

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday




# March 2019

“Always laugh when you can. It’s cheap medicine.” ~ Lord Byron



9:00 Local Shopping  
 9:30 Light Weights  
 12:30 Dollar/Thrift Stores  
**3:15 Happy Hour—Wear a Crazy hat in honor of Dr. Seuss’ Birthday**  
 5:15 Pinochle

9:00-1:00 AARP Taxes  
 9:30 Balance & Energize – Qi Gong – Library  
 12:30 Movie Matinee: *Coach Cart*  
 1:00 Bridge-Oak Rm.  
 **Dr. Seuss’ Birthday**

**3**  
**10:30 The McCollum Duo Musical Entertainment**  
 5:30 Christian Fellowship  
 Pastor: Rob Langford

**4**  
 9:00 Barber  
 9:30 Stretch & Flex  
 10:30 Resident Council Mtg.  
 12:30 Local Shopping  
 2:30 Balance & Energize – Qi Gong  
 5:15 Pinochle  
 5:30 Spinner

**5**  
 9:30–2:00 Beauty Shop Open  
 9:30 Light Weigh  
 10:00 Armchair Travel: *Shangri-La and Tibet*  
**10:30 Michelle’s Clothes & Gifts**  
 1:00 Hearing Aid Service- Library  
 1:00 Stretch & Flex  
 2:30 Bingo  
**Mardi Gras Celebration**  
Mardi Gras

**6**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize – Qi Gong – Library  
**10:00 Shopping in Rancho Cordova & Lunch at International Market**  
 11:00 Catholic Communion  
 1:00 – 5:00 Beauty Shop Open  
 6:00-8:00 Writers’ Guild  
Ash Wednesday

**7**  
 9:30 Stretch & Flex  
 10:00 Knowledge Unlimited  
**1:00 The Fall Detection Guy Pine Room**  
 1:30 Welcoming Committee  
 2:30 Balance & Energize – Qi Gong  
 3:00 Bible Study  
 5:15 Hand & Foot

**8**  
 9:00 Local Shopping  
 9:30 Light Weights  
 12:00 Birthday/Anniversary  
 3:15 Happy Hour  
 5:15 Pinochle

**9**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize – Qi Gong-Library  
 12:30 Movie Matinee: *Mighty Macs*  
 1:00 Bridge – Oak Rm.

**10**  
 5:30 Christian Fellowship  
 Pastor: Phil Fleming  
  
 Turn Clocks Ahead 1 Hr.  
Daylight Saving Time Begins

**11**  
 9:30 Stretch & Flex  
 10:00 Fellowship Planning  
 12:30 Local Shopping  
**NO Paint Class with Conni**  
 2:30 Balance & Energize – Qi Gong  
 5:15 Pinochle  
 5:30 Spinner

**12**  
 9:30–2:00 Beauty Shop Open  
 9:30 Light Weights  
 10:00 Armchair Travel: **Great Wall of China**  
 1:00 Stretch & Flex  
 2:30 Bingo  
 6:00 Community Concert

**13**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize – Qi Gong - Library  
 11:00 Catholic Communion  
 11:00 - 11:45 Book Mobile  
**1:00 New Resident Tea - Pine Room**  
 1:00 – 5:00 Beauty Shop Open

**14**  
 9:30 Stretch & Flex  
 10:00 Knowledge Unlimited  
 1:00 Knitting  
 2:30 Balance & Energize – Qi Gong  
 5:15 Hand & Foot

**15**  
 9:00 Local Shopping  
 9:30 Light Weights  
 1:00 Bunco  
 3:15 Happy Hour  
 5:15 Pinochle  
**5:30 Irish Music with Antonio**

**16**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize – Qi Gong-Library  
 12:30 Movie Matinee: *The Other Dream Team*  
 1:00 Bridge – Oak Rm

**17**  
**12:30 Sacramento Kings Game & Tour of Arena**  
(ticket holders only)  
 5:30 Christian Fellowship  
 Pastor: Dave Morrison  
  
St. Patrick’s Day

**18**  
 9:00 Folsom Transportation  
 9:30 Stretch & Flex  
 12:30 Local Shopping  
**NO Paint Class with Conni**  
 2:30 Balance & Energize – Qi Gong  
 5:15 Pinochle  
 5:30 Spinner

**19**  
 9:30–2:00 Beauty Shop Open  
 9:30 Light Weights  
**10:00 Men’s Donuts & Discussion – Guest Speaker Ladies Welcome**  
**12:30 TOWN HALL MEETING**  
 2:30 Bingo

**20**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize Library  
**11:30 MYSTERY TRIP**  
 10:00 Armchair Travel: *Ends of the Earth - Frozen World*  
 11:00 Catholic Communion  
 1:00 – 5:00 Beauty Shop Open  
**5:30 Antonio-Musical Entertainment**  
6:00-8:00 Writers’ Guild Spring Begins

**21**  
 9:30 Stretch & Flex  
 10:00 Knowledge Unlimited  
**1:00 EDSO Fraud Prevention Education for Seniors**  
 2:30 Balance & Energize – Qi Gong  
 3:00 Bible Study  
 5:15 Hand & Foot

**22**  
**9:00 Food Committee**  
 9:00 Local Shopping  
 9:30 Light Weights  
**2:00 Story Tellers-New Time**  
 3:15 Happy Hour  
 5:15 Pinochle  
**5:30 Rick Turnage Musical Entertainment**

**23**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize – Qi Gong-Library  
 12:30 Movie Matinee: *Love & Basketball*  
 1:00 Bridge – Oak Rm.

**24**  
 5:30 Christian Fellowship  
 Pastor: Phil Layton

**25**  
 9:30 Stretch & Flex  
 12:30 Local Shopping  
 12:30 Federated Women’s Circle  
 1:00 Visually Impaired Meeting  
 2:30 Balance & Energize – Qi Gong  
 5:15 Pinochle  
 5:30 Spinner

**26**  
 9:30–2:00 Beauty Shop Open  
 9:30 Light Weights  
 11:00 Country Store  
**12:30 Greeting Card Class**  
 2:30 Bingo


**27**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize Library  
**9:30 Ironstone Winery/Lunch**  
**10:00 Armchair Travel: Madagascar**  
 11:00 Catholic Communion  
 1:00 – 5:00 Beauty Shop Open

**28**  
 9:30 Stretch & Flex  
 10:00 Knowledge Unlimited  
 1:00 Stretch & Flex  
 1:00 Knitting  
 2:30 Balance & Energize – Qi Gong  
**3:15 Trip sign-ups**  
 5:15 Hand & Foot

**29**  
 9:00 Local Shopping  
 9:30 Light Weights  
 3:15 Happy Hour  
 5:15 Pinochle

**30**  
 9:00-1:00 AARP Taxes  
 9:30 Balance & Energize – Qi Gong-Library  
 12:30 Movie Matinee: *The Pistol*  
 1:00 Bridge – Oak Rm.

**31**  
 5:30 Christian Fellowship  
 Pastor: Mitch McEfee



May your day be touched by a bit of Irish luck,  
 brightened by a song in your heart,  
 and warmed by the smiles of the people you love.  
 ~Irish Blessing

