



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Be Adventurous</p> <p>Be Challenged</p> <p>Be Connected</p> <p>Be Family</p> <p>Be Inspired</p> <p>Be Social</p> <p>Be Well</p>	<p>New Year's Day 1</p> <p>8:00 Rose Parade [TV]</p> <p>9:30 Chair Yoga w/Nancy [TV]</p> <p>10:35 Rosary [CH]</p> <p>11:00 Communion [CH]</p> <p>11:15 Bible Study w/Woody [CH]</p> <p>1:00 Rose Bowl Game [TV]</p> <p>1:30 Country Store</p> <p>2:00 Beanbag Baseball [AR]</p> <p>2:00 Pinochle [LIB]</p> <p>3:30 Rummy Card Game [GR]</p> <p>4:45 Puzzle Time [LIB]</p> <p>6:45 Bingo w/Kelly [ACT]</p>	<p>2</p> <p>9:30 Tai Chi w/Craig [TV]</p> <p>10:30 Creative Coloring & discussion w/ friends [ACT]</p> <p>11:00 Cribbage [ACT]</p> <p>11:30 Outing ~ Claim Jumpers & Trader Joes [BUS]</p> <p>12:00 Hidden Word Search [AR]</p> <p>2:15 Dog Park Social Time [(OS)]</p> <p>2:30 Yahtzee [GR]</p> <p>4:00 Music & Dancing w/George [AR]</p> <p>4:15 Beer Social</p> <p>4:45 Card Playing [GR]</p> <p>6:45 Bingo 10 Cards w/Zoey [ACT]</p> <p>6:45 Poker [GR]</p> <p>6:45 Tripoley Card Game [LIB]</p>	<p>3</p> <p>9:30 Noodle Balloon Volley [AR]</p> <p>10:30 Computer Pokeno [ACT]</p> <p>11:00 Bridge Players Visiting [TV]</p> <p>12:30 Secret Word (2019) [DIN]</p> <p>12:30 Wear Your Name Tag [DIN]</p> <p>2:00 Pinochle [LIB]</p> <p>2:15 Craft Project w/Cathleen [ACT]</p> <p>4:00 Welcome & Meet New Residents [ACT]</p> <p>4:45 Foosball [GR]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>4</p> <p>9:00 Blood Pressure Check [ACT]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/Cathleen [ACT]</p> <p>11:30 Ambassador Meeting [ACT]</p> <p>12:00 Hidden Word Search [AR]</p> <p>1:45 Bridge [LIB]</p> <p>2:00 Scrabble [ACT]</p> <p>3:00 Sharp Shooter (picture taking) [ACT]</p> <p>4:15 Vibrant Life/Activity Meeting [ACT]</p> <p>4:45 Trivia Day! [ACT]</p> <p>6:45 Blackjack & Poker [GR]</p> <p>6:45 Movie Night [TV]</p>	<p>5</p> <p>9:00 Hunt & Walk (Part 1) [AR]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/John [ACT]</p> <p>11:45 George on the Piano [AR]</p> <p>12:00 Auction \$\$ Exchange [AR]</p> <p>1:45 National Bird Day (can you name that bird) [ACT]</p> <p>2:00 Beanbag Baseball [AR]</p> <p>2:00 Bridge Lessons w/John [LIB]</p> <p>3:30 Uno Card Game [GR]</p> <p>4:45 Pool Challenge [GR]</p> <p>6:45 Computer Bingo w/John [ACT]</p> <p>6:45 Tripoley Card Game [LIB]</p>
<p>6</p> <p>National Take The Stairs Day!</p> <p>9:00 Hunt & Walk (Part 2) [AR]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>11:00 Bible Study w/friends [CH]</p> <p>12:00 Sudoku [AR]</p> <p>2:00 Sunday Matinee [TV]</p> <p>2:00 Tripoley [LIB]</p> <p>3:00 Dominoes [ACT]</p> <p>3:45 Ice Cream Social [ACT]</p> <p>4:00 Classical Music (Nutcracker) [AR]</p> <p>4:15 Checkers [ACT]</p> <p>5:00 Cryptograms [AR]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>7</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:00 Lyrical Locals [AR]</p> <p>10:30 Pop-up Library & Book Club Drop Off [LIB]</p> <p>11:30 LRC (Left-Right-Center) Dice Game [ACT]</p> <p>12:00 Hidden Word Search [AR]</p> <p>1:30 Dog Companionship Day [AR]</p> <p>2:00 Bunco</p> <p>3:00 Skip-Bo [GR]</p> <p>4:00 Phase 10 Card Game [ACT]</p> <p>4:45 Dominoes [ACT]</p> <p>5:00 Hunt & Walk Conclusion [AR]</p> <p>6:45 Movie Night [TV]</p> <p>6:45 Poker [GR]</p>	<p>8</p> <p>9:30 Beach Ball Exercise [AR]</p> <p>10:00 Catholic Mass [CH]</p> <p>10:30 Trivia Challenge [ACT]</p> <p>11:15 Bible Study w/Woody [CH]</p> <p>11:45 Coloring w/Friends [ACT]</p> <p>1:30 Country Store</p> <p>1:45 Stamp Collection Fundraiser [ACT]</p> <p>2:00 Bowling [AR]</p> <p>2:00 Pinochle [LIB]</p> <p>4:00 Wii Bowling [ACT]</p> <p>4:15 Left-Right-Center Dice Game [ACT]</p> <p>4:45 Puzzle Time [LIB]</p> <p>6:45 Bingo w/Kelly [ACT]</p>	<p>9</p> <p>Happy Birthday Audrey C. & Don N.</p> <p>9:30 Tai Chi w/Craig [TV]</p> <p>10:30 Outing ~ SeaQuest in Folsom & Lunch [BUS]</p> <p>11:00 Bible Study w/Chaplain Colbert (non-denominational) [CH]</p> <p>12:00 Hidden Word Search [AR]</p> <p>2:15 Dog Park Social Time [(OS)]</p> <p>2:30 Yahtzee [GR]</p> <p>4:00 Music & Dancing w/George [AR]</p> <p>4:15 Wine Social [AR]</p> <p>4:45 Card Playing [GR]</p> <p>6:45 Bingo 10 Cards w/Zoey [ACT]</p> <p>6:45 Poker [GR]</p> <p>6:45 Tripoley Card Game [LIB]</p>	<p>10</p> <p>9:30 Sit & Stretch Video Exercise [TV]</p> <p>10:30 Computer Pokeno [ACT]</p> <p>11:00 Traveling Boutique w/Michelle [AR]</p> <p>11:30 Houseplant Appreciation Day! [ACT]</p> <p>12:30 Secret Word (Chocolate) [DIN]</p> <p>12:30 Wear Your Name Tag [DIN]</p> <p>2:00 Pinochle [LIB]</p> <p>2:00 Resident/Manager Meeting [ACT]</p> <p>3:15 Paint by # [ACT]</p> <p>3:45 Bittersweet Chocolate Day! [ACT]</p> <p>4:00 Cooking w/Cathleen [ACT]</p> <p>4:45 Dominoes [ACT]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>11</p> <p>9:00 Blood Pressure Check [ACT]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/Friends [ACT]</p> <p>12:00 Hidden Word Search [AR]</p> <p>1:45 Bridge [LIB]</p> <p>3:00 Checkers [ACT]</p> <p>4:15 Entertainment by Tom Boyd [AR]</p> <p>4:30 Yahtzee [ACT]</p> <p>4:45 Knitting Hats or Scarfs for the Homeless [ACT]</p> <p>5:30 National Soup Month [DIN]</p> <p>6:45 Blackjack & Poker [GR]</p> <p>6:45 Movie Night [TV]</p>	<p>12</p> <p>9:00 Hunt & Walk (Part 1) [AR]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/John [ACT]</p> <p>11:45 George on the Piano [AR]</p> <p>12:00 Auction \$\$ Exchange [AR]</p> <p>2:00 Beanbag Baseball Challenge w/family [AR]</p> <p>2:00 Bridge Lessons w/John [LIB]</p> <p>3:45 Bocce Ball [AR]</p> <p>3:45 Wii Bowling League [ACT]</p> <p>4:45 Walking Group [AR]</p> <p>6:45 Computer Bingo w/John [ACT]</p> <p>6:45 Tripoley Card Game [LIB]</p>
<p>13</p> <p>9:00 Hunt & Walk (Part 2) [AR]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>11:00 Bible Study w/friends [CH]</p> <p>11:30 Make Your Dream Come True Day! [ACT]</p> <p>12:00 Sudoku [AR]</p> <p>2:00 Sunday Matinee [TV]</p> <p>2:00 Tripoley [LIB]</p> <p>3:30 Mini Golf [TV]</p> <p>4:00 Classical Music (The Phantom of the Opera) [AR]</p> <p>4:45 Pool [GR]</p> <p>5:00 Cryptograms [AR]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>14</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Pokeno w/Bev [ACT]</p> <p>11:30 Dress up your Pet Day! [AR]</p> <p>11:45 11:45 Walking w/Friends [AR]</p> <p>12:00 Hidden Word Search [AR]</p> <p>1:45 Church Service & Communion w/Pastor Paul [CH]</p> <p>2:00 Jeopardy w/Barbara [ACT]</p> <p>2:30 Scrabble [ACT]</p> <p>4:15 Uno Card Game [ACT]</p> <p>5:00 Hunt & Walk Conclusion [AR]</p> <p>6:45 Movie Night [TV]</p> <p>6:45 Poker [GR]</p>	<p>15</p> <p>Happy Birthday Thelma M. & Mernie M.</p> <p>9:30 Chair Yoga w/Nancy [TV]</p> <p>10:30 Trivia Challenge [ACT]</p> <p>10:35 Rosary [CH]</p> <p>11:00 Communion [CH]</p> <p>11:15 Bible Study w/Woody [CH]</p> <p>11:30 Beanbag Baseball Tournament @ A.R.T. [BUS]</p> <p>11:45 Open Discussion w/Friends [AR]</p> <p>1:30 Country Store</p> <p>2:00 Pinochle [LIB]</p> <p>3:00 Scrabble</p> <p>4:00 Puzzle Time [LIB]</p> <p>5:15 National Hat Day! [AR]</p> <p>6:45 Bingo w/Kelly [ACT]</p>	<p>16</p> <p>9:30 Tai Chi w/Craig [TV]</p> <p>11:00 Bible Study w/Chaplain Colbert (non-denominational) [CH]</p> <p>11:30 Outing ~ Light Rail Train Ride & Lunch [BUS]</p> <p>12:00 Hidden Word Search [AR]</p> <p>2:15 Dog Park Social Time [(OS)]</p> <p>2:30 Yahtzee [GR]</p> <p>3:00 Ladder Ball [AR]</p> <p>4:00 Music & Dancing w/George [AR]</p> <p>4:15 Social Hour [AR]</p> <p>4:45 Card Playing [GR]</p> <p>6:45 Bingo 10 Cards w/Zoey [ACT]</p> <p>6:45 Poker [GR]</p> <p>6:45 Tripoley Card Game [LIB]</p>	<p>17</p> <p>9:30 Noodle Balloon Volley [AR]</p> <p>10:30 Computer Pokeno [ACT]</p> <p>11:15 Decorate for Birthday Celebration [ACT]</p> <p>12:30 Birthday Celebration [DIN]</p> <p>12:30 Secret Word (Balloons) [DIN]</p> <p>12:30 Sit somewhere new & meet someone new!</p> <p>12:30 Wear Your Name Tag [DIN]</p> <p>1:45 Entertainment by Paul Lauterjung [AR]</p> <p>2:00 Pinochle [LIB]</p> <p>3:00 Thursday Afternoon Movie [TV]</p> <p>4:00 Ladder Ball [AR]</p> <p>4:45 Coffee & Cookies ~ Chat Time [GR]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>18</p> <p>9:00 Blood Pressure Check [ACT]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/Cathleen [ACT]</p> <p>11:30 Rummikub [ACT]</p> <p>12:00 Hidden Word Search [AR]</p> <p>1:45 Bridge [LIB]</p> <p>2:00 Donation to the Local Animal Shelter [BUS]</p> <p>3:00 Poker (win auction \$) [GR]</p> <p>3:30 Scrabble [ACT]</p> <p>4:15 Cell Phone & Tablet Class w/Bianca [ACT]</p> <p>4:45 Tea Month (try some new teas) [ACT]</p> <p>6:45 Blackjack & Poker [GR]</p> <p>6:45 Movie Night [TV]</p>	<p>19</p> <p>9:00 Hunt & Walk (Part 1) [AR]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/John [ACT]</p> <p>11:45 George on the Piano [AR]</p> <p>12:00 Auction \$\$ Exchange [AR]</p> <p>2:00 Beanbag Baseball [AR]</p> <p>2:00 Bridge Lessons w/John [LIB]</p> <p>3:30 Saturday Afternoon Movie [TV]</p> <p>4:15 National Popcorn Day! [AR]</p> <p>4:45 Left-Right-Center Dice Game [ACT]</p> <p>6:45 Computer Bingo w/John [ACT]</p> <p>6:45 Tripoley Card Game [LIB]</p>
<p>20</p> <p>9:00 Hunt & Walk (Part 2) [AR]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>11:00 Bible Study w/friends [CH]</p> <p>12:00 Sudoku [AR]</p> <p>2:00 Sunday Matinee [TV]</p> <p>2:00 Tripoley [LIB]</p> <p>3:00 Dominoes [ACT]</p> <p>4:00 Classical Music (Swan Lake) [AR]</p> <p>4:15 Sunday Sundaes [ACT]</p> <p>4:30 Checkers [ACT]</p> <p>5:00 Cryptograms [AR]</p> <p>6:45 Chit Chat w/Lamar & Jessica [TV]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>21</p> <p>Martin Luther King, Jr. Day</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Pokeno w/Bev [ACT]</p> <p>11:00 Bridge Group Visiting [TV]</p> <p>11:30 LRC (Left-Right-Center) Dice Game [ACT]</p> <p>12:00 Hidden Word Search [AR]</p> <p>1:30 Dog Companionship Day [AR]</p> <p>2:00 Martin Luther King Discussion [ACT]</p> <p>2:30 Mexican Train Dominoes [GR]</p> <p>3:00 Sunshine Program w/Barbara [ACT]</p> <p>4:00 Skip-Bo [GR]</p> <p>5:00 Hunt & Walk Conclusion [AR]</p> <p>6:45 Movie Night [TV]</p> <p>6:45 Poker [GR]</p>	<p>22</p> <p>9:30 Beach Ball Exercise [AR]</p> <p>10:30 Trivia Challenge [ACT]</p> <p>10:35 Rosary [CH]</p> <p>11:00 Communion [CH]</p> <p>11:15 Bible Study w/Woody [CH]</p> <p>11:45 Coloring w/Friends [ACT]</p> <p>1:30 Country Store</p> <p>2:00 Beanbag Baseball [AR]</p> <p>2:00 Pinochle [LIB]</p> <p>3:45 Who, What, When & Where [ACT]</p> <p>4:00 Wii Bowling [ACT]</p> <p>4:15 Reminiscing w/Cathleen [ACT]</p> <p>4:45 Puzzle Time [LIB]</p> <p>6:45 Bingo w/Kelly [ACT]</p>	<p>23</p> <p>9:30 Tai Chi w/Craig [TV]</p> <p>11:00 Bible Study w/Chaplain Colbert (non-denominational) [CH]</p> <p>11:30 Outing ~ Studio Movie & Grill [BUS]</p> <p>12:00 Hidden Word Search [AR]</p> <p>2:15 Dog Park Social Time [(OS)]</p> <p>2:30 Yahtzee [GR]</p> <p>3:00 Creative Coloring with Friends [AR]</p> <p>4:00 Music & Dancing w/George [AR]</p> <p>4:15 National Pie Day!</p> <p>4:45 Card Playing [GR]</p> <p>6:45 Bingo 10 Cards w/Zoey [ACT]</p> <p>6:45 Poker [GR]</p> <p>6:45 Tripoley Card Game [LIB]</p>	<p>24</p> <p>Compliment Day!</p> <p>9:30 Sit & Stretch Video Exercise [TV]</p> <p>10:30 Computer Pokeno [ACT]</p> <p>11:45 Shuffle Board [AR]</p> <p>12:30 Secret Word (Compliment) [DIN]</p> <p>12:30 Wear Your Name Tag [DIN]</p> <p>2:00 Pinochle [LIB]</p> <p>2:15 Let's Give a Whirl (Ceramics) [ACT]</p> <p>3:00 Scrabble [ACT]</p> <p>4:00 Talk about writing w/Suzanne [GR]</p> <p>5:30 Gold Key Dinner [DIN]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>25</p> <p>8:00 National Oatmeal Month [DIN]</p> <p>9:00 Blood Pressure Check [ACT]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/Cathleen [ACT]</p> <p>12:00 Hidden Word Search [AR]</p> <p>1:45 Bridge [LIB]</p> <p>1:45 Let's Talk Seniors (Bath Safety) [ACT]</p> <p>2:30 Yahtzee [GR]</p> <p>3:00 Checkers [ACT]</p> <p>3:30 Dominoes [ACT]</p> <p>4:15 Nature Discussion w/Lori (staff) [ACT]</p> <p>6:45 Blackjack & Poker [GR]</p> <p>6:45 Movie Night [TV]</p>	<p>26</p> <p>Happy Birthday Frank B.</p> <p>9:00 Hunt & Walk (Part 1) [AR]</p> <p>9:00 Outing ~ Coloma Days</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Bingo w/John [ACT]</p> <p>11:45 George on the Piano [AR]</p> <p>12:00 Auction \$\$ Exchange [AR]</p> <p>2:00 Beanbag Baseball [AR]</p> <p>2:00 Bridge Lessons w/John [LIB]</p> <p>3:45 Root-beer Floats w/Barbara [ACT]</p> <p>4:15 Entertainment by Mike P. [AR]</p> <p>4:45 Pool Challenge [GR]</p> <p>6:45 Computer Bingo w/John [ACT]</p> <p>6:45 Tripoley Card Game [LIB]</p>
<p>27</p> <p>9:00 Hunt & Walk (Part 2) [AR]</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>11:00 Bible Study w/friends [CH]</p> <p>12:00 Sudoku [AR]</p> <p>2:00 Sunday Matinee [TV]</p> <p>2:00 Tripoley [LIB]</p> <p>3:00 Bocce Ball Challenge w/family [AR]</p> <p>4:00 Classic Music (Cats) [AR]</p> <p>4:45 Pool [GR]</p> <p>5:00 Cryptograms [AR]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>28</p> <p>9:30 Sit & Stretch Exercise [TV]</p> <p>10:30 Pokeno w/Bev [ACT]</p> <p>11:00 Book Club (Discussion) [LIB]</p> <p>11:45 11:45 Walking w/Friends [AR]</p> <p>12:00 Hidden Word Search [AR]</p> <p>2:00 Rummikub w/Barbara</p> <p>3:00 Scrabble [ACT]</p> <p>4:00 Walking group w/Barbara [AR]</p> <p>4:30 Uno Card Game [ACT]</p> <p>5:00 Hunt & Walk Conclusion [AR]</p> <p>6:45 Movie Night [TV]</p> <p>6:45 Poker [GR]</p>	<p>29</p> <p>9:30 Sit & Stretch Video Exercise [TV]</p> <p>10:30 Trivia Challenge [ACT]</p> <p>10:35 Rosary [CH]</p> <p>11:00 Communion [CH]</p> <p>11:15 Bible Study w/Woody [CH]</p> <p>11:45 Open Discussion w/Friends [AR]</p> <p>12:00 Puzzle Day [LIB]</p> <p>1:30 Country Store</p> <p>2:00 Beanbag Baseball [AR]</p> <p>2:00 Pinochle [LIB]</p> <p>4:00 Wii Bowling Challenge</p> <p>4:45 Rummy Card Game [GR]</p> <p>6:45 Bingo w/Kelly [ACT]</p>	<p>30</p> <p>Happy Birthday Fran F.</p> <p>9:30 Tai Chi w/Craig [TV]</p> <p>9:45 Outing ~ Thunder Valley [BUS]</p> <p>11:00 Bible Study w/Chaplain Colbert (non-denominational) [CH]</p> <p>12:00 Hidden Word Search [AR]</p> <p>2:00 Living the Dream [BUS]</p> <p>2:15 Dog Park Social Time [(OS)]</p> <p>4:00 Music & Dancing w/George [AR]</p> <p>4:45 Card Playing [GR]</p> <p>6:45 Bingo 10 Cards w/Zoey [ACT]</p> <p>6:45 Poker [GR]</p> <p>6:45 Tripoley Card Game [LIB]</p>	<p>31</p> <p>Happy Birthday Lou H.</p> <p>9:30 Noodle Balloon Volley [AR]</p> <p>10:30 Computer Pokeno [ACT]</p> <p>11:45 Walk & deliver cookies to the Medical Center [AR]</p> <p>12:30 Backwards Day [DIN]</p> <p>12:30 Secret Word (Backwards) [DIN]</p> <p>12:30 Wear Your Name Tag [DIN]</p> <p>2:00 Pinochle [LIB]</p> <p>2:15 Community Engagement & Outreach [ACT]</p> <p>3:30 Inspire your Heart & Art Day! [ACT]</p> <p>4:45 Horse Races [ACT]</p> <p>6:45 Po-ke-no w/Barbie [ACT]</p>	<p>Location Keys</p> <p>Activity Room (1st Floor) ACT</p> <p>Atrium (1st Floor) AR</p> <p>BUS (Outside) BUS</p> <p>Chapel (2nd Floor) CH</p> <p>Dining Room (1st Floor) DIN</p> <p>Game Room (2nd Floor) GR</p> <p>Library (3rd Floor) LIB</p> <p>Outside (OS)</p> <p>TV Room (2nd Floor) TV</p>	<p>Resident Birthdays</p> <p>Audrey C. 1/9</p> <p>Don N. 1/9</p> <p>Thelma M. 1/15</p> <p>Mernie M. 1/15</p> <p>Frank B. 1/26</p> <p>Fran F. 1/30</p> <p>Lou H. 1/31</p>