

August 2019 Activity Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



➔ Active
👥 Community
🧠 Creative
💡 Dimensional
🏠 Environmental
💖 Expressive
✝️ Nourishing

Location Keys

Computer Room CR
 Court Yard CY
 Dining Room DR
 Fitness Center FC
 Game Room GR
 Library LB
 Living Room LR
 Lobby L
 Media Room MR
 The Studio TS

7:00 ✨ Breakfast 7am-9am [DR] 8:15 ⚡ Depart for Good Shepard Lutheran Church on N. Fruit Avenue (DROP OFF ONLY) [L] 8:15 ⚡ Depart for Peace Lutheran Church (Drop off only) [L] 8:15 ⚡ Depart for River Park Bible Church (Be outside of Church for pick up by 12:00pm) [L] 8:15 ⚡ Depart for Woodward Park Church of Christ(Be outside of Church for pick up by 10:25am) [L] 9:00 ⚡ Depart for Holy Spirit Catholic Church for the 10am mass (Be outside of church for pickup at 11am) [L] 9:00 ⚡ Depart for Peoples Church(Be outside of Church for pick up by 10:30am) [L] 9:10 ⚡ Depart for College Community Church Mennonite Brethren (DROP OFF ONLY) [L] 9:15 🌸 Catholic Church Service [LR] 9:15 🍀 Pokeno [LB] 9:55 ⚡ Depart for Westminster Presbyterian Church(Be outside of Church for pick up by 11:40am) [L] 10:30 ⚡ Protestant Church Service [LR] 11:00 ➕ Lunch 11am-1pm [DR] 12:30 ✨ Special Outing: Depart for Sanger Depot Museum [L] 1:00 ➕ Lin Saw Puzzle [CR]	4 Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm 7:00 ✨ Breakfast 7am-9am [DR] 9:30 ➕ IN-TUNE FITNESS: Star Fitness [FC] 9:00 ⚡ Food Forum [LR] 10:30 ✨ Hangman [LR] 10:30 ➕ Shuffleboard [CY] 11:00 ➕ Lunch 11am-1pm [DR] 1:00 ✨ Bananagrams [LR] 1:15 Bridge from 1:15pm-3:30pm [LB] 1:30 🎯 Scattergories [LR] 2:00 ➕ Water Aerobics with Erik 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) [CR] 3:30 ➕ IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC] 4:00 Dinner 4pm-6:30pm [DR] 5:30 Private Meeting in Session [LB] 6:00 ✨ 40's & 50's Music Lounge. Come sit and enjoy some good old tunes as we play your favorite songs from the past. [LR] Movie Time: Vote in person to Pick a Movie [LR]	5 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] 1:30 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] 2:00 ✨ IN-TUNE FITNESS: Ping Pong [FC] 3:30 ➕ Water Aerobics with Shay 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]	6 Medical Transportation 8:30am-10:30am 7:00 ✨ Breakfast 7am-9am [DR] 8:30 ➕ Windham Walking Group (Enjoy a walk around the community) [L] 9:30 Dr. Christenson of Podiatry is conducting his Windham in-house service (\$40.00 with no health insurance) Free with medical insurance. Must RSVP to be accepted. Day of is first come first serve from the RSVP list and you must have a copy of your ID and Health Insurance. [TS] 9:30 ➕ IN-TUNE FITNESS: Star Fitness [FC] 10:00 Words of Life Bible Time [LB] 10:30 ➕ Shuffleboard [CY] 11:00 ➕ Lunch 11am-1pm [DR] 11:15 Lunch Outing: Depart for Red Lobster [L] 1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR] 1:00 Blackjack (AL) [LB] 2:00 Canasta/ Pinochle [LB] 2:00 Pinochle Card Game [CR] 2:30 Recycle Time: place your recycling outside your doors 2:45 Computer and Cellphone Assistance [CR] 3:00 ✨ ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]	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 CADENCE: Happy Hour with the Bob Nichols Band (L & 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 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 CADENCE: Happy Hour with Danny Millsap [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]	9 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 and Low Vision Machine Orientation in the Computer Room 1:00 ❤️ Bingo [LR] 1:00 ❤️ Bingo [FC] 2:00 Canasta [LB] 2:00 Color Me Calm: A relaxation coloring group [L] 2:00 Depart to Riverpark and Villagio Shopping Center for Target, Ross, Sprouts, and more, 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]	10 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] 1:00 ✨ Gin Rummy w/ Maricaye [LB] 1:30 ➕ IN-TUNE FITNESS: Wii Games (AL) [LR] 2:00 Canasta/ Pinochle [LB] 2:00 ✨ IN-TUNE FITNESS: Ping Pong (AL) [FC] 3:00 Psalm 69:30 Praising the name in Song by Steve Difalco [LR] 4:00 Dinner 4pm-6:30pm [DR] 7:00 Movie Time: Vote in Person to Pick a Movie [LR]
7:00 ✨ Breakfast 7am-9am [DR] 8:15 ⚡ Depart for Good Shepard Lutheran Church on N. Fruit Avenue (DROP OFF ONLY) [L] 8:15 ⚡ Depart for Peace Lutheran Church (Drop off only) [L] 8:15 ⚡ Depart for River Park Bible Church (Be outside of Church for pick up by 12:00pm) [L] 8:15 ⚡ Depart for Woodward Park Church of Christ(Be outside of Church for pick up by 10:25am) [L] 9:00 ⚡ Depart for Holy Spirit Catholic Church for the 10am mass (Be outside of church for pickup at 11am) [L] 9:00 ⚡ Depart for Peoples Church(Be outside of Church for pick up by 10:30am) [L] 9:10 ⚡ Depart for College Community Church Mennonite Brethren (DROP OFF ONLY) [L] 9:15 🌸 Catholic Church Service [LR] 9:15 🍀 Pokeno [LB] 9:55 ⚡ Depart for Westminster Presbyterian Church(Be outside of Church for pick up by 11:40am) [L] 10:30 ⚡ Protestant Church Service [LR] 11:00 ➕ Lunch 11am-1pm [DR] 12:30 ✨ Special Outing: Depart for Sanger Depot Museum [L] 1:00 ➕ Lin Saw Puzzle [CR]	11 Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm 7:00 ✨ Breakfast 7am-9am [DR] 9:30 ⚡ Men's Fellowship [LB] 9:00 ➕ IN-TUNE FITNESS: Star Fitness [FC] 10:30 ✨ Hangman [LR] 10:30 ➕ Shuffleboard [CY] 11:00 ➕ Lunch 11am-1pm [DR] 1:00 ✨ Bananagrams [LR] 1:15 Bridge from 1:15pm-3:30pm [LB] 1:30 🎯 Music Bingo [LR] 2:00 ➕ Water Aerobics with Erik 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) [CR] 3:00 Trips and Tours Activity Forum [LR] 3:30 ➕ IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC] 4:00 Dinner 4pm-6:30pm [DR] 5:30 Private Meeting in Session [LB] 6:00 ✨ 40's & 50's Music Lounge. Come sit and enjoy some good old tunes as we play your favorite songs from the past. [LR] Movie Time: Vote in person to Pick a Movie [LR]	12 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] 1:30 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 Phase 10 Card Game [LB] 3:00 ✨ IN-TUNE FITNESS: Ping Pong [FC] 3:30 ➕ Water Aerobics with Shay 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]	13 Medical Transportation 8:30am-10:30am 7:00 ✨ Breakfast 7am-9am [DR] 8:30 ➕ Windham Walking Group (Enjoy a walk around the community) [L] 9:00 Pop Up Library by the Local Fresno Library [L] 9:30 Fresno Dermatology and Skin Cancer will be conducting FREE skin exams from 9:30am till 11:30am (Please see the red sign up book in the mail room where you would like to attend) [L] 9:30 ➕ IN-TUNE FITNESS: Star Fitness [FC] 10:00 Words of Life Bible Time [LB] 10:30 ➕ Shuffleboard [CY] 10:30 Special Outing: Depart for Bravo Land Farm in Traver [L] 11:00 ➕ Lunch 11am-1pm [DR] 1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR] 1:00 Blackjack (AL) [LB] 2:00 Canasta/ Pinochle [LB] 2:00 Pinochle Card Game [CR] 2:30 Recycle Time: place your recycling outside your doors 2:45 Computer and Cellphone Assistance [CR] 3:00 ✨ ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR] 3:10 Nail Painting with Shay [TS]	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] 10:00 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 ❤️ Free Nails Painting and Hair Styling from 1pm-3pm [TS] 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 CADENCE: 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]	15 Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm 7:00 ✨ Breakfast 7am-9am [DR] 9:30 ➕ IN-TUNE FITNESS: Fitness Orientation [FC] 9:45 New Resident Orientation [LR] 10:30 ➕ IN-TUNE FITNESS: Nintendo Wii Bowling [LR] 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: Vote in Person to Pick a Movie [LR]	16 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 Jacoby Isalah a 17 year old Classic Guitarist will be playing music from Hisahisi Job the Beetles and more. [LR] 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 ✨ Depart to People's Church is hosting a collection of live performances featuring Wilbur Daniels & The Chordsmen and more [L] 7:30 Movie Time: Vote in Person to Pick a Movie [LR]	17 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] 1:00 ✨ Gin Rummy w/ Maricaye [LB] 1:30 ➕ IN-TUNE FITNESS: Wii Games (AL) [LR] 2:00 Canasta/ Pinochle [LB] 2:00 ✨ 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]
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Come sit and enjoy some good old tunes as we play your favorite songs from the past. [LR] Movie Time: Vote in person to Pick a Movie [LR]	19 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] 1:30 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: Maxine Stewart [LR] 3:30 ➕ Water Aerobics with Shay 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 ➕ Windham Walking Group (Enjoy a walk around the community) [L] 9:30 ➕ IN-TUNE FITNESS: Star Fitness [FC] 10:00 Words of Life Bible Time (AL) [LB] 10:30 ➕ Shuffleboard [CY] 11:00 ➕ Lunch 11am-1pm [DR] 11:15 Lunch Outing: Depart for Hunan Chinese Restaurant [L] 1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR] 1:00 Blackjack (AL) [LB] 2:00 Canasta/ Pinochle [LB] 2:00 Pinochle Card Game [CR] 2:30 Recycle Time: place your recycling outside your doors 2:45 Computer and Cellphone Assistance [CR] 3:00 ✨ ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR] 3:10 Nail Painting with Shay [TS]	21 Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm 7:00 ✨ Breakfast 7am-9am [DR] 9:30 ➕ IN-TUNE FITNESS: Fitness Orientation [FC] 9:45 New Resident Orientation [LR] 10:30 ➕ IN-TUNE FITNESS: Nintendo Wii Bowling [LR] 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 ✨ Depart to People's Church is hosting a collection of live performances featuring Wilbur Daniels & The Chordsmen and more [L] 7:30 Movie Time: Vote in Person to Pick a Movie [LR]	22 Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm 7:00 ✨ Breakfast 7am-9am [DR] 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 ✨ Depart to People's Church is hosting a collection of live performances featuring Wilbur Daniels & The Chordsmen and more [L] 7:30 Movie Time: Vote in Person to Pick a Movie [LR]	23 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 ✨ Broccoli For The Brain Answers (AL) [MR] 1:00 ✨ Gin Rummy w/ Maricaye [LB] 1:30 ➕ IN-TUNE FITNESS: Wii Games (AL) [LR] 2:00 Canasta/ Pinochle [LB] 2:00 ✨ IN-TUNE FITNESS: Ping Pong (AL) [FC] 4:00 Dinner 4pm-6:30pm [DR] 6:30 CANCELLED BACKSTAGE AT CADENCE: Dr. McCollum Piano Performance [LR] 7:00 Movie Time: Vote in Person to Pick a Movie [LR]	24 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] 1:00 ✨ Gin Rummy w/ Maricaye [LB] 1:30 ➕ IN-TUNE FITNESS: Wii Games (AL) [LR] 2:00 Canasta/ Pinochle [LB] 2:00 ✨ 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]
7:00 ✨ Breakfast 7am-9am [DR] 8:15 ⚡ Depart for Good Shepard Lutheran Church on N. Fruit Avenue (DROP OFF ONLY) [L] 8:15 ⚡ Depart for Peace Lutheran Church (Drop off only) [L] 8:15 ⚡ Depart for River Park Bible Church (Be outside of Church for pick up by 12:00pm) [L] 8:15 ⚡ Depart for Woodward Park Church of Christ(Be outside of Church for pick up by 10:25am) [L] 9:00 ⚡ Depart for Holy Spirit Catholic Church for the 10am mass (Be outside of church for pickup at 11am) [L] 9:00 ⚡ Depart for Peoples Church(Be outside of Church for pick up by 10:30am) [L] 9:10 ⚡ Depart for College Community Church Mennonite Brethren (DROP OFF ONLY) [L] 9:15 🌸 Catholic Church Service [LR] 9:15 🍀 Pokeno [LB] 9:55 ⚡ Depart for Westminster Presbyterian Church(Be outside of Church for pick up by 11:40am) [L] 10:30 ⚡ Protestant Church Service [LR] 11:00 ➕ Lunch 11am-1pm [DR] 12:15 ✨ Special Outing: Depart for Fresno Greek Fest [L]	25 Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm 7:00 ✨ Breakfast 7am-9am [DR] 9:00 ⚡ Men's Fellowship [LB] 9:00 ➕ IN-TUNE FITNESS: Star Fitness [FC] 10:30 ✨ Hangman [LR] 10:30 ➕ Shuffleboard [CY] 11:00 ➕ Lunch 11am-1pm [DR] 1:00 ✨ Bananagrams [LR] 1:15 Bridge from 1:15pm-3:30pm [LB] 1:30 🎯 Music Bingo [LR] 1:30 🎯 Scattergories [LR] 2:00 Special Outing: Depart for Fire Station #13 to drop off used needles and medication (Please make sure that all items are stored in proper containers) [L] 2:00 ➕ Water Aerobics with Erik 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) [CR] 3:30 ➕ IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC] 4:00 Dinner 4pm-6:30pm [DR]	26 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] 1:30 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 Phase 10 Card Game [LB] 2:30 All Resident Monthly Birthday Celebration featuring music performer Mike Angelo on the Banjo and Skip Hogg on the Piano 3:00 ✨ IN-TUNE FITNESS: Ping Pong [FC] 3:30 ➕ Water Aerobics with Shay 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 ➕ Windham Walking Group (Enjoy a walk around the community) [L] 9:30 ➕ IN-TUNE FITNESS: Star Fitness [FC] 10:30 ➕ IN-TUNE FITNESS: Nintendo Wii Bowling [LR] 11:00 ➕ Lunch 11am-1pm [DR] 1:00 Rite Aid Flu Shots from 9:30am till 11:30am (Bring a copy of your Photo ID, Health Insurance, and Rite Aid Health Form which you can get from the front desk) [TS] 10:00 Words of Life Bible Time [LB] 10:30 ➕ Shuffleboard [CY] 10:45 Special Outing: Depart for Table Mountain Casino for lunch and gambling [L] 11:00 ➕ Lunch 11am-1pm [DR] 1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR] 1:00 Blackjack (AL) [LB] 2:00 Canasta/ Pinochle [LB] 2:00 Pinochle Card Game [CR] 2:30 Recycle Time: place your recycling outside your doors 2:45 Computer and Cellphone Assistance [CR] 3:00 ✨ ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR] 3:10 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] 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 CADENCE: Happy Hour with Randy Freeman the Jazz Artist (L & AL) 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 1:00pm-3:30pm 7:00 ✨ Breakfast 7am-9am [DR] 9:30 ➕ IN-TUNE FITNESS: Fitness Orientation [FC] 9:45 New Resident Orientation [LR] 10:30 ➕ IN-TUNE FITNESS: Nintendo Wii Bowling [LR] 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 ✨ Depart to People's Church is hosting a collection of live performances featuring Wilbur Daniels & The Chordsmen and more [L] 7:30 Movie Time: Vote in Person to Pick a Movie [LR]	30 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 ✨ Broccoli For The Brain Answers (AL) [MR] 1:00 ✨ Gin Rummy w/ Maricaye [LB] 1:30 ➕ IN-TUNE FITNESS: Wii Games (AL) [LR] 2:00 Canasta/ Pinochle [LB] 2:00 Canasta [CR] 3:00 5th Annual Windham Dog Show (The Windham Residents will be voting on best outfit and cutest dog) [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]	31 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] 1:00 ✨ Gin Rummy w/ Maricaye [LB] 1:30 ➕ IN-TUNE FITNESS: Wii Games (AL) [LR] 2:00 Canasta/ Pinochle [LB] 3:00 BACKSTAGE AT CADENCE: 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]