby) 2:15-History of the Rosary with Marjorie (AD) 3:00-Karaoke with Trivia (AD) 6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 31 9:15-Shop at Bel Air 10:30-Hand Weights Exercise (AD) 1:00-Cross word & Word Search (AD) 2:00-Music with Tammy (SR) 3:00-Happy Hour/Avon (SR)</p>	<p>9:30-Sit N Fit (SR) 11 10:00-Sing Along with Sandy (SR) 1:00-Pretty & polished (AD) 2:30-The Church of Jesus Christ Children's concert (SR) 6:00-James Bond classic movie (BD)</p>

11390 Coloma Rd. Gold River, CA 95670 (916) 852-7900 LISENCE #347001241—Activities are subject to change--

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2018

DAYS PRING

<p>9:00-Church Service (BD) 9:15-Catholic Church @ SJV 1:00-Make A Word (AD) 2:00-Movie Matinee (T)</p>	<p>9:30-Walking Group (lobby) 10:15-Violin music with Ciprian (MCU) 1:00- Knitting & Jewelry Making (AD) 2:00-Sing Fit (AD) 3:00-TED Talks (AD) 6:00-James Bond classic movie (BD)</p>	<p>9:15-Soccersice & Resistance bands 10:00-Sing Along with Lauren 1:00-Scrabble with Marie (Library) 1:00-Fact or Fiction 2:00-Music with The Nightcaps (SR) 3:00-Trivia (SR)</p>	<p>9:30-Walking Group (lobby) 10:30-Scented Hand Massage (AD) 1:00-You Be The Judge (AD) 2:00-Town Hall Meeting (AD) 3:00-Bingo (AD)</p>	<p>9:30-Pet visit from Cooper (lobby) 10:00-Bible Study with Sarah (AD) 10:30-Outing: Cinemark/MAMA MIA 2 (lobby) 2:15-History of the Rosary with Marjorie (AD) 3:00-Karaoke with Trivia (AD) 6:00-Dime bingo (AD)</p>	<p>9:00-Catholic Communion (T) 9:15-Shop at Bel Air 10:30-Hand Weights Exercise (AD) 1:00-August IQ & word search (AD) 2:00-Music with Don Terra (SR) 3:00-Happy Hour (SR)</p>	<p>10:00-Ballroom Dancing (SR) 1:00-Pretty & Polished/Avon (AD) 2:00-Music with Marvin (SR) 6:00-James Bond classic movie (BD)</p>
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2018

Dawn of a New Day

			<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories 10:00-Rock N Roll Music with Mike Ely 1:00-Flower Arrangement 2:00-Icee Social 3:00-Sing Along</p>	<p>9:00-Artful Exercise 9:30-The Daily Chronicle 10:00-Pet visit from Cooper 10:30-Clay Molding 11:00-Aroma Hand Massage 1:00- Brain Connection 2:00-Reading Out Loud 3:00-Music Bingo</p>	<p>9:00-Morning Stretch 9:30-The Daily Chronicle/Short stories 10:00-Snack & Sing Fit 11:00-Bowling Fun 1:00-Beauty Make Over 2:00-Music with Don Terra (SR) 3:00-Happy Hour (ALU)(SR)</p>	<p>9:30-Magazine & Newspaper Social 10:00-Ballroom Dancing (ALU)(SR) 2:00-Music with Marvin (ALU) (SR) 3:15-Napkin Folding</p>
<p>9:00-Church Service 2:15-Sing Fit 3:00-Music with Denis</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/short stories 10:15-Violin music with Ciprian 1:00-Expressive Painting 2:00-Sorting 3:00-Name that tune</p>	<p>9:00-Beauty Make Over 10:00-Outing: AMF Bowling 2:00-Music with The Nightcaps (ALU)(SR) 3:00-Trivia</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories 10:00-Cooking Fun 11:00-Ring Toss Game 1:00-Flower Arrangement 2:00-Icee Social 3:00-Sing Along</p>	<p>9:00-Artful Exercise 9:30-The Daily Chronicle 10:00-Pet visit from Cooper 10:30-Music with Skip 11:00-Aroma Hand Massage 1:00- Brain Connection 2:00-Reading Out Loud 3:00-Music Bingo</p>	<p>9:00-Morning Stretch 9:30-The Daily Chronicle/Short stories 10:00-Atlas Hearing Aid FREE Cleaning (ALU)(AD) 1:00-Beauty Make Over 2:00-Music with Alvin (SR) 3:00-Happy Hour (ALU)(SR)</p>	<p>9:30-Sit N Fit (ALU) (SR) 10:00-Sing Along (ALU) (SR) 2:30-The Church of Jesus Christ Children's concert (ALU) (SR) 3:15-Napkin Folding</p>
<p>9:00-Church Service 2:00-Music with 6 String Daisy 3:15-Creative Reading</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories 10:00-Snack & Sing Fit 11:00-Bowling Games 1:00-Expressive Painting 2:00-Sorting 3:00-Name that tune</p>	<p>9:00-Beauty Make Over 10:00-Outing: Nimbus Dam & fish hatchery 2:00-Music with Talia (ALU)(SR) 3:00-Trivia</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories 10:00-Rock N Roll Music with Mike Ely (ALU)(SR) 1:00-Flower Arrangement 2:00-Icee Social 3:00-Sing Along</p>	<p>9:00-Artful Exercise 9:30-The Daily Chronicle 10:00-Pet visit from Cooper 10:30-Clay Molding 11:00-Aroma Hand Massage 1:00-Brain Connection 2:00-Reading Out Loud 3:00-Music with Marvin (ALU)(SR)</p>	<p align="center">-LUAU-</p> <p>9:00-LUAU make over 10:00-Polynesian Performance (ALU) (SR) 1:00-Hawaiian Fruit Bar 2:00- Music with Capital City Reflection (ALU)(SR) 3:00-Happy Hawaiian Hour(ALU)(SR)</p>	<p>9:30-Magazine & Newspaper Social 10:00-Laughter Yoga (ALU)(SR) 2:15--Sing Fit (ALU) (SR) 3:15-Napkin Folding</p>
<p>9:00-Church Service 2:00-Music with Karissa 3:15-Creative Reading</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories 10:15-Violin music with Ciprian 1:00-Expressive Painting 2:00-Sorting 3:00-Name that tune</p>	<p>9:00-Beauty Make Over 10:00-Outing: Folsom History museum 2:00-Music with Mike Jasper (ALU)(SR) 3:00-Trivia</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories 10:00- Kim Presents: Art as a pathway to healing 11:00-Ring Toss Game 1:00-Flower Arrangement 2:00-Icee Social 3:00-Sing Along</p>	<p>9:00-Artful Exercise 9:30-The Daily Chronicle 10:00-Pet visit from Cooper 10:30-Clay Molding 11:00-Aroma Hand Massage 1:00-Brain Connection 2:00-Reading Out Loud 3:00-Music Bingo</p>	<p>9:00-Morning Stretch 9:30-The Daily Chronicle/Short stories 10:00-Art reflection with Tiffany (ALU)(AD) 1:00-Beauty Make Over 2:00-Music with Little Trouble (ALU)(SR) 3:00-Happy Hour (ALU)(SR)</p>	<p>9:30-Magazine & Newspaper Social 10:00-Lighthouse Gospel (ALU) (SR) 2:00-Music with Mike Shields (ALU) (SR) 3:15-Napkin Folding</p>
<p>9:00-Church Service 2:00-Music with Steve (ALU)(SR) 3:15-Creative Reading</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories 10:00-Snack & Sing Fit 11:00-Bowling Games 1:00-Expressive Painting 2:00-Sorting 3:00-Name that tune</p>	<p>9:00-Beauty Make Over <i>10:00-Outing:IHOP</i> 2:00-Residents birthday party featuring Michelle D (ALU)(SR)</p>	<p>9:00-Gardening 9:30-The Daily Chronicle/Short Stories <i>10:00-Rock N Roll Music with Mike Ely</i> 1:00-Fashion Show brought to you by: Stein Mart 3:00-Sing Along</p>	<p>9:00-Artful Exercise 9:30-The Daily Chronicle 10:00-Pet visit from Cooper 10:30-Clay Molding 11:00-Aroma Hand Massage 1:00-Brain Connection 2:00-Reading Out Loud 3:00-Music Bingo</p>	<p>9:00-Morning Stretch 9:30-The Daily Chronicle/Short stories 10:00-Snack & Sing Fit 11:00-Bowling Fun 1:00-Beauty Make Over 2:00-Music with Tammy (ALU)(SR) 3:00-Happy Hour (ALU)(SR)</p>	<p>9:30-Magazine & Newspaper Social 10:00-Sit N Fit 2:00-Game-Cornhole 3:00-Napkin Folding</p>