


Independent/Assisted Living Calendar October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Dining Room3 (DR) Gym 2nd Floor (G2F) Porte Cochere (PC) Private Dining Room (VLR) Theatre (T) Vibrant Life Room (VLR)	ACTIVITY LEGEND 📍 Be Adventurous 🏃 Be Challenged 🤝 Be Connected 🍷 Be Family ✨ Be Inspired 🦋 Be Social 🍷 Be Well			National Homemade Cookies Day 1 9:00 🍷 Independent Circuit Training (G2F) 2:30 ✨ Salutations With Sally (VLR)	9:00 🍷 Independent Circuit Training (G2F) 2 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC)
9:00 🍷 Independent Circuit Training (G2F) 3 11:40 🍷 Catholic Communion Service (VLR) 2:00 🏃 Basic Electron Assistance (DR) 2:30 ✨ Christian Fellowship Service (VLR) 4:00 🍷 Sipping Sunday (VLR)	9:00 📍 Dr. Appointments /shopping- Sonora (PC) 4 9:00 🍷 Independent Circuit Training (G2F) 1:00 🍷 Food for Thought (T) 1:30 📍 Dr. Appointments/Shopping - Angels Camp (PC) 1:30 ✨ Chair Yoga w/ June Perry (VLR) 2:30 🏃 Quarter Bingo (VLR)	9:00 📍 Dr. Appointments/Shopping - Angels Camp (PC) 5 9:00 🍷 Independent Circuit Training (G2F) 10:15 🍷 Sit N Fit (PC) 11:30 🍷 Wacky Walkers (PC) 2:00 🏃 Bean Bag Games (VLR) 3:30 🍷 Giant Crossword (T)	9:00 🍷 Dr. Appointments - San Andreas (PC) 6 9:00 🍷 Independent Circuit Training (G2F) 10:30 ✨ Tai Chi (VLR) 2:00 🍷 Inspire Workshop (VLR) 3:00 🏃 Quarter Pokeno (VLR)	National Chocolate Covered Pretzel Day 7 9:00 🍷 Independent Circuit Training (G2F) 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC) 2:30 🏃 Quarter Bingo (VLR) 4:00 🦋 Thirsty Thursday (VLR)	9:00 🍷 Independent Circuit Training (G2F) 8 2:30 ✨ Salutations With Sally (VLR)	9:00 🍷 Independent Circuit Training (G2F) 9 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC)
9:00 🍷 Independent Circuit Training (G2F) 10 11:40 🍷 Catholic Communion Service (VLR) 2:00 🏃 Basic Electron Assistance (DR) 2:30 ✨ Christian Fellowship Service (VLR) 4:00 🍷 Sipping Sunday (VLR)	National Sausage Pizza Day 11 9:00 📍 Dr. Appointments /shopping- Sonora (PC) 9:00 🍷 Independent Circuit Training (G2F) 1:30 📍 Dr. Appointments/Shopping - Angels Camp (PC) 2:30 🏃 Quarter Bingo (VLR)	Happy Birthday Frances Easley 12 9:00 📍 Dr. Appointments/Shopping - Angels Camp (PC) 9:00 🍷 Independent Circuit Training (G2F) 9:00 🍷 Therapy Dogs Visiting (PC) 10:15 🍷 Sit N Fit (PC) 11:30 🍷 Wacky Walkers (PC) 1:00 🍷 Murphy's -Bus/Appointments (PC) 2:00 🏃 Bean Bag Games (VLR) 3:30 🍷 Giant Crossword (T)	9:00 🍷 Independent Circuit Training (G2F) 13 10:00 📍 Picnic at the "Amador Flower Farm / Pumpkin Patch" (PC) 10:30 ✨ Tai Chi (VLR) 2:00 🍷 Inspire Workshop (VLR) 3:00 🏃 Quarter Pokeno (VLR)	9:00 🍷 Independent Circuit Training (G2F) 14 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC) 2:30 🏃 Quarter Bingo (VLR) 4:00 🦋 Thirsty Thursday (VLR)	National "I Love Lucy Day" 15 9:00 🍷 Independent Circuit Training (G2F) 10:00 🍷 Hearing Life- Formerly AccuQuest Hearing Aid Service (VLR) 2:30 ✨ Salutations With Sally (VLR)	Happy Birthday Trish DeNatie 16 9:00 🍷 Independent Circuit Training (G2F) 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC)
9:00 🍷 Independent Circuit Training (G2F) 17 11:40 🍷 Catholic Communion Service (VLR) 2:00 🏃 Basic Electron Assistance (DR) 2:30 ✨ Christian Fellowship Service (VLR) 4:00 🍷 Sipping Sunday (VLR)	9:00 📍 Dr. Appointments /shopping- Sonora (PC) 18 9:00 🍷 Independent Circuit Training (G2F) 1:30 📍 Dr. Appointments/Shopping - Angels Camp (PC) 1:30 ✨ Chair Yoga w/ June Perry (VLR) 2:30 🏃 Quarter Bingo (VLR)	9:00 📍 Dr. Appointments/Shopping - Angels Camp (PC) 19 9:00 🍷 Independent Circuit Training (G2F) 10:15 🍷 Sit N Fit (PC) 11:30 🍷 Wacky Walkers (PC) 2:00 🏃 Bean Bag Games (VLR) 3:30 🍷 Giant Crossword (T)	National Chicken and Waffles Day 20 9:00 🍷 Dr. Appointments - San Andreas (PC) 9:00 🍷 Independent Circuit Training (G2F) 10:30 ✨ Tai Chi (VLR) 2:00 🍷 Inspire Workshop (VLR) 3:00 🏃 Quarter Pokeno (VLR)	9:00 🍷 Independent Circuit Training (G2F) 21 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC) 1:30 🍷 All Residents Community Meeting (VLR) 2:30 🏃 Quarter Bingo (VLR) 4:00 🦋 Thirsty Thursday (VLR)	9:00 🍷 Independent Circuit Training (G2F) 22 2:30 ✨ Salutations With Sally (VLR)	9:00 🍷 Independent Circuit Training (G2F) 23 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC)
9:00 🍷 Independent Circuit Training (G2F) 24 11:40 🍷 Catholic Communion Service (VLR) 2:00 🏃 Basic Electron Assistance (DR) 2:30 ✨ Christian Fellowship Service (VLR) 4:00 🍷 Sipping Sunday (VLR)	9:00 📍 Dr. Appointments /shopping- Sonora (PC) 25 9:00 🍷 Independent Circuit Training (G2F) 1:30 ✨ Chair Yoga (VLR) 1:30 📍 Dr. Appointments/Shopping - Angels Camp (PC) 2:30 🏃 Quarter Bingo (VLR)	World Series 2021 Game # 1 26 9:00 📍 Dr. Appointments/Shopping - Angels Camp (PC) 9:00 🍷 Independent Circuit Training (G2F) 9:50 🍷 Therapy Dogs Visiting (PC) 10:15 🍷 Sit N Fit (PC) 11:30 🍷 Wacky Walkers (PC) 1:00 ✨ Murphys Appointments (PC) 2:00 🏃 Bean Bag Games (VLR) 3:30 🍷 Giant Crossword (T)	9:00 🍷 Independent Circuit Training (G2F) 27 10:00 📍 Gamble @ Jackson Rancheria (PC) 10:30 ✨ Tai Chi (VLR) 2:00 🍷 Inspire Workshop (VLR) 3:00 🏃 Quarter Pokeno (VLR)	9:00 🍷 Independent Circuit Training (G2F) 28 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC) 12:00 🦋 Resident Birthday Celebration Lunch (DR) 2:30 🏃 Quarter Bingo (VLR) 4:00 🦋 Thirsty Thursday (VLR)	9:00 🍷 Independent Circuit Training (G2F) 29 2:30 ✨ Salutations With Sally (VLR)	9:00 🍷 Independent Circuit Training (G2F) 30 10:15 🍷 Sit N Fit (PC) 11:30 🍷 "Wacky Walkers" (PC)
Happy Halloween 31 9:00 🍷 Independent Circuit Training (G2F) 11:40 🍷 Catholic Communion Service (VLR) 2:00 🏃 Basic Electron Assistance (DR) 2:30 ✨ Christian Fellowship Service (VLR) 4:00 🍷 Sipping Sunday (VLR)						