

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

AUGUST 2024
CAMPUS COMMONS
SENIOR LIVING
WORRY LESS... SMILE MORE

<p>1:00 Mexican Train-AC 5:30 Rummikub-GR 6:30 Movie-L/T: Netflix The Long Game 2023 1h 52m PG</p>  	<p>4 9:00 Stretch & Balance w/Tom Avenell-CL 10:00 Shopping: Dollar Tree-L 1:00 Knit Pickers-AC 1:15 Bank Runs-L 2:30 Sing Along w/Sue & Bev 5:30 Rummikub-GR</p>	<p>5 9:00 Music in Motion w/Rowena Alberto-CL 10:00 Blank Slate w/Tonya-GR 1:00 Bean Bag Baseball -AC 2:30 Chronology Game-GR 4:00 Resident Wine Social-AC *Bring: Wine, Glass & Snacks</p>	<p>6 9:15 Physical Therapy w/Campus Commons PT-CL 9:45 Outing: Sacramento Smud MOSAC & Lunch: Eastside Chef Restaurant-L 1:00 Bingo w/Paige-AC 2:30 Paint & Sip w/Teresa-AC 5:30 Rummikub-GR 7:00 Bookworms Book Club-L/T</p>	<p>7 9:00 Weights & Balance w/Tonya-CL 10:50 Birthday Group Photo-AC 11:00 August Birthday Brunch Celebration-DR 2:00 Mexican Train-AC 2:30 Writer's Group-GR 5:30 Rummikub-GR 6:30 Theatre Thursday-L/T: YT Silver River 1948 1h 44m</p>	<p>8 9:00 Weights & Balance w/Tonya-CL 1:00 Trivia w/Victoria-AC 2:15-3:30 Happy Hour: w/Evening Star Band-CL 5:30 Rummikub-GR</p> 	<p>9 1:00 Bingo w/Christa H.-AC 2:30 True Stories or Documentaries-L/T: Netflix Blackfish 2013 1h 23m 5:30 Rummikub-GR</p>  
<p>11 1:00 Mexican Train-AC 5:30 Rummikub-GR 6:30 Movie-L/T: Netflix 2 Hearts 2020 1h 41m PG-13</p>	<p>12 9:00 Stretch & Balance w/Tom Avenell-CL 10:00 Shopping: Target-L 1:00 Knit Pickers-AC 1:15 Bank Runs-L 2:30 Wii Bowling-AC 5:30 Rummikub-GR</p>	<p>13 9:00 Music in Motion w/Rowena Alberto-CL 10:00 Blank Slate w/Tonya-GR 1:00 Encore w/Victoria-GR 2:00 Bookmobile: Book's & DVD Movies w/Neal-PL 2:00 Assorted Card Making w/Ginny J.-AC 4:00 Resident Wine Social-AC *Bring: Wine, Glass & Snacks 5:30 Rummikub-GR</p>  	<p>14 9:00 Weights & Balance w/Tonya-CL 10:30 Outing: Rancho Cordova Rudy's Hideaway Lobsterhouse & Bar-L 1:00 Bingo w/Paige-AC 2:30 Spanish Class w/Mary K.-GR 5:30 Rummikub-GR</p>	<p>15 9:00 Weights & Balance w/Tonya-CL 10:30 Ceramic Class w/Claudia Hiles-AC 2:00 Presentation: California Pioneer Heritage Foundation w/Speaker: Summer Howes-CL 5:30 Rummikub-GR 6:30 Theatre Thursday-L/T: YT Guys And Dolls 1955 2h 30m</p>	<p>16 9:00 Chair Yoga w/Diane-CL 1:00 Wii Bowling-AC 2:15-3:30 Happy Hour: w/Songbird Trio-CL 5:30 Rummikub-GR</p> 	<p>17 9:15 Donut & Coffee Day w/Natalya-AC 1:00 Bingo w/Christa H.-AC 2:30 True Stories or Documentaries-L/T: Netflix Secrets of the Neanderthals 2024 1h 20m 5:30 Rummikub-GR</p> 
<p>18 1:00 Mexican Train-AC 5:30 Rummikub-GR 6:30 Movie-L/T: Netflix Wonder 2017 1h 53m PG</p> 	<p>19 9:00 Stretch & Balance w/Tom Avenell-CL 10:00 Shopping: Big Lots-L 1:00 Knit Pickers-AC 1:15 Bank Runs-L 2:00 Horse Races w/Karen & Tonya-CL *Bring newcomers for extra ticket's 5:30 Rummikub-GR</p>	<p>20 9:00 Music in Motion w/Rowena Alberto-CL 10:00 Blank Slate w/Tonya-GR 1:00 Bean Bag Baseball -AC 2:30 Chronology Game-GR 4:00 Resident Wine Social-AC *Bring: Wine, Glass & Snacks 5:30 Rummikub-GR</p>	<p>21 9:15 Physical Therapy w/Campus Commons PT-CL 10:45 Outing: Mid-Town Sac. Westminster Church Music at Noon: Silent Film w/Organist Dave Moreno ♪ *Packed Lunches Provided-L 1:00 Bingo w/Paige-AC 2:30 Activities Talk/Feedback w/Tonya-CL 5:30 Rummikub-GR</p>	<p>22 9:00 Weights & Balance w/Tonya-CL 2:00 Presentation: Sacramento Honey Company w/Speaker: Courtney Hill-CL 2:30 Writer's Group-GR 5:30 Rummikub-GR 6:30 Theatre Thursday-L/T: YT The Four Seasons Orchestra w/Antonio Vivaldi ♪ 2021 44m</p>	<p>23 9:00 Weights & Balance w/Tonya-CL 1:00 Trivia w/Victoria-AC 2:15-3:30 Happy Hour: w/Gene Thorpe-CL 5:30 Rummikub-GR</p>	<p>24 1:00 Bingo w/Christa H.-AC 2:30 True Stories or Documentaries-L/T: Netflix Unknown: The Lost Pyramid 2023 1h 24m 5:30 Rummikub-GR</p> 
<p>25 1:00 Mexican Train-AC 5:30 Rummikub-GR 6:30 Movie-L/T: Netflix The Blind Side 2009 2h 8m PG-13</p>  	<p>26 9:00 Stretch & Balance w/Tom Avenell-CL 10:00 Shopping: Trader Joe's-L 1:00 Knit Pickers-AC 1:15 Bank Runs-L 2:30 Wii Bowling-AC 5:30 Rummikub-GR</p> 	<p>27 9:00 Music in Motion w/Rowena Alberto-CL 10:00 Blank Slate w/Tonya-GR 1:00 Encore w/Victoria-GR 2:00 Prize Bingo w/Tonya-CL 4:00 Resident Wine Social-AC *Bring: Wine, Glass & Snacks 5:30 Rummikub-GR</p>	<p>28 9:00 Weights & Balance w/Tonya-CL 10:30 Outing: Rocklin Venita Rheas's Brunch-L 1:00 Bingo w/Paige-AC 2:00 Summer Trivia & Smoothies-CL 2:30 Spanish Class w/Mary K.-GR 5:30 Rummikub-GR</p>	<p>29 9:00 Weights & Balance w/Tonya-CL 2:00 Mexican Train-AC 5:30 Rummikub-GR 6:30 Theatre Thursday-L/T: YT On the Town 1949 1h 38m</p> 	<p>30 9:00 Chair Yoga w/Diane-CL 1:00 Wii Bowling-AC 2:15-3:30 Happy Hour: w/Lori Sacco-CL 5:30 Rummikub-GR</p>	<p>31 2:30 True Stories or Documentaries-L/T: Netflix Mysteries of the Terracotta Warriors 2024 1h 17m 5:30 Rummikub-GR</p>  

AC=ACTIVITY CENTER, BY=BACKYARD, BS=BEAUTY SALON, CL=CABARET LOUNGE, DR=DINING ROOM, GR=GAME ROOM, L/T=LIBRARY/THEATRE, L=LOBBY, PL=PARKING LOT, PA=POND AREA *All Activities are subject to change.