

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>🔦 Intellectual</p> <p>★ Purposeful</p> <p>🌿 Social</p> <p>🦋 Spiritual</p>	<p>8:00 ★ Hair Salon Services</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Weights Training w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Errand Shuttle [B]</p> <p>3:30 🌿 Happy Hour [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>11:00 Group Crosswords [AR]</p> <p>1:00 🚗 Crafting: Pressed Flower Coasters [AR]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Cocktail Happy Hour [BAR]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Balance & Coordination w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Natomas Area Shopping [B]</p> <p>1:30 🌿 Brain Games [AR]</p> <p>3:30 🌿 Happy Hour- Trivia [BAR]</p> <p>5:30 ★ Hand & Foot [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>1:00 🌿 Balloon Volleyball [AR]</p> <p>1:00 🚗 Independent Living Resident Council Meeting [T]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Live Music: Patrick Maier (New!) [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Resistance Bands w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>2:00 ★ Cards & Quarters [AR]</p> <p>2:00 Succulent Workshop Part 2 [AR]</p> <p>3:00 ★ Assisted Living Council Meeting w/ Janet Walsh [T]</p> <p>3:30 🌿 Happy Hour [BAR]</p>	<p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Chair Yoga [F]</p> <p>11:00 🌿 Dominos [AR]</p> <p>1:00 🌿 Yarn & Thread Club [FR2]</p> <p>3:30 🌿 Happy Hour [BAR]</p>		
<p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Walking Group [L]</p> <p>10:30 🦋 Prayer Service [T]</p> <p>11:00 🦋 Catholic Service [T]</p> <p>1:00 Free Bingo (w/ Prizes) [AR]</p>	<p>8:00 ★ Hair Salon Services</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Weights Training w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Errand Shuttle [B]</p> <p>3:30 🌿 Happy Hour [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>11:00 🚗 Activity Meeting [T]</p> <p>1:00 🚗 Soap Making [AR]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Tea Party [BIS]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Balance & Coordination w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Natomas Area Shopping [B]</p> <p>1:30 🌿 Flower Arranging [BIS]</p> <p>3:30 🌿 Happy Hour- Jeopardy [BAR]</p> <p>5:30 ★ Hand & Foot [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>1:00 🌿 Corn Hole [AR]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Live Music: Songbird Trio (New!) [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Resistance Bands w/ Brittany [F]</p> <p>10:30 🌿 Vitality Smoothies [BIS]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Vic's Ice Cream [B]</p> <p>2:00 ★ Cards & Quarters [AR]</p> <p>3:30 🌿 Happy Hour [BAR]</p>	<p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Chair Yoga [F]</p> <p>11:00 🌿 Dominos [AR]</p> <p>1:00 🌿 Yarn & Thread Club [FR2]</p> <p>3:30 🌿 Happy Hour [BAR]</p>		
<p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Walking Group [L]</p> <p>10:30 🦋 Prayer Service [T]</p> <p>11:00 🦋 Catholic Service [T]</p> <p>1:00 Free Bingo (w/ Prizes) [AR]</p>	<p>8:00 ★ Hair Salon Services</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Weights Training w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Errand Shuttle [B]</p> <p>3:30 🌿 Happy Hour [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>10:30 🚗 Art Workshop with Matthew [AR]</p> <p>11:00 Group Crosswords [AR]</p> <p>1:00 🚗 Food for Thought w/ Chef Kenneth [T]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Juggling Show [BAR]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Balance & Coordination w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Natomas Area Shopping [B]</p> <p>1:30 🌿 Brain Games [AR]</p> <p>3:30 🌿 Happy Hour- Trivia [BAR]</p> <p>5:30 ★ Hand & Foot [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>1:00 🌿 Bowling [AR]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Live Music: Mike Ely [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Resistance Bands w/ Brittany [F]</p> <p>10:30 🌿 Vitality Smoothies [BIS]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>3:00 🚗 Father's Day Casino Night</p>	<p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Chair Yoga [F]</p> <p>11:00 🌿 Dominos [AR]</p> <p>1:00 🌿 Yarn & Thread Club [FR2]</p> <p>3:30 🌿 Happy Hour [BAR]</p>		
<p>Father's Day</p> <p>Summer Solstice</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Walking Group [L]</p> <p>10:30 🦋 Prayer Service [T]</p> <p>11:00 🦋 Catholic Service [T]</p> <p>1:00 🦋 Protestant Services [T]</p>	<p>National Rainforest Day</p> <p>8:00 ★ Hair Salon Services</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Weights Training w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Errand Shuttle [B]</p> <p>1:00 🚗 Rainforest Experience & Documentary [T]</p> <p>3:30 🌿 Happy Hour [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>National Insect Week</p> <p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>11:00 🌿 Gardening</p> <p>1:00 🌿 Butterfly Crafts [AR]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 Happy Hour</p> <p>3:30 🌿 New Resident Mixer [AR]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Balance & Coordination w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Natomas Area Shopping [B]</p> <p>1:30 🌿 Flower Arranging [BIS]</p> <p>3:30 🌿 Happy Hour- Jeopardy [BAR]</p> <p>5:30 ★ Hand & Foot [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>1:00 🌿 Ring Toss [AR]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Happy Hour-Entertainment [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Resistance Bands w/ Brittany [F]</p> <p>10:30 🌿 Vitality Smoothies [BIS]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Stanford Mansion [B]</p> <p>2:00 ★ Cards & Quarters [AR]</p> <p>3:30 🌿 Happy Hour [BAR]</p>	<p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Chair Yoga [F]</p> <p>11:00 🌿 Dominos [AR]</p> <p>1:00 🌿 Yarn & Thread Club [FR2]</p> <p>3:30 🌿 Happy Hour [BAR]</p>		
<p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Walking Group [L]</p> <p>10:30 🦋 Prayer Service [T]</p> <p>11:00 🦋 Catholic Service [T]</p> <p>1:00 Free Bingo (w/ Prizes) [AR]</p>	<p>8:00 ★ Hair Salon Services</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Weights Training w/ Brittany [F]</p> <p>11:00 🦋 Mahjong [AR]</p> <p>1:00 🚗 Errand Shuttle [B]</p> <p>3:30 🌿 Happy Hour [BAR]</p> <p>5:30 🌿 Bridge [AR]</p>	<p>9:00 ★ Medical Shuttle Rides [B]</p> <p>9:00 🌿 Rummikub [AR]</p> <p>9:15 Daily Chronicle and Conversation</p> <p>10:00 Exercise- Power for Parkinson's [F]</p> <p>11:00 Group Crosswords [AR]</p> <p>1:00 🚗 Paint Pouring [AR]</p> <p>2:00 🌿 Quarter Bingo [AR]</p> <p>3:30 🌿 Birthday Celebration w/ Midtown Jazz [BAR]</p>					<p>Location Keys</p> <p>Activities Room AR</p> <p>Bar BAR</p> <p>Bistro BIS</p> <p>Community Shuttle B</p> <p>Family Room 2 (Upper Level) FR2</p> <p>Fitness Room F</p> <p>Lobby L</p> <p>Theater T</p>	