

September 2019 Activity Calendar

The Windham Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7:00 Breakfast 7am-9am [DR]</p> <p>8:15 Depart for Good Shepard Lutheran Church on N. Fruit Avenue (DROP OFF ONLY) [L]</p> <p>8:15 Depart for Peace Lutheran Church (Drop off only) [L]</p> <p>8:15 Depart for River Park Bible Church (Be outside of Church for pickup by 12:00pm) [L]</p> <p>8:15 Depart for Woodward Park Church of Christ(Be outside of Church for pickup by 10:25am) [L]</p> <p>9:00 Depart for Holy Spirit Catholic Church for the 10am mass (Be outside of church for pickup at 11am) [L]</p> <p>9:00 Depart for Peoples Church(Be outside of Church for pickup by 10:30am) [L]</p> <p>9:10 Depart for College Community Church Mennonite Brethren (DROP OFF ONLY) [L]</p> <p>9:15 Catholic Church Service [LR]</p> <p>9:15 Pokeno [LB]</p> <p>9:55 Depart for Westminster Presbyterian Church(Be outside of Church for pickup by 11:40am) [L]</p> <p>10:00 Drop In Ping Pong (Resident Ran Activity) from 10am till 2pm [FC]</p> <p>10:30 Protestant Church Service [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p>	<p>Labor Day</p> <p>Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>10:00 Hangman [LR]</p> <p>10:30 Shuffleboard [CY]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Bananagrams [LR]</p> <p>1:15 Bridge from 1:15pm-3:30pm [LB]</p> <p>1:30 Music Bingo [LR]</p> <p>2:00 (CANCELLED DUE TO HOLIDAY) Water Aerobics with Erik [PA]</p> <p>2:30 Around the World with Debora Lee Travelers Class [LR]</p> <p>2:30 (Temporarily Cancelled Until Further Notice) Mending Clean Clothes with Marlene White (Drop Offs Mondays at 2:30pm in the Studio) [CR]</p> <p>3:40 IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>5:30 Private Meeting in Session [LB]</p> <p>6:00 (CANCELLED DUE TO HOLIDAY) 40's & 50's Music Lounge. Come sit and enjoy some good old tunes as we play your favorite songs from the past. [LR]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:30 Bingo (AL) [DR]</p> <p>2:00 Depart for Walmart Shopping, Please Arrive 15 minutes early [L]</p> <p>2:00 Phase 10 Card Game [LB]</p> <p>3:00 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>3:30 Water Aerobics with Shay [PA]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 Bingo Night [LR]</p> <p>6:15 Mexican Train Dominoes [LB]</p> <p>7:30 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-10:30am</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>8:30 Windham Walking Group (Enjoy a walk around the community) [L]</p> <p>9:30 101 Bridge Card Game with Instructor Ken Heald from 9:30am till 11:30am [LR]</p> <p>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]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>10:00 Words of Life Bible Time [LB]</p> <p>10:30 Shuffleboard [CY]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>11:15 Lunch Outing: Depart for Rocket Dog Grill (ARRIVE 15 MINUTES EARLY TO LOAD UP FOR DEPARTURE) [L]</p> <p>1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]</p> <p>1:00 Blackjack (AL) [LB]</p> <p>2:00 Canasta/Pinochle Card Game [CR]</p> <p>2:30 Recycle Time: place your recycling outside your doors</p> <p>2:45 Computer and Cellphone Assistance [CR]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p>	<p>Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:15 Bridge from 1:15pm-3:30pm [LB]</p> <p>1:30 Bingo (AL) [DR]</p> <p>3:00 BACKSTAGE AT CADENCE: Happy Hour with the Bob Nichols Band (L & AL) [LR]</p> <p>3:00 Ping Pong (Resident Ran Activity) [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [LR]</p> <p>7:00 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>9:30 The Jesus Study (AL) [LB]</p> <p>10:30 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>11:00 Cabana Party: Cuban style food, music and dancing by the Enchilata Salsa Dance Team 11am-1pm (Dancing and Music Starts at 11:30am) [PA]</p> <p>11:00 Low Vision Luncheon [DR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>12:00 Low Vision Meeting [LR]</p> <p>1:00 Bingo [LR]</p> <p>1:00 Bingo [FC]</p> <p>2:00 Canasta [LB]</p> <p>2:00 Color Me Calm: A relaxation coloring group [L]</p> <p>2:00 Depart to Riverpark and Villagio Shopping Center for Target, Ross, Sprouts, and more. Please Arrive 15 Minutes Early [L]</p> <p>2:00 Fresh Food Friday with Chef Sabrina an education on healthy eating alternatives to not so healthy foods, with a focus on one food item [TS]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p> <p>3:00 Summer Sun and Water Fun (Resident Run Activity)</p>	<p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]</p> <p>10:30 IN-TUNE FITNESS: Wii Bowling (AL) [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Broccoli For The Brain Answers (AL) [MR]</p> <p>1:30 Gin Rummy w/ Maricaye [LB]</p> <p>1:30 IN-TUNE FITNESS: Wii Games (AL) [LR]</p> <p>2:00 Book Club Meeting [CR]</p> <p>3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>7:00 Movie Time: Vote in Person to Pick a Movie [LR]</p>
<p>7:00 Breakfast 7am-9am [DR]</p> <p>8:15 Depart for Good Shepard Lutheran Church on N. Fruit Avenue (DROP OFF ONLY) [L]</p> <p>8:15 Depart for Peace Lutheran Church (Drop off only) [L]</p> <p>8:15 Depart for River Park Bible Church (Be outside of Church for pickup by 12:00pm) [L]</p> <p>8:15 Depart for Woodward Park Church of Christ(Be outside of Church for pickup by 10:25am) [L]</p> <p>9:00 Depart for Holy Spirit Catholic Church for the 10am mass (Be outside of church for pickup at 11am) [L]</p> <p>9:00 Depart for Peoples Church(Be outside of Church for pickup by 10:30am) [L]</p> <p>9:10 Depart for College Community Church Mennonite Brethren (DROP OFF ONLY) [L]</p> <p>9:15 Catholic Church Service [LR]</p> <p>9:15 Pokeno [LB]</p> <p>9:55 Depart for Westminster Presbyterian Church(Be outside of Church for pickup by 11:40am) [L]</p> <p>10:00 Drop In Ping Pong (Resident Ran Activity) from 10am till 2pm [FC]</p> <p>10:30 Protestant Church Service [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p>	<p>Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>10:00 Hangman [LR]</p> <p>10:30 Shuffleboard [CY]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Bananagrams [LR]</p> <p>1:15 Bridge from 1:15pm-3:30pm [LB]</p> <p>1:30 Scattergories [LR]</p> <p>2:00 Water Aerobics with Erik [PA]</p> <p>2:30 Around the World with Debora Lee Travelers Class [LR]</p> <p>2:30 (Temporarily Cancelled Until Further Notice) Mending Clean Clothes with Marlene White (Drop Offs Mondays at 2:30pm in the Studio) [CR]</p> <p>3:40 IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>5:30 Private Meeting in Session [LB]</p> <p>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]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:30 Bingo (AL) [DR]</p> <p>2:00 Depart for Fig Garden Shopping, please arrive 15 minutes early. [L]</p> <p>2:00 Phase 10 Card Game [LB]</p> <p>3:00 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>3:00 Life Story: Clara and Jeff from the Windham Saloon [LR]</p> <p>3:30 Water Aerobics with Shay [PA]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 Alzheimer's Educational Seminar: Presented by Alzheimer's Foundation of Central California Education Research [LR]</p> <p>6:15 Mexican Train Dominoes [LB]</p> <p>7:30 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-10:30am</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>8:30 Windham Walking Group (Enjoy a walk around the community) [L]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>10:00 Words of Life Bible Time [LB]</p> <p>10:30 Shuffleboard [CY]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>11:15 Lunch Outing: Depart for The Habit Burgers (ARRIVE 15 MINUTES EARLY TO LOAD UP FOR DEPARTURE) [L]</p> <p>1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]</p> <p>1:00 Blackjack (AL) [LB]</p> <p>2:00 Canasta/Pinochle Card Game [CR]</p> <p>2:30 Recycle Time: place your recycling outside your doors</p> <p>2:45 Computer and Cellphone Assistance [CR]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p> <p>3:10 Nail Painting with Shay [TS]</p> <p>3:40 IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC]</p> <p>3:45 Broccoli for the Brain [L]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p>	<p>Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]</p> <p>10:00 Fire Side Chat with Executive Director Kelly [LR]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:15 Bridge from 1:15pm-3:30pm [LB]</p> <p>1:30 Bingo (AL) [DR]</p> <p>3:00 BACKSTAGE AT CADENCE: Happy Hour with Ed Hull and Friends [LR]</p> <p>3:00 Ping Pong (Resident Ran Activity) [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [LR]</p> <p>7:00 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>9:30 The Jesus Study (AL) [LB]</p> <p>10:30 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Texas Hold'em [LB]</p> <p>2:00 Canasta [LB]</p> <p>2:00 Depart for Willow and Nees Shopping, Please arrive 15 minutes early. [L]</p> <p>2:00 Fresh Food Friday with Chef Sabrina an education on healthy eating alternatives to not so healthy foods, with a focus on one food item [TS]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p> <p>3:00 Summer Sun and Water Fun (Resident Run Activity)</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>4:00 Private Meeting from 4pm till 6pm [LR]</p> <p>6:15 Depart to People's Church is hosting a collection of live performances featuring Wilbur Daniels & The Chordsmen and more [LR]</p>	<p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]</p> <p>10:30 IN-TUNE FITNESS: Wii Bowling (AL) [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Broccoli For The Brain Answers (AL) [MR]</p> <p>1:30 Gin Rummy w/ Maricaye [LB]</p> <p>1:30 IN-TUNE FITNESS: Wii Games (AL) [FC]</p> <p>1:30 Private Event from 1:30pm till 4:30pm (By Personal Invitation Only) [LR]</p> <p>3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>7:00 Movie Time: Vote in Person to Pick a Movie [LR]</p>
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Come sit and enjoy some good old tunes as we play your favorite songs from the past. [LR]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:30 Bingo (AL) [DR]</p> <p>2:00 Depart for Herndon and Cedar Shopping, Please arrive 15 minutes early. [L]</p> <p>2:00 Phase 10 Card Game [LB]</p> <p>2:30 All Resident Monthly Birthday Celebration</p> <p>2:30 All Resident Monthly Birthday Celebration Featuring Solo Guitarist Paul Gaines [L]</p> <p>3:00 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>3:30 Water Aerobics with Shay [PA]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 Bingo Night [LR]</p> <p>6:15 Mexican Train Dominoes [LB]</p> <p>7:30 Movie Time: Vote in person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-10:30am</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>8:30 Windham Walking Group (Enjoy a walk around the community) [L]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>10:00 Words of Life Bible Time [LB]</p> <p>10:30 Kaiser Flu Shots from 9:30am till 11:30am. Please bring your ID and Kaiser Card [TS]</p> <p>10:00 Words of Life Bible Time [LB]</p> <p>10:15 Special Outing: Depart for Chuckchansi Casino (ARRIVE 15 MINUTES EARLY TO LOAD UP FOR DEPARTURE) [L]</p> <p>1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]</p> <p>1:00 Blackjack (AL) [LB]</p> <p>2:00 Canasta/Pinochle Card Game [CR]</p> <p>2:30 Recycle Time: place your recycling outside your doors</p> <p>2:45 Computer and Cellphone Assistance [CR]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p> <p>3:10 Nail Painting with Shay [TS]</p> <p>3:40 IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC]</p> <p>3:45 Broccoli for the Brain [L]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p>	<p>Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Fitness Equipment Orientation [FC]</p> <p>9:45 New Resident Orientation [LR]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>11:30 New Resident Luncheon [DR]</p> <p>1:00 Free Blood Pressure Readings with Resident Service Director Kimberly Eldridge from 1pm till 2pm [L]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:15 Bridge from 1:15pm-3:30pm [LB]</p> <p>1:30 Bingo (AL) [DR]</p> <p>3:00 BACKSTAGE AT CADENCE: Happy Hour With The Wildcat Jazz Quartet [LR]</p> <p>3:00 Ping Pong (Resident Ran Activity) [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [LR]</p> <p>7:00 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>9:30 The Jesus Study (AL) [LB]</p> <p>10:30 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Texas Hold'em [LB]</p> <p>2:00 Canasta [LB]</p> <p>2:00 Depart for Walmart Shopping. Please arrive 15 minutes early. [L]</p> <p>2:00 Fresh Food Friday with Chef Sabrina an education on healthy eating alternatives to not so healthy foods, with a focus on one food item [TS]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p> <p>3:00 All Resident Association Meeting [LR]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 Friday Night Fun with Shay [LR]</p> <p>7:30 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Chair Yoga (AL) [FC]</p> <p>10:30 IN-TUNE FITNESS: Wii Bowling (AL) [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Broccoli For The Brain Answers (AL) [MR]</p> <p>1:30 Gin Rummy w/ Maricaye [LB]</p> <p>1:30 IN-TUNE FITNESS: Wii Games (AL) [FC]</p> <p>1:30 Private Event from 1:30pm till 4:30pm (By Personal Invitation Only) [LR]</p> <p>3:00 IN-TUNE FITNESS: Ping Pong (AL) [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>7:00 Movie Time: Vote in Person to Pick a Movie [LR]</p>
<p>7:00 Breakfast 7am-9am [DR]</p> <p>8:15 Depart for Good Shepard Lutheran Church on N. Fruit Avenue (DROP OFF ONLY) [L]</p> <p>8:15 Depart for Peace Lutheran Church (Drop off only) [L]</p> <p>8:15 Depart for River Park Bible Church (Be outside of Church for pickup by 12:00pm) [L]</p> <p>8:15 Depart for Woodward Park Church of Christ(Be outside of Church for pickup by 10:25am) [L]</p> <p>9:00 Depart for Holy Spirit Catholic Church for the 10am mass (Be outside of church for pickup at 11am) [L]</p> <p>9:00 Depart for Peoples Church(Be outside of Church for pickup by 10:30am) [L]</p> <p>9:10 Depart for College Community Church Mennonite Brethren (DROP OFF ONLY) [L]</p> <p>9:15 Catholic Church Service [LR]</p> <p>9:15 Pokeno [LB]</p> <p>9:55 Depart for Westminster Presbyterian Church(Be outside of Church for pickup by 11:40am) [L]</p> <p>10:00 Drop In Ping Pong (Resident Ran Activity) from 10am till 2pm [FC]</p> <p>10:30 Protestant Church Service [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p>	<p>Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>10:00 Hangman [LR]</p> <p>10:30 Shuffleboard [CY]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Bananagrams [LR]</p> <p>1:15 Bridge from 1:15pm-3:30pm [LB]</p> <p>1:30 Scattergories [LR]</p> <p>2:00 Water Aerobics with Erik [PA]</p> <p>2:30 Around the World with Debora Lee Travelers Class [LR]</p> <p>2:30 (Temporarily Cancelled Until Further Notice) Mending Clean Clothes with Marlene White (Drop Offs Mondays at 2:30pm in the Studio) [CR]</p> <p>3:40 IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>5:30 Private Meeting in Session [LB]</p> <p>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]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Thera Band Exercise [FC]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:30 Bingo (AL) [DR]</p> <p>2:00 Depart for Herndon and Cedar Shopping, Please arrive 15 minutes early. [L]</p> <p>2:00 Phase 10 Card Game [LB]</p> <p>2:30 All Resident Monthly Birthday Celebration</p> <p>2:30 All Resident Monthly Birthday Celebration Featuring Solo Guitarist Paul Gaines [L]</p> <p>3:00 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>3:30 Water Aerobics with Shay [PA]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 Bingo Night [LR]</p> <p>6:15 Mexican Train Dominoes [LB]</p> <p>7:30 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-10:30am</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>8:30 Windham Walking Group (Enjoy a walk around the community) [L]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>10:00 Words of Life Bible Time [LB]</p> <p>10:15 Special Outing: Depart for Chuckchansi Casino (ARRIVE 15 MINUTES EARLY TO LOAD UP FOR DEPARTURE) [L]</p> <p>1:00 ARIA ARTS PROGRAM: Knit Wits: Knitting with friends (AL) [CR]</p> <p>1:00 Blackjack (AL) [LB]</p> <p>2:00 Canasta/Pinochle Card Game [CR]</p> <p>2:30 Recycle Time: place your recycling outside your doors</p> <p>2:45 Computer and Cellphone Assistance [CR]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p> <p>3:10 Nail Painting with Shay [TS]</p> <p>3:40 IN-TUNE FITNESS: Country Line Dancing with Instructor Tammy Velasquez [FC]</p> <p>3:45 Broccoli for the Brain [L]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p>	<p>Medical Transportation 8:30am-12:30pm 1:00pm-3:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Fitness Equipment Orientation [FC]</p> <p>9:45 New Resident Orientation [LR]</p> <p>10:30 IN-TUNE FITNESS: Nintendo Wii Bowling [LR]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>11:30 New Resident Luncheon [DR]</p> <p>1:00 Free Blood Pressure Readings with Resident Service Director Kimberly Eldridge from 1pm till 2pm [L]</p> <p>1:00 IN-TUNE FITNESS: Standing & Sitting Tai Chi Fitness with David Ortiz (AL) [FC]</p> <p>1:15 Bridge from 1:15pm-3:30pm [LB]</p> <p>1:30 Bingo (AL) [DR]</p> <p>3:00 BACKSTAGE AT CADENCE: Happy Hour With The Wildcat Jazz Quartet [LR]</p> <p>3:00 Ping Pong (Resident Ran Activity) [FC]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p> <p>6:00 IN-TUNE FITNESS: Seated Fitness Class with Shay [LR]</p> <p>7:00 Movie Time: Vote in Person to Pick a Movie [LR]</p>	<p>Medical Transportation 8:30am-12:30pm</p> <p>7:00 Breakfast 7am-9am [DR]</p> <p>9:30 IN-TUNE FITNESS: Star Fitness [FC]</p> <p>9:30 The Jesus Study (AL) [LB]</p> <p>10:30 IN-TUNE FITNESS: Ping Pong [FC]</p> <p>11:00 Lunch 11am-1pm [DR]</p> <p>1:00 Texas Hold'em [LB]</p> <p>2:00 Canasta [LB]</p> <p>2:00 Depart for Walmart Shopping. Please arrive 15 minutes early. [L]</p> <p>2:00 Fresh Food Friday with Chef Sabrina an education on healthy eating alternatives to not so healthy foods, with a focus on one food item [TS]</p> <p>3:00 ARIA ARTS PROGRAM: Acrylic Canvas Painting (AL) [LR]</p> <p>3:00 All Resident Association Meeting [LR]</p> <p>4:00 Dinner 4pm-6:30pm [DR]</p>	