

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March cont'd 31
7:00 Breakfast 7am-9am [DR]
8:15 Depart for Peace Lutheran Church (Drop off only) [L]
8:15 Depart for River Park Bible Church [L]
8:15 Depart for Woodward Park Church of Christ [L]
9:00 Depart for Peoples Church [L]
9:10 Depart for College Community Church Mennonite Brethren [L]
9:15 Catholic Church Service [LR]
9:15 Pokeno [LB]
9:55 Depart for Westminster Presbyterian Church [L]
10:30 Protestant Church Service [LR]
11:00 Lunch 11am-1pm [DR]
12:15 Special Outing: Depart for Roger Rockas "Hairspray" [L]
1:00 Jig Saw Puzzle [GR]
1:30 Movie Time: T.V. Show "Heartland" [LR]
2:00 Canasta and Pinochle [LB]
2:00 Private Meeting [TS]
3:00 Scrabble [MR]
3:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]



- Active
Community
Creative
Dimensional
Energy
Environmental
Nourishing

- Location Keys
Computer Room
Dining Room
Fitness Center
Game Room
Library
Living Room
Lobby
Media Room
The Studio
CR
DR
FC
GR
LB
LR
L
MR
TS

Medical Transportation 8:30am-12:30pm 1
7:00 Breakfast 7am-9am [DR]
9:30 Bible Study (AL) [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Gold Note Mixer (Join our Song: Introducing Gold Note Program) Learn about resident referrals and how to join our Gold Note Club. We will honor our inaugural members as well as those who have referred in the past. Enjoy house-made cinnamon rolls and coffee [LR]
10:30 IN-TUNE FITNESS: Ping Pong [FC]
11:00 Lunch 11am-1pm [DR]
1:00 Bingo [LR]
2:00 ARIA ARTS PROGRAM: Color Me Calm (A relaxation coloring group) [TS]
2:00 Canasta [LB]
2:00 Depart for Herndon and Cedar Shopping, Please arrive 15 minutes early [L]
3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 CRAFT NIGHT: St. Patrick's Day Decoration [LR]
7:30 Movie Time: "The Hundred Foot Journey" [LR]

2
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
10:00 Special Outing: Depart for Beverly Gray's Remembrance (See Sign-up book in mail room if interested) [L]
10:15 Muffins and Mimosas will be held next week on Monday, March 9th at 10:15am [LR]
10:30 IN-TUNE FITNESS: Wii Bowling (AL) (CANCELLED DUE TO SPECIAL OUTING) [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Broccoli For The Brain Answers (AL) [MR]
2:00 Book Club Meeting [CR]
2:00 Canasta [LB]
2:00 IN-TUNE FITNESS: Wii Games (AL) [LR]
3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
7:00 Movie Time: "Billy Elliot" [LR]

3
7:00 Breakfast 7am-9am [DR]
8:15 Depart for Peace Lutheran Church (Drop off only) [L]
8:15 Depart for River Park Bible Church [L]
8:15 Depart for Woodward Park Church of Christ [L]
9:00 Depart for Peoples Church [L]
9:10 Depart for College Community Church Mennonite Brethren [L]
9:15 Catholic Church Service [LR]
9:15 Pokeno [LB]
9:55 Depart for Westminster Presbyterian Church [L]
10:30 Protestant Church Service [LR]
11:00 Lunch 11am-1pm [DR]
12:45 Special Outing: Depart for The Golden Chain Theatre "Clue!" [L]
1:00 Jig Saw Puzzle [GR]
1:30 Movie Time: T.V. Show "Heartland" [LR]
2:00 Canasta and Pinochle [LB]
2:00 Private Meeting [TS]
3:00 Scrabble [MR]
3:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]

4
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking the neighborhood for 1 to 2-mile distances) [L]
9:00 Men's Fellowship [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Food Forum [LR]
10:00 Hangman [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Bananagrams [TS]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:15 CADECENCE CHOIR: The Windham Choir Practice (Join our local Clovis High School Students in singing songs, like "Over The Rainbow", "Edelweiss", "When You Wish Upon A Star", "Think of Me", and more.) [LR]
1:30 Scattergories [TS]
2:30 Around the World with Debora Lee Travelers Class [LR]
2:30 Mending Clean Clothes with Marlene White (Drop Offs Mondays at 2:30pm in the Studio) [TS]
2:30 Pinochle Card Game [CR]
4:00 Dinner 4pm-6:30pm [DR]

5
Medical Transportation 8:30am-12:30pm
6:00 2019 Clovis Municipal Elections from 7am till 8pm [LR]
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
10:30 Nintendo Wii Bowling [FC]
11:00 Lunch 11am-1pm [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:30 Bingo (AL) [DR]
1:30 Movie Time: T.V. Show "Heartland" season 1, episode 2 [LR]
2:00 Depart for Willow and Nees, please arrive 15 minutes early. [L]
2:00 Phase 10 Card Game [LB]
3:00 IN-TUNE FITNESS: Ping Pong [FC]
4:00 Dinner 4pm-6:30pm [DR]
4:00 Mardi Grass Fat Tuesday Dinner Celebration from 4:00pm till 6:30pm [DR]
6:00 (CANCELLED)Bingo Night [FC]
6:15 Mexican Train Dominoes [LB]
7:30 Movie Time: (Cancelled Due to Voting) [LR]

6
Medical Transportation 8:30am-10:30am
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking around the Windham property for a distance of 1/4 a mile to 1 mile in distance.) [L]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
9:30 Podiatrist Visit by Dr. Carl E. Christenson from 9:30am till 11:30am, first come first serve order from when you show up. You must be on the sign up sheet, bring a copy of your ID and Health Insurance to be seen (INDEPENDENT RESIDENTS ONLY) [TS]
10:00 Bridge 101 with Ken Heald: Refresher Course [FC]
10:00 Words of Life Bible Time [LB]
10:30 Computer and Cellphone Assistance [CR]
11:00 Lunch 11am-1pm [DR]
11:15 Lunch Outing: Depart for Antonio's Mexican Restaurant [L]
1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]
1:00 Blackjack (AL) [LB]
1:00 Mending Clean Clothes with Marlene White (Pick-up/Take Home) [TS]
2:00 Canasta [LB]

7
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]
11:00 Lunch 11am-1pm [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:30 Bingo (AL) [DR]
3:00 BACKSTAGE AT CADECENCE: Happy Hour with the Bob Nichols Band (IL & AL) [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [LR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]

8
Medical Transportation 8:30am-12:30pm
7:00 Breakfast 7am-9am [DR]
9:30 Bible Study (AL) [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:30 IN-TUNE FITNESS: Ping Pong [FC]
11:00 Low Vision Luncheon [DR]
11:00 Lunch 11am-1pm [DR]
12:00 Low Vision Meeting [LR]
1:00 Bingo [LR]
2:00 Canasta [LB]
2:00 Color Me Calm: A relaxation coloring group [L]
2:00 Depart to Riverpark and Villagio Shopping Center, Please Arrive 15 Minutes Early [L]
3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Friday Night Fun with Shay [LR]
7:30 Movie Time: Vote in Person to Pick a Movie [LR]

9
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
10:15 Muffins and Mimosas (AL) [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Broccoli For The Brain Answers (AL) [MR]
1:30 IN-TUNE FITNESS: Wii Games (AL) [LR]
2:00 Canasta [LB]
3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]

Daylight Saving Time Begins
10
7:00 Breakfast 7am-9am [DR]
8:15 Depart for Peace Lutheran Church (Drop off only) [L]
8:15 Depart for River Park Bible Church [L]
8:15 Depart for Woodward Park Church of Christ [L]
9:00 Depart for Peoples Church [L]
9:10 Depart for College Community Church Mennonite Brethren [L]
9:15 Catholic Church Service [LR]
9:15 Pokeno [LB]
9:55 Depart for Westminster Presbyterian Church [L]
10:30 Protestant Church Service [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Depart to Fashion Fair Mall [L]
1:00 Jig Saw Puzzle [GR]
1:30 Movie Time: T.V. Show "Heartland" [LR]
2:00 Canasta and Pinochle [LB]
2:00 Private Meeting [TS]
3:00 Scrabble [MR]
3:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
7:00 Movie Time: "The Incredibles 2" [LR]

11
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking the neighborhood for 1 to 2-mile distances) [L]
9:00 Men's Fellowship [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Hangman [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Bananagrams [TS]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:15 CADECENCE CHOIR: The Windham Choir Practice (Join our local Clovis High School Students in singing songs, like "Over The Rainbow", "Edelweiss", "When You Wish Upon A Star", "Think of Me", and more.) [LR]
1:30 Scattergories [TS]
2:30 Around the World with Debora Lee Travelers Class [LR]
2:30 Mending Clean Clothes with Marlene White (Drop Offs Mondays at 2:30pm in the Studio) [TS]
2:30 Pinochle Card Game [CR]
3:00 Trips and Tours Activity Forum [GR]
4:00 Dinner 4pm-6:30pm [DR]

12
Medical Transportation 8:30am-12:30pm
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]
11:00 Lunch 11am-1pm [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:30 Bingo (AL) [DR]
1:30 Movie Time: T.V. Show "Heartland" season 1, episode 2 [LR]
2:00 Depart for Walmart Shopping, Please Arrive 15 minutes early [L]
2:00 Rummy Card Game [LB]
2:30 Living Trust Educational Seminar presented by Lisa Bennett The Law Offices of Philip M. Flanagan [LR]
3:00 IN-TUNE FITNESS: Ping Pong [FC]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Bingo Night [LR]
6:15 Mexican Train Dominoes [LB]
7:30 Movie Time: "The Dark Knight" [LR]

13
Medical Transportation 8:30am-10:30am
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking around the Windham property for a distance of 1/4 a mile to 1 mile in distance.) [L]
9:00 Pop Up Library by the Local Fresno Library [L]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Bridge 101 with Ken Heald: Refresher Course [FC]
10:00 Words of Life Bible Time [LB]
10:30 Computer and Cellphone Assistance [CR]
11:00 Lunch 11am-1pm [DR]
1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]
1:00 Blackjack (AL) [LB]
1:00 Mending Clean Clothes with Marlene White (Pick-up/Take Home) [TS]
1:00 Special Outing: Bowlero Bowling Alley on Sierra and Blackstone Avenue [L]
2:00 Canasta [LB]
2:30 Recycle Time: place your recycling outside your doors
3:00 Acrylic Canvas Painting (AL) (Cancelled Due to Saint Patrick's Day Celebration) [DR]

14
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]
11:00 Lunch 11am-1pm [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:30 Bingo (AL) [DR]
3:00 BACKSTAGE AT CADECENCE: Happy Hour with Danny Milsap
4:00 Dinner 4pm-6:30pm [DR]
6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [FC]
6:30 Legacy Christian Church presents Old Gospel Choir Music by Mary Christensen and friends
7:00 Movie Time: "East of Eden" [LR]

15
Medical Transportation 8:30am-12:30pm
7:00 Breakfast 7am-9am [DR]
9:30 Bible Study (AL) [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:30 IN-TUNE FITNESS: Ping Pong [FC]
11:00 Lunch 11am-1pm [DR]
1:00 Texas Hold'em [LB]
2:00 ARIA ARTS PROGRAM: Color Me Calm (A relaxation coloring group) [TS]
2:00 Canasta [CR]
2:00 Depart for Willow and Nees Shopping, Please arrive 15 minutes early. [L]
3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Friday Night Fun with Shay [LR]
7:30 Movie Time: "Spanglish" [LR]

16
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
10:30 IN-TUNE FITNESS: Wii Bowling (AL) [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Broccoli For The Brain Answers (AL) [MR]
1:30 IN-TUNE FITNESS: Wii Games (AL) [LR]
2:00 Canasta [LB]
3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
7:00 Movie Time: "As Good As It Gets" [LR]

St. Patrick's Day
17
7:00 Breakfast 7am-9am [DR]
8:15 Depart for Peace Lutheran Church (Drop off only) [L]
8:15 Depart for River Park Bible Church [L]
8:15 Depart for Woodward Park Church of Christ [L]
9:00 Depart for Peoples Church [L]
9:10 Depart for College Community Church Mennonite Brethren [L]
9:15 Catholic Church Service [LR]
9:15 Pokeno [LB]
9:55 Depart for Westminster Presbyterian Church [L]
10:30 Protestant Church Service [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Jig Saw Puzzle [GR]
1:00 Special Outing: Depart for Fresno City College Saint Patrick's Day Celebration Recital [L]
1:30 Movie Time: T.V. Show "Heartland" [LR]
2:00 Canasta and Pinochle [LB]
2:00 Private Meeting [TS]
3:00 Scrabble [MR]
3:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]

18
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking the neighborhood for 1 to 2-mile distances) [L]
9:00 Men's Fellowship [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Hangman [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Bananagrams [TS]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:15 CADECENCE CHOIR: The Windham Choir Practice (Join our local Clovis High School Students in singing songs, like "Over The Rainbow", "Edelweiss", "When You Wish Upon A Star", "Think of Me", and more.) [LR]
1:30 Scattergories [TS]
2:30 Around the World with Debora Lee Travelers Class [LR]
2:30 Mending Clean Clothes with Marlene White (Drop Offs Mondays at 2:30pm in the Studio) [TS]
2:30 Pinochle Card Game [CR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Dinner 4pm-6:30pm [DR]

19
Medical Transportation 8:30am-12:30pm
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]
11:00 Lunch 11am-1pm [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:30 Bingo (AL) [DR]
1:30 Movie Time: T.V. Show "Heartland" season 1, episode 2 [LR]
2:00 Depart for Fig Garden Shopping, please arrive 15 minutes early. [L]
2:00 Phase 10 Card Game [LB]
3:00 IN-TUNE FITNESS: Ping Pong [FC]
3:00 Life Story: Gary Heisinger [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Alzheimer's Educational Seminar: Presented by Alzheimer's Foundation of Central California Education Research [LR]
6:15 Mexican Train Dominoes [LB]
7:30 Movie Time: Vote in Person to Pick a Movie [LR]

20
Medical Transportation 8:30am-10:30am
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking around the Windham property for a distance of 1/4 a mile to 1 mile in distance.) [L]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Bridge 101 with Ken Heald: Refresher Course [FC]
10:00 Words of Life Bible Time [LB]
10:30 Aging Care Walker and Scooter Repair and Educational Seminar from 10:30am till 12:00pm [LR]
11:00 Lunch 11am-1pm [DR]
1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]
1:00 Blackjack (AL) [LB]
1:00 Mending Clean Clothes with Marlene White (Pick-up/Take Home) [TS]
2:00 Canasta [LB]
2:30 Recycle Time: place your recycling outside your doors
3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]
7:00 Dinner 4pm-6:30pm [DR]

21
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
10:00 Fire Side Chat with Executive Director Kelly [LR]
10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]
11:00 Lunch 11am-1pm [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:30 Bingo (AL) [DR]
3:00 BACKSTAGE AT CADECENCE: Happy Hour with Ed Hull and Friends [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [LR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]

22
Medical Transportation 8:30am-12:30pm
7:00 Breakfast 7am-9am [DR]
9:30 Bible Study (AL) [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:30 IN-TUNE FITNESS: Ping Pong [FC]
11:00 Lunch 11am-1pm [DR]
1:00 Texas Hold'em [LB]
2:00 ARIA ARTS PROGRAM: Color Me Calm (A relaxation coloring group) [TS]
2:00 Canasta [CR]
2:00 Depart for Walmart Shopping. Please arrive 15 minutes early. [L]
3:00 All Resident Association Meeting [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Friday Night Fun with Shay [LR]
6:15 People's Church Live Performance [L]
7:30 Movie Time: Vote in Person to Pick a Movie [LR]

23
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
10:30 IN-TUNE FITNESS: Wii Bowling (AL) [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Broccoli For The Brain Answers (AL) [MR]
1:30 IN-TUNE FITNESS: Wii Games (AL) [LR]
2:00 Canasta [LB]
3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
6:30 BACKSTAGE AT CADECENCE: Dr. McCollum Piano Performance [LR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]

24
7:00 Breakfast 7am-9am [DR]
8:15 Depart for Peace Lutheran Church (Drop off only) [L]
8:15 Depart for River Park Bible Church [L]
8:15 Depart for Woodward Park Church of Christ [L]
9:00 Depart for Peoples Church [L]
9:10 Depart for College Community Church Mennonite Brethren [L]
9:15 Catholic Church Service [LR]
9:15 Pokeno [LB]
9:55 Depart for Westminster Presbyterian Church [L]
10:30 Protestant Church Service [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Depart to Fashion Fair Mall [L]
1:00 Jig Saw Puzzle [GR]
1:30 Movie Time: T.V. Show "Heartland" [LR]
2:00 Canasta and Pinochle [LB]
2:00 Private Meeting [TS]
3:00 Scrabble [MR]
3:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]

25
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking the neighborhood for 1 to 2-mile distances) [L]
9:00 Men's Fellowship [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Hangman [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Bananagrams [TS]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:15 CADECENCE CHOIR: The Windham Choir Practice (Join our local Clovis High School Students in singing songs, like "Over The Rainbow", "Edelweiss", "When You Wish Upon A Star", "Think of Me", and more.) [LR]
1:30 Food Tasting at the Windham: Tasting options will vary each time, and will always be made from scratch by our talented chefs. Popular items will be considered for future menu changes. [TS]
1:30 Scattergories [TS]
1:30 Scattergories [TS]
2:00 Special Outing: Depart for Fire Station #12 to drop off used

26
Medical Transportation 8:30am-12:30pm
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]
11:00 Lunch 11am-1pm [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:30 Bingo (AL) [DR]
1:30 Movie Time: T.V. Show "Heartland" season 1, episode 2 [LR]
2:00 Depart for Herndon and Cedar Shopping, Please arrive 15 minutes early. [L]
2:00 Rummy Card Game [LB]
2:30 All Resident Monthly Birthday Celebration Featuring Solo Guitarist Paul Gaines [LR]
3:00 IN-TUNE FITNESS: Ping Pong [FC]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Bingo Night [LR]
6:15 Mexican Train Dominoes [LB]
7:30 Movie Time: Vote in Person to Pick a Movie [LR]

27
Medical Transportation 8:30am-10:30am
7:00 Breakfast 7am-9am [DR]
8:30 IN-TUNE FITNESS: Windham Walking Group with Lifestyle Director Erik Wahlberg (Walking around the Windham property for a distance of 1/4 a mile to 1 mile in distance.) [L]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:00 Bridge 101 with Ken Heald: Refresher Course [FC]
10:00 Words of Life Bible Time [LB]
10:15 Exeter Wildflower Cafe and Exeter Mural Tour by the Chamber of Commerce Docent [L]
10:30 Computer and Cellphone Assistance [CR]
11:00 Lunch 11am-1pm [DR]
1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]
1:00 Blackjack (AL) [LB]
1:00 Mending Clean Clothes with Marlene White (Pick-up/Take Home) [TS]
2:00 Canasta [LB]
2:30 Recycle Time: place your recycling outside your doors
3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]
3:00 Nail Painting with Shay [TS]

28
Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]
9:45 New Resident Orientation [LR]
10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]
11:00 Lunch 11am-1pm [DR]
11:00 Lunch 11am-1pm [DR]
1:00 New Resident Luncheon [DR]
1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]
1:15 Bridge from 1:15pm-3:30pm [LB]
1:30 Bingo (AL) [DR]
3:00 BACKSTAGE AT CADECENCE: Happy Hour With The Wildcat Jazz Trio [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [LR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]

29
Medical Transportation 8:30am-12:30pm
7:00 Breakfast 7am-9am [DR]
9:30 Bible Study (AL) [LB]
9:30 IN-TUNE FITNESS: Star Fitness [FC]
10:30 IN-TUNE FITNESS: Ping Pong [FC]
11:00 Lunch 11am-1pm [DR]
2:00 ARIA ARTS PROGRAM: Color Me Calm (A relaxation coloring group) [TS]
2:00 Canasta [LB]
3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]
4:00 Dinner 4pm-6:30pm [DR]
6:00 Friday Night Fun with Shay [LR]
7:30 Movie Time: Vote in Person to Pick a Movie [LR]

30
7:00 Breakfast 7am-9am [DR]
9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]
10:30 IN-TUNE FITNESS: Wii Bowling (AL) [LR]
11:00 Lunch 11am-1pm [DR]
1:00 Broccoli For The Brain Answers (AL) [MR]
1:30 IN-TUNE FITNESS: Wii Games (AL) [LR]
2:00 Canasta [LB]
3:00 BACKSTAGE AT CADECENCE: All Nations Seventh Day Adventist Church: Music and Devotion [LR]
3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]
4:00 Dinner 4pm-6:30pm [DR]
7:00 Movie Time: Vote in Person to Pick a Movie [LR]