

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Group Walking 10:15 Exercise 1:30 Pinochle In The Lobby 2:00 Trip To Bank 3:00 Baking Cookies In The Lobby 6:30 Movie Night In Rec Room "The Soloist"	2 8:45 Trip To Safeway 9:30 Catholic Communion 10:15 Exercise 10:45 Trip To 99 Cent Store 2:00 Trip To Trader Joe's 3:00 Watermelon On Patio Wear Your Favorite Team Colors For Sports Day	3 9:30 Group Walking 10:15 Exercise On The 6th Floor 10:45 Current Events 1:30 Bingo In The Rec Room 3:00 Room Visits	4 10:00 Trip To State Fair 10:15 Exercise 10:45 Current Events 1:15 Pokeno In The Rec Room 2:15 Ice Cream Sundae And Social In The Lobby	5 10:15 Exercise 10:45 Current Events 1:30 Card Games In The Lobby 3:00 Pigs-N-A Blanket
		6 9:15 Trip To Pioneer Congregational Church 1:30 Bridge Game In Rec Room 6:30 Religious Service By Elk Grove Congregational Church In The Rec Room	7 10:15 Exercise On 6th Floor 10:45 Current Events 1:30 Pokeno 3:00 Movie In The Rec Room	8 9:30 Group Walking 10:15 Exercise 1:30 Pinochle In The Lobby 2:00 Trip To Bank 3:00 Happy Hour In The Lobby 6:30 Movie Night In Rec Room "Labor Pains"	9 8:45 Trip To Raley's 9:30 Catholic Communion 10:15 Exercise 10:30 Trip To The Zoo 11:30 Trip To Westminster Church For Live Music 2:00 Trip To Super Walmart 3:00 Baking Cookies In The Lobby	10 9:30 Group Walking 10:15 Exercise On The 6th Floor 10:45 Current Events 1:30 Bingo In The Rec Room 3:00 Milkshake Time In The Lobby
13 9:30 Grandparents Brunch In Dining Room 9:45 Trip To First Christian Church 6:30 Religious Service By Trinity Episcopal Cathedral Church In The Rec Room	14 10:15 Exercise 10:45 Current Events 1:30 Pokeno 3:15 Tai Chi Exercise Class By Mamie Woo In The Rec Room 4:00 Room Visits	15 9:30 Group Walking 10:15 Exercise 1:30 Pinochle In The Lobby 2:00 Trip To Bank 3:00 Birthday Party In The Lobby 3:00 Presbyterian Communion On 6th Floor 6:30 Movie Night In Rec Room "I Love You Man"	16 8:45 Trip To Bel-Air Market 9:30 Catholic Communion 10:15 Exercise 10:30 Bookmobile 10:45 Trip To Red Lobster 11:30 Trip To Westminster Church For Live Music 2:00 Trip To Trader Joe's	17 9:30 Group Walking 10:15 Exercise On The 6th Floor 10:45 Current Events 1:30 Bingo In The Rec Room	18 10:15 Exercise 10:45 Current Events 1:15 Pokeno In The Rec Room 2:15 Ice Cream Sundae And Social In The Lobby	19 10:15 Exercise On The 6th Floor 10:45 Current Events 2:30 Tea Time 3:00 Piano Music By Hisayo On 6th Floor
20 10:15 Trip To Blessed Sacrament Church 1:30 Wii Bowling In Rec Room With Circle K Sac State Students 6:30 Religious Service By First Christian Church In The Rec Room	21 10:15 Exercise 10:45 Current Events 1:30 Pokeno 3:15 Tai Chi Exercise Class By Mamie Woo In The Rec Room 3:45 Come Have Watermelon On The Patio	22 9:30 Group Walking 10:15 Exercise 1:30 Pinochle In The Lobby 2:00 Trip To Bank 3:00 Root Beer Floats In The Lobby 6:30 Movie Night In Rec Room "Slumdog Millionaire"	23 8:45 Trip To Save Mart 9:30 Catholic Communion 10:45 Trip To Walgreen's 11:30 Trip To Westminster Church For Live Music 1:30 Trip To Thunder Valley Casino	24 9:30 Group Walking 10:15 Exercise On The 6th Floor 10:45 Current Events 1:30 Bingo In The Rec Room 3:00 Baking Cookies In The Lobby	25 10:15 Exercise 10:45 Current Events 1:15 Pokeno In Rec Room 2:15 Ice Cream Sundae And Social In The Lobby 2:30 Trip To Asian Food Center 7:00 Western Day And Dance In Dining Room	26 10:15 Exercise On The 6th Floor 10:45 Current Events 2:30 Root Beer Floats 3:00 Sing A Long With Gene Haten On The 6th Floor
27 10:15 Trip To Faith United Methodist Church 1:30 Bridge Game In The Rec Room 6:30 Religious Service By Trinity Episcopal Cathedral Church In The Rec Room	28 10:15 Exercise 1:30 Pokeno 3:15 Tai Chi Exercise Class By Mamie Woo In The Rec Room	29 9:30 Group Walking 10:15 Exercise 1:30 Pinochle In Lobby 2:00 Trip To Bank 6:30 Movie Night In Rec Room "Seven Pounds"	30 8:45 Trip To Safeway 9:30 Catholic Communion 10:15 Exercise 10:45 Trip To McClellan Aviation Museum 11:30 Trip To Westminster Church For Live Music 2:00 Trip To Wal-Mart	<h1 style="color: red; font-family: cursive;">Sample Activities</h1> <h2 style="color: red; font-family: cursive;">Calendar</h2>		