



ESKATON<sup>®</sup>  
Transforming the Aging Experience

# *Around the Lodge*

## **February 2019**

# Activities of February

## 1• FRIDAY



Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - Sign up in advance  
 Yoga Stretch Exercise – 9:30 a.m., Garden Rm  
 Bridge Group – 10:30 a.m., Fountain Rm  
 Friday Games Groups - *Scrabble* (2 p.m.) and *Mexican Train* (3 p.m.) Game Rm

## 2• SATURDAY



Exercise with Instructor Sung – 10:30 a.m., Garden Rm  
 Gentle Folk Dancing with Toba – 1:00 p.m., Garden Rm  
*All are welcome to join resident instructor Toba for folk dancing lessons.*  
 Weekend Movie Showtimes – 1:30 & 7:15 p.m., Game Rm

## 3• SUNDAY



Catholic Eucharist - Sundays, 10:30 a.m., 6<sup>th</sup> Floor Lounge (all are welcome)  
 Weekend Movie Showtimes – 1:30 p.m. & 7:15 p.m., Game Rm  
**Super Bowl Party** – 3:00 p.m., Game Rm  
*Enjoy pizza, hot appetizers, and cold beer while you cheer on your favorite team!*  
 Vespers Interfaith Worship Service – 4:00 p.m., Garden Rm  
 World Traveler's Slide and Image Club – 6:00 p.m., Garden Rm

## 4• MONDAY



Van to Doctors, Out & About Trips - East Sac & Arden - Sign up in advance  
 Van to Raley's, Rite-Aid & Banks – 3:00 – Sign up in advance  
 Stretch Exercise with Dance Instructor Shakiri – 9:30 a.m., Garden Rm  
 Ginasta – *Everyone welcome!* 9:30, Game Rm  
**See's Candy Lobby Sale by Soroptimist International** – 11:30 a.m., Lobby  
**Art with Helen: Fores\*tree\*** – 1:00 p.m., Game Rm, Sign up in advance  
 Technology Clinic by volunteer Cindi – 12:30 p.m., by appointment  
**Mike at the Piano – 3:30 p.m., Garden Rm**  
 Documentary Showtime – 7:15 p.m., Game Rm  
**Elevator Modernization Information Meeting** – 1:30 p.m., Garden Rm  
*Learn about the upcoming elevator modernization.*



## 5• TUESDAY



Van to Doctors, Out & About Trips – South & Midtown - *Sign up in advance*  
 Seated Massage - \$13 for 15 mins. in 2<sup>nd</sup> Floor Lounge (every other week)  
*Sign up for your appointment time in advance at the front desk*  
 Fitness Center Focus with Sung – 10:30 a.m., Fitness Center  
*Sign up for an appointment at the Front Desk.*  
 Catholic Mass with Father Hebda – 2:30 p.m., 6<sup>th</sup> Floor Lounge  
**Paint and Sip: Afternoon Tea** – 3:00 p.m., Game Rm  
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm  
**Lunar New Year One-Seating Dinner – 5:00 p.m.**  
 Continuing Education - *"The Life of Abraham Lincoln"* – 7:15 p.m., Game Rm

6• WEDNESDAY

Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - *Sign up in advance*  
 Strength and Balance with Cynthia – 9:30 a.m., Garden Rm  
 Westminster Concert – 11:15 a.m. departure, *Sign up in advance.*



*Baroque & Beyond*

Parkinson's Dance Group – 1:00 p.m. to 4:00 p.m., Garden Rm

**Comcast Q&A** – 1:00 p.m., Game Rm

*Comcast will be here to answer your questions about their service!*

*Sign up for an appointment at the Front Desk.*



**Shopping at Trader Joe's** – 1:30 p.m. Departure

Poker with Eric and Richard – 3:00 p.m., Garden Rm

Bingo - 7:15 p.m., Garden Rm

7• THURSDAY



Van to Doctors, Out & About Trips – North & Midtown - Sign up in advance

Brain Gymnasium – 9:20 a.m. & 10:30 a.m., Garden Rm

Fitness Center Focus with Sung – 10:30 a.m., Fitness Center

*Sign up for an appointment at the Front Desk.*

Chat & Color Club - 1:00 p.m. Garden Rm

**Broadway Sacramento: Stomp** – 1:00 p.m. Departure

*For those who purchased tickets in advance.*

Stretch & Balance Exercise – 3:00 p.m., Garden Rm

Resident-Led Sing Along Group – 4:00 p.m., Game Rm

*Join your friends and sing along to familiar hits (lyrics provided)!*

8• FRIDAY



Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - Sign up in advance

Yoga Stretch Exercise – 9:30 a.m., Garden Rm

Bridge Group - 10:30 a.m., Fountain Rm

**Handcrafts Group** – 1:00 p.m., Garden Rm, *All are welcome!*

*Are you interested in knitting, crochet, needlepoint, or other handcrafts?*

Friday Games Groups - *Scrabble* (2 p.m.) and *Mexican Train* (3 p.m.) Game Rm

9• SATURDAY



Exercise with Instructor Sung – 10:30 a.m., Garden Rm

Gentle Folk Dancing with Toba – 1:00 p.m., Garden Rm

*All are welcome to join resident instructor Toba for folk dancing lessons.*

**Lifting Spirits Concert** – 2:00 p.m., Garden Rm

Weekend Movie Showtimes – 1:30 & 7:15 p.m., Game Rm

10• SUNDAY

Catholic Eucharist - Sundays, 10:30 a.m., 6<sup>th</sup> Floor Lounge (all are welcome)

Weekend Movie Showtime – 7:15 p.m., Game Rm

Vespers Interfaith Worship Service – 4:00 p.m., Garden Rm

**11• MONDAY**



Van to Doctors, Out & About Trips - East Sac & Arden - Sign up in advance  
 Van to Raley's, Rite-Aid & Banks – 3:00 – Sign up in advance  
 Stretch Exercise with Dance Instructor Shakiri – 9:30 a.m., Garden Rm  
 Ginasta – *Everyone welcome!* 9:30, Game Rm  
**Out to Lunch at Selland's on Broadway** – 12:30 p.m. Departure  
 Technology Clinic by volunteer Cindi – 12:30 p.m., by appointment  
**Celebration at Dinner for all February Birthdays!**  
 Documentary Showtime – 7:15 p.m., Game Rm

**12• TUESDAY**



Van to Doctors, Out & About Trips – South & Midtown - *Sign up in advance*  
**Free Hearing Aid Maintenance by Connect Hearing** – 9:30 a.m., Game Rm  
 Fitness Center Focus with Sung – 10:30 a.m., Fitness Center  
*Sign up for an appointment at the Front Desk.*  
**Resident Association Meeting** – 1:15 p.m., Garden Rm  
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm  
 Continuing Education - *"The Life of Abraham Lincoln"* – 7:15 p.m., Game Rm

**13• WEDNESDAY**



Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - *Sign up in advance*  
 Strength and Balance with Cynthia – 9:30 a.m., Garden Rm  
 Westminster Concert – 11:15 a.m. departure, *Sign up in advance.*  
*Susan Lamb Cook's GREAT COMPOSERS SERIES*  
 Parkinson's Dance Group – 1:00 p.m. to 4:00 p.m., **Lounge**  
 Poker with Eric and Richard – 3:00 p.m., Game Rm  
**Mardi Gras Cocktail Hour** – 3:30 p.m., Garden Rm  
 Bingo - 7:15 p.m., Garden Rm

**14• THURSDAY**



Van to Doctors, Out & About Trips – North & Midtown - Sign up in advance  
 Brain Gymnasium – 9:20 a.m. & 10:30 a.m., Garden Rm  
 Fitness Center Focus with Sung – 10:30 a.m., Fitness Center  
*Sign up for an appointment at the Front Desk.*  
**Michelle's Scarves Lobby Sale** – 11:00 a.m., Lobby  
 Chat & Color Club - 1:00 p.m. Garden Rm  
**Sacramento Public Library Bookmobile** – 1:00 p.m., Front Drive  
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm  
 Resident-Led Sing Along Group – 4:00 p.m., Game Rm  
*Join your friends and sing along to familiar hits (lyrics provided)!*  
**Valentine's Day Celebrations at Dinner – 4:30 p.m. and 6:00 p.m. seatings.**  
**Curtis On Tour Concert at the Mondavi Center** – 7:00 p.m. Departure  
*Performance starts at 8:00 p.m. and is scheduled to end at 10:00 p.m.*  
*Sign up in advance at the Front Desk.*

**15• FRIDAY**



Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - Sign up in advance  
 Yoga Stretch Exercise – 9:30 a.m., Garden Rm  
 Bridge Group - 10:30 a.m., Fountain Rm  
 Friday Games Groups - *Scrabble* (2 p.m.) and *Mexican Train* (3 p.m.) Game Rm  
**Sacramento Ballet's Hamlet \*New Time!\*** – 6:45 p.m. Departure  
*Sign up for your ticket in advance at the Front Desk.*

**16• SATURDAY**



Exercise with Instructor Sung – 10:30 a.m., Garden Rm  
 Gentle Folk Dancing with Toba – 1:00 p.m., Garden Rm  
*All are welcome to join resident instructor Toba for folk dancing lessons.*  
**Sacramento Storyteller's Guild** – 2:00 p.m., Game Rm  
 Weekend Movie Showtime – 7:15 p.m., Game Rm

**17• SUNDAY**

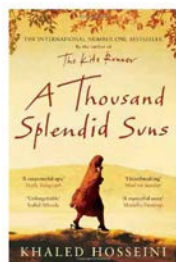
Catholic Eucharist - Sundays, 10:30 a.m., 6<sup>th</sup> Floor Lounge (all are welcome)  
 Weekend Movie Showtimes – 1:30 p.m. & 7:15 p.m., Game Rm  
 Vespers Interfaith Worship Service – 4:00 p.m., Garden Rm

**18• MONDAY**



Van to Doctors, Out & About Trips - East Sac & Arden - Sign up in advance  
 Van to Raley's, Rite-Aid & Banks – 3:00 – Sign up in advance  
 Stretch Exercise with Dance Instructor Shakiri – 9:30 a.m., Garden Rm  
 Ginasta – *Everyone welcome!* 9:30, Game Rm  
 Technology Clinic by volunteer Cindi – 12:30 p.m., by appointment  
**Mike at the Piano – 3:30 p.m., Garden Rm**  
 Documentary Showtime – 7:15 p.m., Game Rm

**19• TUESDAY**



Van to Doctors, Out & About Trips – South & Midtown - *Sign up in advance*  
 Seated Massage - \$13 for 15 mins. in 2<sup>nd</sup> Floor Lounge (every other week)  
*Sign up for your appointment time in advance at the front desk*  
**Renaissance Book Club** – 9:30 a.m., Garden Rm  
*"A Thousand Splendid Suns" by Khaled Hosseini. Everyone is welcome to join!*  
 Fitness Center Focus with Sung – 10:30 a.m., Fitness Center  
*Sign up for an appointment at the Front Desk.*  
**Laughter Wellness Hour with Siri** – 11:00 a.m., Game Rm  
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm  
 Continuing Education - *"The Life of Abraham Lincoln"* – 7:15 p.m., Game Rm

**20• WEDNESDAY**



Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - *Sign up in advance*  
 Strength and Balance with Cynthia – 9:30 a.m., Garden Rm  
 Westminster Concert – 11:15 a.m. departure, *Sign up in advance.*  
*Classical Guitarist Gabe Becker solos; Guitar Quartet repertoire*  
**Aerospace Museum Tour** – 12:45 p.m. Departure  
*Sign up in advance at the Front Desk.*  
 Parkinson's Dance Group – 1:00 p.m. to 4:00 p.m., Garden Rm  
 Poker with Eric and Richard – 3:00 p.m., Game Rm  
 Bingo - 7:15 p.m., **First Floor Lounge**

**21• THURSDAY**



Van to Doctors, Out & About Trips – North & Midtown - Sign up in advance  
 Brain Gymnasium – 9:20 a.m. & 10:30 a.m., Garden Rm  
 Fitness Center Focus with Sung – 10:30 a.m., Fitness Center  
*Sign up for an appointment at the Front Desk.*  
**Blood Pressure Readings by Alpha One** – 11:00 a.m., Game Rm  
 Chat & Color Club - 1:00 p.m. Garden Rm  
**Making Fortune Cookies with Sara** – 2:00 p.m., 6<sup>th</sup> Floor Lounge  
*Sign up at the Front Desk.*  
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm  
 Resident-Led Sing Along Group – 4:00 p.m., Game Rm  
*Join your friends and sing along to familiar hits (lyrics provided)!*

**22• FRIDAY**



Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - Sign up in advance  
 Yoga Stretch Exercise – 9:30 a.m., Garden Rm  
 Bridge Group - 10:30 a.m., Fountain Rm  
**Out to Lunch at Bombay Grill** – 12:30 p.m. Departure  
 Handcrafts Group – 1:00 p.m., Garden Rm, *All are welcome!*  
*Are you interested in knitting, crochet, needlepoint, or other handcrafts?*  
**Jewelry Making with Fly Brave Foundation** (Autism Awareness) – 3:30 p.m.,  
*Free! Everyone is welcome and supplies are provided.*  
*No experience needed. Take home what you make!*  
 Friday Games Groups - *Scrabble* (2 p.m.) and *Mexican Train* (3 p.m.) Game Rm

**23• SATURDAY**



Exercise with Instructor Sung – 10:30 a.m., Garden Rm  
 Gentle Folk Dancing with Toba – 1:00 p.m., Garden Rm  
*All are welcome to join resident instructor Toba for folk dancing lessons.*  
 Weekend Movie Showtimes – 1:30 & 7:15 p.m., Game Rm

**24• SUNDAY**

Catholic Eucharist - Sundays, 10:30 a.m., 6<sup>th</sup> Floor Lounge (all are welcome)  
 Weekend Movie Showtimes – 1:30 p.m. & 7:15 p.m., Game Rm  
 Vespers Interfaith Worship Service – 4:00 p.m., Garden Rm

**25• MONDAY**

Van to Doctors, Out & About Trips - East Sac & Arden - Sign up in advance  
 Van to Raley's, Rite-Aid & Banks – 3:00 – Sign up in advance  
 Stretch Exercise with Dance Instructor Shakiri – 9:30 a.m., Garden Rm  
 Ginasta – *Everyone welcome!* 9:30, Game Rm  
 Technology Clinic by volunteer Cindi – 12:30 p.m., by appointment  
**Art with Helen: Tree Series Part 2** – 1:00 p.m., Garden Rm. Sign up in advance.  
 Documentary Showtime – 7:15 p.m., Game Rm

**26• TUESDAY**

Van to Doctors, Out & About Trips – South & Midtown - *Sign up in advance*  
**Out to Breakfast at Original Perry's** – 9:30 a.m. Departure  
 Fitness Center Focus with Sung – 10:30 a.m., Fitness Center  
*Sign up for an appointment at the Front Desk.*  
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm  
 Continuing Education - *"The Life of Abraham Lincoln"* – 7:15 p.m., Game Rm

**27• WEDNESDAY**

Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - *Sign up in advance*  
 Westminster Concert – 11:00 a.m. departure, *Sign up in advance.*  
*Violinist Sandro Ladu; Pianist Ina Jun*  
 Parkinson's Dance Group – 1:00 p.m. to 4:00 p.m., Garden Rm  
 Poker with Eric and Richard – 3:00 p.m., Game Rm  
**Shopping at Trader Joe's** – 1:30 p.m. Departure  
 Bingo - 7:15 p.m., Garden Rm

**28• THURSDAY**

Van to Doctors, Out & About Trips – North & Midtown - Sign up in advance  
 Brain Gymnasium – 9:20 a.m. & 10:30 a.m., Garden Rm  
 Fitness Center Focus with Sung – 10:30 a.m., Fitness Center  
*Sign up for an appointment at the Front Desk.*  
 Chat & Color Club - 1:00 p.m. Garden Rm  
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm  
 Resident-Led Sing Along Group – 4:00 p.m., Game Rm  
*Join your friends and sing along to familiar hits (lyrics provided)!*

# Regularly Scheduled Activities

## Educational:

**Book Club** - 3<sup>rd</sup> Tuesday, 9:30 a.m.

**Bookmobile by the Sacramento Public Library** - 2<sup>nd</sup> Thursday, 1:00 p.m.

**Continuing Education DVD Series** - *"The Life of Abraham Lincoln"*, Tuesdays, 7:15 p.m., Game Rm

**Documentary Showtime** – *Movies to spark conversation!* Mondays, 7:15 p.m., Game Rm

**Resident Association Meeting** - 2<sup>nd</sup> Tuesday of the month, 1:15 p.m., Garden Rm

**Technology Clinic by Cindi** - Mondays by appointment starting at 12:30 p.m.

## Wellness:

**Blood Pressure Readings by Alpha One** - 3<sup>rd</sup> Thursday, 11:00 a.m., Game Rm

**Brain Gymnasium** - *"Use it, don't lose it"* memory strengthening, Thursdays, 9:20 & 10:30 a.m.

**Hearing Aid Maintenance by Connect Hearing** - 2<sup>nd</sup> Tuesday, 9:30 a.m. to 10:30 a.m.

**Massage (Seated)** - every other Tuesday, 9:00 a.m. until 12:00 noon, 2<sup>nd</sup> Floor Lounge

### **Fitness & Wellness Program**

9:30 a.m.	Monday	<b>Dance Stretch Exercise</b>
10:30 a.m.	Tuesday	<b>Fitness Center Focus</b>
3:30 p.m.	3 <sup>rd</sup> Tuesday	<b>Laughter Wellness Hour</b>
3:00 p.m.	Tuesday	<b>Stretch &amp; Balance Exercise</b>
9:30 a.m.	Wednesday	<b>Strength and Balance with Cynthia</b>
10:30 a.m.	Thursday	<b>Fitness Center Focus</b>
3:00 p.m.	Thursday	<b>Stretch &amp; Balance Exercise</b>
9:30 a.m.	Friday	<b>Yoga Stretch Exercise</b>
10:30 a.m.	Saturday	<b>Exercise with Sung</b>

## Spiritual:

**Catholic Eucharist** - Sundays, 10:30 a.m., 6<sup>th</sup> Floor Lounge (all are welcome)

**Interfaith Worship Service** - *non-denominational religious*, Sundays at 4:00 p.m., Garden Rm

## Just Plain Fun...

**Bingo** - Wednesdays at 7:15 p.m., Garden Rm

**Chat & Color Group** (*adult coloring book*) - Thursdays, 1:00 p.m. Fountain or Garden Rm

**Friday Games Group** - Every Friday, Game Rm - *Scrabble (2:00 p.m.) or Mexican Train (3:00 p.m.)*

**Ginasta** - Everyone welcome! Mondays, 9:30 a.m., Game Rm

**Handcrafts Group** – 1:00 p.m., Garden Room, Every 1<sup>st</sup> Friday

**Jewelry Making with Fly Brave Foundation** (Autism Awareness) – 3:30 p.m. on 2<sup>nd</sup> Fridays

**Meditation with Gerry** – Every other Sunday, 6<sup>th</sup> Floor Lounge (*This month, the 10<sup>th</sup> and 24<sup>th</sup>*)

**Movie Showtimes** - New Releases & Classics! Saturdays & Sundays, 1:30 & 7:15 p.m., Game Rm

**Poker** – Hosted by Eric, Wednesdays at 3:00 p.m., Game Rm

**Putting Contest** – Resuming in April

**Resident-Led Sing Along** – Thursdays at 4:00 p.m., Game Rm

**Sacramento Storyteller's Guild** – 3<sup>rd</sup> Saturdays, 2:00 p.m., Game Rm