

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1
 10:00 Ransom Notes– *New Game* (1FS)
 1:00 Gametime: 3x5 (1FS)
 1:30 Mah Jong Game (1P)
2:00 Rose Bowl (3T) ESPN
Oregon Ducks vs Ohio State



2
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (1A)
 1:00 Mexican Train (1FS)
 2:00 Poker (2B)
 2:00 Cardio Drumming (1A)
3:00 Telescope Guy (3T)
The Outer Planets
 6:00 Chess Club (1P)

3
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
 10:00 Rosary (3T)
 10:30 Communion (3T)
 10:30 UPWORD (1FS)
 11:00 Functional Circuit (1G)
1:00 Shopping - Costco
 1:00 Northern Exposure Series (3T)
 1:00 Gametime: 3x5 (1FS)
 2:00 Balance (1A)
3:30 First Happy Hour (1A) Trivia

4
10:00 Safeway Shopping
10:45 Rides to House of Covenant
12:45 Bingo (1A)
1:00 Shopping Trip-South Stores
 3:00 Pinochle (1FS)
 7:00 Saturday Night Movie (3T)
Martha Stewart—Documentary
1hr 56

5
9:15 Church Rides
 10:00 Community Worship-Zion Lutheran (3T)
 1:30 Bridge Club (1P)
2:00 Daniel Chaikin Piano Recital (D)
 3:00 Socrates Café (3T)
 7:00 Mexican Train (1FS)



6
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
 10:00 Better Brains Games (3T)
 11:00 Functional Circuit (1G)
12:00 Jo T. on the Piano (D)
 1:00 Gametime: 3x5 (1FS)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 3:00 1-10 Low Vision (1P)
 3:30 Quirkle Games(1FS)

7
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:00 Bridge (2CR)
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (1A)
 1:00 RummiKub (1FS)
 2:00 Cardio Chair Dancing (1A)
3:30 Resident Birthday Party (1A)
 3:45 Left, Right, Center (1P)



8
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
 10:00 Welcome Coffee (1FS)
 1:00 Chair Volleyball (1A)
 1:00 Gametime: 3x5 (1FS)
 1:30 Mah Jong Game (1P)
 2:00 Balance (1A)
3:00 Get to Know Your Neighbor (3T) *Tell us about Your New Years Resolutions or Traditions*

9
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (1A)
11:00 Men's Group– Submarine Presentation—Thom Keaney (3T)
 1:00 Mexican Train (1FS)
 2:00 Poker (2B)
 2:00 Cardio Drumming (1A)
3:00 Watercolors with Bill Lewis (3AC)
4:00 Music Rod Garrett (1A)
 6:00 Chess Club (1P)

10
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
10:00 Book Club (Library)
 10:00 Rosary (3T)
 10:30 Communion (3T)
 10:30 UPWORD (1FS)
 11:00 Functional Circuit (1G)
 1:00 Northern Exposure Series (3T)
1:00 Shopping - Costco
 1:00 Gametime: 3x5 (1FS)
 2:00 Balance (1A)
3:30 Happy Hour (1A)


11
10:00 Safeway Shopping
10:45 Rides to House of Covenant
12:45 Bingo (1A)
1:00 Shopping Trip-North Stores
 3:00 Pinochle (1FS)
 7:00 Saturday Night Movie (3T)
It Ends with Us—Romance/Drama
Domestic Violence Trigger Warning
2hs 10


12
9:15 Church Rides
 10:00 Community Worship-Zion Lutheran (3T)
 1:30 Bridge Club (1P)
 3:00 Socrates Café (3T)
 7:00 Mexican Train (1FS)

13
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
 10:00 Better Brains Games (3T)
 11:00 Functional Circuit (1G)
12:00 Jo T. on the Piano (D)
 1:00 Gametime: 3x5 (1FS)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 3:00 1-10 Low Vision (1P)
 3:30 Quirkle Game (1FS)

14
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:00 Bridge (2CR)
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (1A)
 1:00 RummiKub (1FS)
 2:00 Cardio Chair Dancing (1A)
 3:45 Left, Right, Center (1P)
5:00 Piano with Larry Rauch

15
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
 10:00 Craft Time w/ Deb (3AC)
11:00 Women's History Presentation (3T)
 1:00 Chair Volleyball (1A)
 1:00 Gametime: 3x5 (1FS)
 1:30 Mah Jong Game (1P)
 2:00 Balance (1A)
3:30 Coffee-Tea and Pie Social



16
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
11:00 Clothing Swap Setup (1A)
11:15 Cooking with Chef (1P)
1:00 St. Charles Presentation-Constipation (3T)
 1:00 Mexican Train (1FS) 
 2:00 Poker (2B)
1:00-3:00 Clothing Swap (1A)
 6:00 Chess Club (1P)

17
 8:45 Morning Exercise (1A)
 10:00 Rosary (3T)
 10:30 Communion (3T)
 10:30 UPWORD (1FS)
 1:00 Northern Exposure Series (3T)
1:00 Shopping - Costco
 1:00 Gametime: 3x5 (1FS)
3:30 Happy Hour (1A)



18
10:00 Safeway Shopping
10:45 Rides to House of Covenant
12:45 Bingo (1A)
1:00 Shopping Trip-South Stores
 3:00 Pinochle (1FS)
 7:00 Saturday Night Movie (3T)
Murder Mystery—Comedy
1hr 38

19
9:15 Church Rides
 10:00 Community Worship-Zion Lutheran (3T)
 1:30 Bridge Club (1P)
 3:00 Socrates Café (3T)
 7:00 Mexican Train (1FS)

20
 8:45 Morning Exercise (1A)
 10:00 Better Brains Games (3T)
12:00 Jo T. on the Piano (D)
 1:00 Gametime: 3x5 (1FS)
 2:00 Matinee Movie (3T)
 3:00 1-10 Low Vision (1P)
 3:30 Quirkle Game (1FS)
 7:00 Readers Theater (3T)



21
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:00 Bridge (2CR)
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (1A)
 1:00 RummiKub (1FS)
 2:00 Cardio Chair Dancing (1A)
3:00 Resident Meeting (1A)
 3:45 Left, Right, Center (1P)
6:00 Jam Session with The Jammers (1A)

22
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
11:30 American Cuisine-Okawa
Japanese hibachi-style
 1:00 Chair Volleyball (1A)
 1:00 Gametime: 3x5 (1FS)
 1:30 Mah Jong Game (1P)
 2:00 Balance (1A)
3:00 Music with Paul Eddy (1A)
4:00-8:00 Resident Appreciation Dinner-Reservations Only (D)

23
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (1A)
 1:00 Mexican Train (1FS)
 2:00 Cardio Drumming (1A)
 2:00 Poker (2B)
3:00 Watercolors with Bill Lewis (3AC)
 6:00 Chess Club (1P)

24
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
 10:00 Rosary (3T)
 10:30 Communion (3T)
 10:30 UPWORD (1FS)
 11:00 Functional Circuit (1G)
 1:00 Northern Exposure Series (3T)
1:00 Shopping - Costco
 1:00 Gametime: 3x5 (1FS)
 2:00 Balance (1A)
3:30 Happy Hour (1A)


25
10:00 Safeway Shopping
10:45 Rides to House of Covenant
12:45 Bingo (1A)
1:00 Shopping Trip-North Stores
 3:00 Pinochle (1FS)
 7:00 Saturday Night Movie (3T)
The Hateful Eight—Western
2hr 47

26
9:15 Church Rides
 10:00 Community Worship-Zion Lutheran (3T)
 1:30 Bridge Club (1P)
 3:00 Socrates Café (3T)
 7:00 Mexican Train (1FS)

27
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
 10:00 Better Brains Games (3T)
 11:00 Functional Circuit (1G)
12:00 Jo T. on the Piano (D)
 1:00 Gametime: 3x5 (1FS)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 3:00 1-10 Low Vision (1P)
 3:30 Quirkle Game (1FS)

28
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:00 Bridge (2CR)
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (1A)
 1:00 RummiKub (1FS)
 2:00 Cardio Chair Dancing (1A)
 3:45 Left, Right, Center (1P)

29
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
11:30 Ale Trail—Worthy
 1:00 Chair Volleyball (1A)
 1:00 Gametime: 3x5 (1FS)
 1:30 Mah Jong Game (1P)
 2:00 Balance (1A)



30
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (1A)
 1:00 Mexican Train (1FS)
 2:00 Poker (2B)
 2:00 Cardio Drumming (1A)
3:00 Aged To Perfection Celebration(1A)
 6:00 Chess Club (1P)

31
 8:00 Rise and Thrive (1P)
 8:45 Morning Exercise (1A)
10:00 Activities Meeting (1FS)
 10:00 Rosary (3T)
 10:30 Communion (3T)
 10:30 UPWORD (1FS)
 11:00 Functional Circuit (1G)
 1:00 Northern Exposure Series (3T)
1:00 Shopping - Costco
 1:00 Gametime: 3x5 (1FS)
2:30 Live Music-Tumble Weeds
3:30 Happy Hour (1A)

