

*Around
the Lodge*

February 2018

Highlights of February

Educational Events, Seminars & Presentations

Ongoing: Continuing Education: "Archaeology"

February 12: Lecture Series - "DNA Testing" presented by CSUS Renaissance Society

February 13: Guest Speaker: Matthew Dutcher; Fire prevention and emergency preparedness

February 14 - March 21: Chronic Pain Workshop by Dignity Health

Festive Events, Trips & Dining

February 2: Annual Happiness Day - food, music & friendship!

February 9: Kids Connection meeting with new class

February 13: Mardi Gras Cocktail Hour followed by celebration dinners

February 14: Valentine's Day celebration dinners

February 16: Lunar New Year Special Event Dinner - 5:00 p.m. One Seating

The Arts & Music

February 1: Sacramento Broadway, "Jersey Boys"

February 2: Happiness Day - Norm Gary & 4 for Fun Performance

February 3, 10, 24: Country Music & Guitar Performance by Jason

February 5 & 19: Mike at the Piano Concert

February 9: Jewelry Making with Fly Brave Foundation

February 12: Sip & Create with Patris, This month's theme is: Bouquet of Roses

February 13: Mardi Gras Sounds performance by Little Trouble during Cocktail Hour

February 14: Love Songs by Sally on the Piano

February 17: Chinese Lion Dancers for good luck & prosperity in the new year

Westminster Concerts at Noon

Feb 07 Susan Lamb Cook's Great Composer series

Feb 14 Love and Loss - Valentine's Day & Ash Wed.

Feb 21 Violinist Sandro Ladu; Pianist Ina Jun

Feb 28 Curvd Aire Brass Quintet and 4-Cello Ensemble

Activities of February

1•THURSDAY

RED SHIRT DAY – SPORTS JERSEY DAY (pre-super bowl fun)

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

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

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm

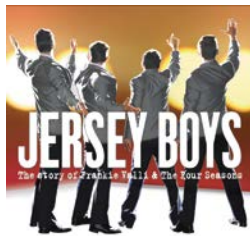
JERSEY BOYS – Broadway Series, 1:00 p.m. departure

For those who pre-purchased tickets

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

Concert - Christian Brothers High School String Orchestra – 1:30 p.m., Grdn Rm

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



2•FRIDAY

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

No Yoga Stretch Exercise Today

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm

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

Tai Chi for Arthritis & Fall Prevention, DVD, Dr. Lam - 11:00 a.m. Game Rm

Photographer for professional headshot FREE! – 2:00 p.m.

For use on the birthday board & for you to keep!

HAPPINESS DAY – annual event of music, food, friendship and so much more!

2:00 p.m. – 4:00 p.m., Garden Room

Norm Gary & 4-For-Fun Concert during Happiness Day celebration

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



3•SATURDAY

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm

Weekend Movie Showtime – 1:30 p.m. and 7:15 p.m., Game Rm

Guitar & Country Music by Jason – 3:30 p.m., Garden Rm

4•SUNDAY

Join the staff and wear your favorite sports jersey or attire today!

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm

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

SUPER BOWL watch party - light snacks will be provided, BYOB

3:30 p.m. Game Time, 2:30 p.m. party begins, Game Rm

Vespers Interfaith Worship - Hedgers & Tinsleys (Baptist Outreach)

4:00 p.m., Garden Rm

World Travelers Slide & Image Club – 6:00 p.m., Garden Rm

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



5•MONDAY

Van to Doctors, Out & About Trips - East Sac & Arden - *Sign up in advance*
 Stretch Exercise – 9:30 a.m., Garden Rm
 Ginasta – *Come learn a new game! Everyone welcome!* 9:30 a.m., Game Rm
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Writing Your Story Group Meeting - 11:00 a.m., Fountain Rm
 Mike at the Piano – 3:30 p.m., Garden Rm
 Documentary Showtime – 7:15 p.m., Game Rm

6•TUESDAY

Van to Doctors, Out & About Trips – South & Midtown - *Sign up in advance*
 Seated Massage - \$13 for 15 mins. in 2nd Floor Lounge (every other week)
Sign up for your appointment time in advance at the front desk
 Koffee Klatch - *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Tai Chi with Dr. Lam DVD and Gerry – 10:00 p.m., Game Rm
 Meditation with Gerry -11:00 a.m., Game Rm
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm
 Continuing Education - “*Archaeology*”, 7:15 p.m., Game Rm

7•WEDNESDAY

Van to Raley’s, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - *Sign up in advance*
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Westminster Concert – 11:15 a.m. departure, *Sign up in advance.*
 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, *Sign up in advance*
 Bingo - 7:15 p.m., Garden Rm

8•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
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Michelle’s Scarfs and more – 11:00 a.m., Lobby Sale
 Chat & Color Club - 1:00 p.m. Garden Room
Bookmobile (public library) – 1:00 p.m., Front Driveway
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm

9•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
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Tai Chi for Arthritis & Fall Prevention, DVD, Dr. Lam - 11:00 a.m. Game Rm
KIDS CONNECTION – meet up with grade-school buddies, followed by lunch
 11:00 a.m. Meet up in the Garden Room, 12:00 lunch
 Friday Games Groups –Scrabble (2 p.m.) & Mexican Train (3 p.m.), Game Rm
Jewelry Making with Fly Brave Foundation – 3:30 p.m., Garden Rm

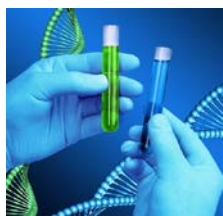
**10•SATURDAY**

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Weekend Movie Showtime – 1:30 p.m. and 7:15 p.m., Game Rm
 Guitar & Country Music by Jason – 3:30 p.m., Garden Rm
916/279 PHONE AREA CODE OVERLAY BEGINS
 On a landline phone, you now must dial 1+(916) before any phone number

11•SUNDAY

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Catholic Eucharist - Sundays, 10:30 a.m., 6th Floor Lounge (all are welcome)
 Weekend Movie Showtime - 1:30 p.m. & 7:15 p.m., Game Rm
 Vespers Interfaith Worship Service – Rev. Dr. Richard Wylie (Presbyterian)
 4:00 p.m., Garden Rm

12•MONDAY



Van to Doctors, Out & About Trips - East Sac & Arden - *Sign up in advance*
 Stretch Exercise with Dance Instructor Shakiri – 9:30 a.m., Garden Rm
 Ginasta – *Come learn a new game! Everyone welcome!* 9:30 a.m., Game Rm
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Writing Your Story Group Meeting – 11:00 a.m., Fountain Rm
Lecture Series – DNA Testing presented by CSUS Renaissance Society
 1:30 p.m., FREE and all are welcome to attend
Sip & Create with Artist Patris – 3:30 p.m., FREE for residents, \$5 for guests
 This month’s theme is: Bouquet of Roses
 Documentary Showtime – 7:15 p.m., Game Rm

13•TUESDAY



Van to Doctors, Out & About Trips – South & Midtown - *Sign up in advance*
 Koffee Klatch - *Come for coffee and conversation!* 10:00 a.m., Dining Rm
Hearing Aid Maintenance Clinic – 9:30 until 10:30 a.m., Game Rm
 Knit, Sew and Crow Craft Meeting – 9:30 a.m. until 12 noon, Fountain Rm
 Tai Chi with Dr. Lam DVD and Gerry – 10:00 p.m., Game Rm
 Meditation with Gerry -11:00 a.m., Game Rm
Resident Association Meeting – 1:15 p.m., Garden Rm
Guest Speaker: Matthew Dutcher (Fire Prevention Officer)
 No Stretch & Balance Exercise Today



MARDI GRAS Cocktail Hour – 3:30 p.m. til 4:30 p.m.
Music by “Little Trouble” during Cocktail Hour
Celebration dinners for Mardi Gras – 4:30 & 6:00 p.m.
 Continuing Education – “Archaeology”, 7:15 p.m., Game Rm

14•WEDNESDAY



VALENTINE’S DAY

Van to Raley’s, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - *Sign up in advance*
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Westminster Concert – 11:15 a.m. departure, *Sign up in advance.*
 Parkinson’s Dance Group – 1:00 p.m. to 4:00 p.m., Garden Rm
Love Songs by Sally on the Piano – 2:00 p.m., Main Lounge
Poker with Eric and Richard – 3:00 p.m., Game Rm, *Sign up in advance*
Celebration dinners for Valentine’s Day – 4:30 & 6:00 p.m.
 Bingo - 7:15 p.m., Garden Rm

15•THURSDAY**RED SHIRT DAY**

Van to Doctors, Out & About Trips – North & Midtown - Sign up in advance
 Brain Gymnasium – 9:20 a.m. & 10:30 a.m., Garden Rm
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
Blood Pressure Readings with Alpha One –11:00 a.m., Game Rm
 Chat & Color Club - 1:00 p.m. Garden Rm
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm

16•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
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Bridge Group - 10:30 a.m., Fountain Rm
 Tai Chi for Arthritis & Fall Prevention, DVD, Dr. Lam - 11:00 a.m. Game Rm
 Friday Games Groups – *Mexican Train* (3 p.m.) and *Scrabble* (2 p.m.) Game Rm
LUNAR NEW YEAR special event dinner, One seating at 5:00 p.m.

17•SATURDAY

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
Sacramento Storyteller's Guild – 2:00 p.m., Game Rm
Chinese Lion Dancers for good luck & prosperity – 3:30 p.m., Garden Rm
 Weekend Movie Showtime - 7:15 p.m., Game Rm

18•SUNDAY

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Catholic Eucharist - Sundays, 10:30 a.m., 6th Floor Lounge (all are welcome)
 Weekend Movie Showtime – 1:30 p.m. and 7:15 p.m., Game Rm
 Vespers Interfaith Worship Service - Pastor David Peters (Lutheran)
 4:00 p.m., Garden Rm

19•MONDAY**PRESIDENTS' DAY – Business Office Closed, No Van Service**

Stretch Exercise – 9:30 a.m., Garden Rm
 Ginasta – *Come learn a new game! Everyone welcome!* 9:30 a.m, Game Rm
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Writing Your Story Group Meeting – 11:00 a.m., Fountain Rm
Art with Helen "Action Collage" – 1:00 p.m. to 2:30 p.m., Garden Rm
 Laughter Wellness Hour with Siri - 3:30 p.m., Game Rm
 Mike at the Piano Concert – 3:30 p.m., Garden Rm
 Documentary Showtime – 7:15 p.m., Game Rm

20•TUESDAY

Van to Doctors, Out & About Trips – South & Midtown - Sign up in advance
Renaissance Book Club – “Atonement” by Ian McEwan, 9:30 a.m., Game Rm
 Seated Massage - \$13 for 15 mins.- 2nd Floor Lounge (every other week)
Sign up for your appointment time in advance at the front desk.
 Knit, Sew & Croch Craft Group – 9:30 a.m., Fountain Rm
 Koffee Klatch - *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Tai Chi with Dr. Lam DVD and Gerry – 10:00 p.m., Garden Rm
 Meditation with Gerry -11:00 a.m., Game Rm.
 Stretch & Balance Exercise - 3:00 p.m., Garden Rm
 Continuing Education – “Archaeology”, 7:15 p.m., Game Rm

21•WEDNESDAY

Van to Raley's, Rite-Aid & Banks – 8:30, 9:30 & 10:30 a.m. - Sign up in advance
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Westminster Concert – 11:15 a.m. departure, *Sign up in advance.*
 Parkinson's Dance Group – 1:00 p.m. to 4:00 p.m., Garden Rm
Shopping at Trader Joes – 1:30 p.m. return at 3:00 p.m., Sign up in advance
Poker with Eric and Richard – 3:00 p.m., Game Rm, *Sign up in advance*
Birthday Celebration at Dinners for all February birthdays!
 LPCA Monthly Meeting – 6:00 p.m., Garden Rm
 Bingo - 7:15 p.m., Game Rm

22•THURSDAY**RED SHIRT DAY**

Van to Doctors, Out & About Trips – North & Midtown - Sign up in advance
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Brain Gymnasium – 9:20 a.m. & 10:30 a.m., Garden Rm
 Chat & Color Club - 1:00 p.m. Garden Rm
 Stretch & Balance Exercise – 3:00 p.m., Garden Rm
Kitchen Tour - see the behind the scenes action during a regular dinner service
Meet with Lin at 4:30 p.m. in the Lobby, please wear non-slip shoes

23 •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
 Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Tai Chi for Arthritis & Fall Prevention, DVD, Dr. Lam - 11:00 a.m. Game Rm
 Bridge Group - 10:30 a.m., Fountain Rm
 Friday Games Groups – *Mexican Train* (3 p.m.) and *Scrabble* (2 p.m.) Game Rm

24•SATURDAY

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm
 Weekend Movie Showtime – 1:30 p.m. & 7:15 p.m., Game Rm
 Guitar & Country Music by Jason – 3:30 p.m., Garden Rm

25•SUNDAY



Sunday Brunch - 9:30 p.m. 'til 11:00 a.m., Dining Rm.

**Brunch takes the place of Breakfast and Lunch. *No Koffee Klatch Friends & Family are always welcome! \$15 guest charge*

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

MONDAVI CENTER (Davis) concert by Curtis on Tour – FREE TICKETS!

Departure at 12:30, Concert at 2:00 p.m.

Weekend Movie Showtime – 1:30 p.m. and 7:15 p.m., Game Rm

Vespers Interfaith Worship Service - Braxton & Colgan (*Episcopal*)
4:00 p.m., Garden Rm

26•MONDAY

Van to Doctors, Out & About Trips - East Sac & Arden - Sign up in advance

Stretch Exercise with Dance Instructor Shakiri – 9:30 a.m., Garden Rm

Ginasta – *Come learn a new game! Everyone welcome!* 9:30, Game Rm

Koffee Klatch – *Come for coffee and conversation!* 10:00 a.m., Dining Rm

Writing Your Story Group Meeting – 11:00 a.m., Fountain Rm

Art with Helen TBD - 1:00 p.m. to 2:30 p.m., Garden Rm

Documentary Showtime – 7:15 p.m., Game Rm

27•TUESDAY

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

Koffee Klatch - *Come for coffee and conversation!* 10:00 a.m., Dining Rm

Tai Chi with Dr. Lam DVD and Gerry – 10:00 p.m., Game Rm

Meditation with Gerry -11:00 a.m., Game Rm

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

Continuing Education - "*Archaeology*", 7:15 p.m., Game Rm

28•WEDNESDAY



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

Koffee Klatch - *Come for coffee and conversation!* 10:00 a.m., Dining Rm

Westminster Concert – 11:15 a.m. departure, *Sign up in advance.*

Sacramento Theatre Company: MACBETH - 11:15 a.m. Departure

For those who pre-purchased tickets

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, Sign up in advance

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

Regularly Scheduled Activities

Educational:

- Book Club** - 3rd Tuesday, 9:30 a.m.
- | | |
|--------|-------------------------------------------|
| Feb 20 | Atonement by Ian McEwan |
| Mar 20 | Killers of the Flower Moon by David Grann |
| Apr 17 | Not a Penny More by Jeffrey Archer |
- Bookmobile by the Sacramento Public Library** - 2nd Thursday, 1:00 p.m. (Feb 8)
- Continuing Education DVD Series** - "Archaeology", Tuesdays, 7:15 p.m., Game Rm
- Documentary Showtime** - *Movies to spark conversation!* Mondays, 7:15 p.m., Game Rm
- Resident Association Meeting** - 2nd Tuesday of the month, 1:15 p.m., Garden Rm (Feb 13)
- Writing Your Story Group** - Mondays, 11:00 a.m., Fountain Rm

Wellness:

- Blood Pressure Readings by Alpha One** - 3rd Thursday, 11:00 a.m., Game Rm (Feb 15)
- Brain Gymnasium** - "Use it, don't lose it" memory strengthening, Thursdays, 9:20 & 10:30 a.m.
- Hearing Aid Maintenance by Connect Hearing** - 2nd Tuesday, 9:30 a.m. to 10:30 a.m. (Feb 13)
- Massage (Seated)** - every other Tuesday, 9:00 a.m. until 12:00 noon, 2nd Floor Lounge
- M.O.V.E. Fitness & Wellness Program (Motivating Older adults to engage in Various Exercises)**
- | | | |
|------------|------------------------|---------------------------------------------------------------|
| 9:30 a.m. | Monday | Dance Stretch Exercise with Shakiri |
| 3:30 p.m. | 3 rd Monday | Laughter Wellness Hour with Siri |
| 10:00 a.m. | Tuesday | Tai Chi for Arthritis & Fall Prevention with Gerry |
| 11:00 a.m. | Tuesday | Meditation with Gerry |
| 3:00 p.m. | Tuesday | Stretch & Balance Exercise |
| 3:00 p.m. | Thursday | Stretch and Balance Exercise |
| 9:30 a.m. | Friday | Yoga Stretch Exercise with Shannon |
| 11:00 a.m. | Friday | DVD, Tai Chi for Arthritis and Fall Prevention |

Spiritual:

- Catholic Eucharist** - Sundays, 10:30 a.m., 6th 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** - *Come learn a new game! Everyone welcome!* Mondays, 9:30 a.m., Game Rm
- Jewelry Making with Fly Brave Foundation** (Autism Awareness) - 3:30 p.m. on 2nd Fridays
- Knit, Sew & Croch Group** - 3rd Tuesday, 9:30 a.m. to 12:30 p.m., Fountain Rm
- Koffee Klatch** - *Catch up with friends in the morning!* - Every day at 10:00 a.m., Dining Rm
- Movie Showtimes** - New Releases & Classics! Saturdays & Sundays, 1:30 & 7:15 p.m., Game Rm
- Poker** - Hosted by Eric and Richard, Wednesdays at 3:00 p.m., Game Rm