


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	9325 E STOCKTON BLVD ELK GROVE, California 95624 916-714-3755	<div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div> <div><div>Reading to our Residents</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>9:30 <div>SS</div> Going to Church [AR]</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>10:30 <div>LL</div> Spa and Beauty Time (nails and hair) [AR]</div><div>3:00 <div>PE</div> Bingo [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>CE</div> Classic Game Shows (YouTube) - Choose 1 of the episodes</div><div>6:00 Free time residents choice</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>AE</div> Gardening w/Angie [AR]</div><div>3:00 <div>PE</div> Noodle Balloon Volleyball [AR]</div><div>4:00 <div>LL</div> Daily Confirmations [AR]</div><div>5:30 <div>LL</div> TV Show - Residents' Pick</div><div>6:30 Bowling with big pins</div></div> <div><div>Bread Baking Day</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>10:30 <div>AE</div> Making Things Interesting w/ Matthew [AR]</div><div>11:00 <div>PE</div> Outdoor Walk [DR]</div><div>2:00 <div>LL</div> Happy Hour w/Trumpet & Vocalist Nat B. [AR]</div><div>3:00 <div>PE</div> Card Games [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>LL</div> Bingo [AR]</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>SS</div> Reading to our Residents [AR]</div><div>11:00 <div>AE</div> Arts and Crafts [AR]</div><div>1:30 <div>PE</div> Parachute Game [AR]</div><div>4:00 <div>PE</div> Reminiscing [AR]</div><div>5:30 <div>LL</div> TV Show - Crystal's Choice [AR]</div></div>	<div><div>Daylight Saving Time Begins</div><div>9:00 <div>SS</div> Spiritual Eldercare on Youtube</div><div>10:00 <div>SS</div> Sunday Meditation</div><div>11:00 <div>SS</div> Church Talk [AR]</div><div>1:30 <div>SS</div> Church Service - Ofelia Catholic Church [AR]</div><div>3:00 <div>CE</div> Card Games [AR]</div><div>6:30 <div>LL</div> Classic Movie - Crystal's Choice</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>2:00 Taste and Tell with our Chef Zack [AR]</div><div>3:00 <div>PE</div> Bean Bag Toss [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/Dance Party (You Tube) [AR]</div><div>5:30 <div>AE</div> Coloring Art Work</div><div>6:30 Tear up art</div></div> <div><div>Election Day</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>11:00 <div>AE</div> Arts and Crafts [AR]</div><div>2:00 <div>LL</div> Draw a Pumpkin (Hangman) [CY]</div><div>3:00 <div>PE</div> Chair Basketball [AR]</div><div>4:00 <div>AE</div> Puzzles and More Time</div><div>6:30 <div>LL</div> Comical Movie - Crystal's Choice [AR]</div></div> <div><div>Reading to our Residents</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>9:30 <div>SS</div> Going to Church [AR]</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>10:30 <div>LL</div> Spa and Beauty Time (nails and hair) [AR]</div><div>3:00 <div>PE</div> Bingo [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>CE</div> Classic Game Shows (YouTube) - Choose 1 of the episodes</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>AE</div> Gardening w/Angie [AR]</div><div>3:00 <div>PE</div> Noodle Balloon Volleyball [AR]</div><div>4:00 <div>LL</div> Daily Confirmations [AR]</div><div>5:30 <div>LL</div> TV Show - Residents' Pick</div><div>6:00 Crystal's Choice</div></div> <div><div>Bread Baking Day</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>11:00 <div>PE</div> Outdoor Walk [DR]</div><div>2:00 <div>LL</div> Happy Hour w/Vocalist LaDeana Newhall [B]</div><div>3:00 <div>PE</div> Card Games [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>LL</div> Bingo [AR]</div></div> <div><div>Veterans Day</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>SS</div> Reading to our Residents - Veteran's Stories [AR]</div><div>11:00 Veteran's Day - Word Puzzles [AR]</div><div>1:30 <div>PE</div> Parachute Game [AR]</div><div>4:00 <div>PE</div> Reminiscing [AR]</div><div>5:30 <div>LL</div> TV Show - Crystal's Choice [AR]</div></div>	<div><div>9:00 <div>SS</div> Spiritual Eldercare on Youtube</div><div>10:00 <div>SS</div> Sunday Meditation</div><div>11:00 <div>SS</div> Church Talk [AR]</div><div>1:30 <div>SS</div> Church Service - Ofelia Catholic Church [AR]</div><div>3:00 <div>CE</div> Card Games [AR]</div><div>6:30 <div>LL</div> Classic Movie - Crystal's Choice</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>2:00 <div>CE</div> Riddle Me This! (White Board) [AR]</div><div>3:00 <div>PE</div> Bean Bag Toss [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/Dance Party (You Tube) [AR]</div><div>5:30 <div>AE</div> Coloring Art Work</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>CC</div> Visit With Therapy Dog "Micah" [AR]</div><div>11:00 <div>AE</div> Arts and Crafts [AR]</div><div>2:00 <div>LL</div> Draw a Pumpkin (Hangman) [CY]</div><div>3:00 <div>PE</div> Chair Basketball [AR]</div><div>4:00 <div>AE</div> Puzzles and More Time</div><div>6:30 <div>LL</div> Comical Movie - Crystal's Choice [AR]</div></div> <div><div>Reading to our Residents</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>9:30 <div>SS</div> Going to Church [AR]</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>10:30 <div>LL</div> Spa and Beauty Time (nails and hair) [AR]</div><div>3:00 <div>PE</div> Bingo [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>CE</div> Classic Game Shows (YouTube) - Choose 1 of the episodes</div></div> <div><div>Thanksgiving Party</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>AE</div> Gardening w/Angie [AR]</div><div>3:00 <div>PE</div> Noodle Balloon Volleyball [AR]</div><div>4:00 <div>LL</div> Daily Confirmations [AR]</div><div>5:30 <div>LL</div> TV Show - Residents' Pick</div></div> <div><div>Bread Baking Day</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>11:00 <div>PE</div> Outdoor Walk [DR]</div><div>2:00 Happy Hour w/Gary Mendoza [B]</div><div>3:00 <div>PE</div> Card Games [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>LL</div> Bingo [AR]</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>SS</div> Reading to our Residents [AR]</div><div>11:00 <div>AE</div> Arts and Crafts [AR]</div><div>1:30 <div>PE</div> Parachute Game [AR]</div><div>4:00 <div>PE</div> Reminiscing [AR]</div><div>5:30 <div>LL</div> TV Show - Crystal's Choice [AR]</div></div>	<div><div>9:00 <div>SS</div> Spiritual Eldercare on Youtube</div><div>10:00 <div>SS</div> Sunday Meditation</div><div>11:00 <div>SS</div> Church Talk [AR]</div><div>1:30 <div>SS</div> Church Service - Ofelia Catholic Church [AR]</div><div>3:00 <div>CE</div> Card Games [AR]</div><div>6:30 <div>LL</div> Classic Movie - Crystal's Choice</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>3:00 <div>PE</div> Bean Bag Toss [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/Dance Party (You Tube) [AR]</div><div>5:30 <div>AE</div> Coloring Art Work</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>11:00 <div>AE</div> Arts and Crafts [AR]</div><div>2:00 Taste and Tell with our Chef Zack [AR]</div><div>3:00 <div>PE</div> Chair Basketball [AR]</div><div>4:00 <div>AE</div> Puzzles and More Time</div><div>6:30 <div>LL</div> Comical Movie - Crystal's Choice [AR]</div></div> <div><div>Reading to our Residents</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>9:30 <div>SS</div> Going to Church [AR]</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>10:30 <div>LL</div> Spa and Beauty Time (nails and hair) [AR]</div><div>2:00 <div>AE</div> Taste and Tell w/our Chef! [AR]</div><div>3:00 <div>PE</div> Bingo [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>CE</div> Classic Game Shows (YouTube) - Choose 1 of the episodes</div></div> <div><div>Thanksgiving</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>AE</div> Gardening w/Angie [AR]</div><div>3:00 <div>PE</div> Noodle Balloon Volleyball [AR]</div><div>4:00 <div>LL</div> Daily Confirmations [AR]</div><div>5:30 <div>LL</div> TV Show - Residents' Pick</div></div> <div><div>Bread Baking Day</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>11:00 <div>PE</div> Outdoor Walk [DR]</div><div>2:00 <div>LL</div> Happy Hour - Magic Show w/ Charlie Fess [B]</div><div>3:00 <div>PE</div> Card Games [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>LL</div> Bingo [AR]</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>SS</div> Reading to our Residents [AR]</div><div>11:00 <div>AE</div> Arts and Crafts [AR]</div><div>1:30 <div>PE</div> Parachute Game [AR]</div><div>4:00 <div>PE</div> Reminiscing [AR]</div><div>5:30 <div>LL</div> TV Show - Crystal's Choice [AR]</div></div>	<div><div>9:00 <div>SS</div> Spiritual Eldercare on Youtube</div><div>10:00 <div>SS</div> Sunday Meditation</div><div>11:00 <div>SS</div> Church Talk [AR]</div><div>1:30 <div>SS</div> Church Service - Ofelia Catholic Church [AR]</div><div>3:00 <div>CE</div> Card Games [AR]</div><div>6:30 <div>LL</div> Classic Movie - Crystal's Choice</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>2:00 <div>CE</div> Riddle Me This! (White Board) [AR]</div><div>3:00 <div>PE</div> Bean Bag Toss [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/Dance Party (You Tube) [AR]</div><div>5:30 <div>AE</div> Coloring Art Work</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>CC</div> Visit With Therapy Dog "Micah" [AR]</div><div>11:00 <div>AE</div> Arts and Crafts [AR]</div><div>2:00 <div>LL</div> Draw a Pumpkin (Hangman) [CY]</div><div>3:00 <div>PE</div> Chair Basketball [AR]</div><div>4:00 <div>AE</div> Puzzles and More Time</div><div>6:30 <div>LL</div> Comical Movie - Crystal's Choice [AR]</div></div> <div><div>Reading to our Residents</div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>9:30 <div>SS</div> Going to Church [AR]</div><div>10:00 <div>PE</div> Pumpkin Spice Squad (Exercise) [AR]</div><div>10:30 <div>LL</div> Spa and Beauty Time (nails and hair) [AR]</div><div>3:00 <div>PE</div> Bingo [AR]</div><div>4:00 <div>LL</div> Oldies but Goodies Sing-along/ Dance Party (You Tube) [AR]</div><div>5:30 <div>CE</div> Classic Game Shows (YouTube) - Choose 1 of the episodes</div></div> <div><div>9:00 <div>LL</div> Daily Chronicles & Trivia</div><div>10:00 <div>PE</div> Autumn Allstars (Exercise) [AR]</div><div>10:30 <div>AE</div> Gardening w/Angie [AR]</div><div>3:00 <div>PE</div> Noodle Balloon Volleyball [AR]</div><div>4:00 <div>LL</div> Daily Confirmations [AR]</div><div>5:30 <div>LL</div> TV Show - Residents' Pick</div></div> <div><div>Healthy Snacks & Hydration offered throughout each day!</div></div> <div><div>Activity Room</div><div>Bistro</div><div>Courtyard</div><div>Dining Room</div></div> <div><div>AR</div><div>B</div><div>CY</div><div>DR</div></div>