

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards;
With fruit are bending down.

'September' by
Helen Hunt Jackson, '.

8:30 Walking Club
9:30 Balance & Energize

10:00 Stretch & Flex
10:30 Stretch & Flex

No Outing Today

9:00 Crocker Art Museum
& Lunch-Sacramento


← No Stretch & Flex
1:00 Knowledge
Unlimited
2:30 Balance & Energize
3:00 Exercise for
Parkinson's

9:30 Stretch & Flex
10:00 Stretch & Flex
1:00 Bean Bag Baseball

3:00-4:00 Happy Hour
5:00 Pinochle

9:30 Balance & Energize

10:00 Movies by request
Check at front desk


5:30-6:15 Christian
Fellowship
Pastor: Robert Langford

Staff Holiday

No Bus Service

Labor Day
Rosh Hashanah Begins

9:30 Stretch & Flex
10:00 Stretch & Flex
11:00 Catholic Communion
1:00 Hearing Aid Clinic
1:30 Bingo
3:00 Exercise for
Parkinson's -NEW
5:00 RiverCats Game
(ticket holders)

8:30 Walking Club
9:30 Balance & Energize
No Outing Today
1:00 New Resident Tea
(by invitation)

5:00-7:00 Music by Hickory
Wind – Health Center
Parking Lot

9:30 Stretch & Flex
10:00 Stretch & Flex
11:00 Health Talk-Pine Rm.
1:00 Knowledge Unlimited
2:30 Balance & Energize
3:00 Exercise for
Parkinson's

9:30 Stretch & Flex
10:00 Stretch & Flex


11:30 Birthday &
Anniversary Celebration

No Bean Bag Baseball

3:00-4:00 Happy Hour
5:00 Pinochle

9:30 Balance & Energize

10:00 Movies by request
Check at front desk


5:30-6:15 Christian
Fellowship
Pastor: Neville Arroues

Grandparents Day

9:30 Stretch & Flex
10:00 Stretch & Flex
10:30 Book Club-Pine Rm
10:30 Fellowship Planning
12:45 Country Cruise
1:00 Knitting group
2:30 Balance & Energize
5:00 Pinochle

9:30 Stretch & Flex
10:00 Stretch & Flex
11:00 Catholic Communion
1:30 Bingo
2:00 Bible Study
3:00 Exercise for
Parkinson's

8:30 Walking Club
9:30 Balance & Energize

Movie& a Meal
Movie & Time TBD

Yom Kippur Begins

9:30 Stretch & Flex
10:00 Stretch & Flex
1:00 Knowledge
Unlimited
2:30 Balance & Energize
3:00 Exercise for
Parkinson's


9:30 Stretch & Flex
10:00 Stretch & Flex
1:00 Bunco

3:00-4:00 Happy Hour
5:00 Pinochle

9:30 Balance & Energize

10:00 Movies by request
Check at front desk

Oktoberfest Begins


5:30-6:15 Christian
Fellowship
Pastor: John Parker

9:30 Stretch & Flex
10:00 Stretch & Flex
12:45 Country Cruise
1:00 Knitting group
2:30 Balance & Energize
5:00 Pinochle – Library

Sukkot Begins

9:30 Stretch & Flex
10:00 Stretch & Flex
11:00 Catholic Communion
10:30 Town Hall Meeting
1:30 Bingo
3:00 Exercise for
Parkinson's

8:30 Walking Club
9:30 Balance & Energize
No Outing Today
(two shows)
3:00 Musical Entertainment
with Zizi

6:00 Musical Entertainment
with Zizi

Autumn Begins

9:30 Stretch & Flex
10:00 Stretch & Flex
1:00 Knowledge
Unlimited
2:30 Balance & Energize
3:00 Exercise for
Parkinson's

9:30 Stretch & Flex
10:00 Stretch & Flex
1:00 Bean Bag Baseball

3:00-4:00 Happy Hour
5:00 Pinochle

9:30 Balance & Energize
10:00 Movies by request
Check at front desk
7:00 P.M. Dinner and then
To the observatory for
some star gazing



5:30-6:15 Christian
Fellowship
Pastor: Craig Klatt

9:30 Stretch & Flex
10:00 Stretch & Flex
12:45 Country Cruise
1:00 Knitting group
2:30 Balance & Energize
5:00 Pinochle – Library

9:30 Stretch & Flex
10:00 Stretch & Flex
11:00 Catholic Communion
11:00 Country Store
1:30 Bingo
2:00 Bible Study
3:00 Exercise for
Parkinson's

Simchat Torah Begins

8:30 Walking Club
9:30 Balance & Energize

10:00 Apple Hill
Adventure/Lunch Out

9:30 Stretch & Flex
10:00 Stretch & Flex
1:00 Knowledge
Unlimited
2:30 Balance & Energize
3:15 Trip Sign-Ups
3:30 Exercise for
Parkinson's

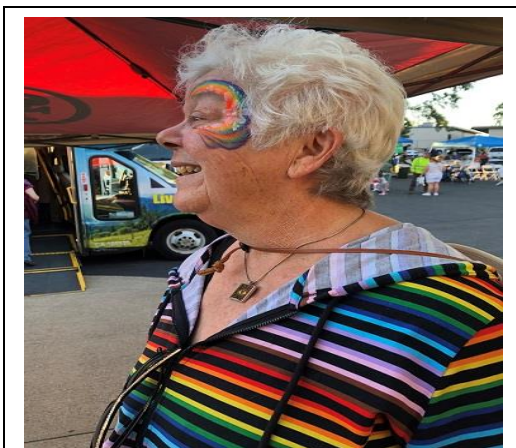
"How Doth the Little Busy Bee"
by Isaac Watts

How doth the little busy bee
Improve each shining hour,
And gather honey all the day
From every opening flower!

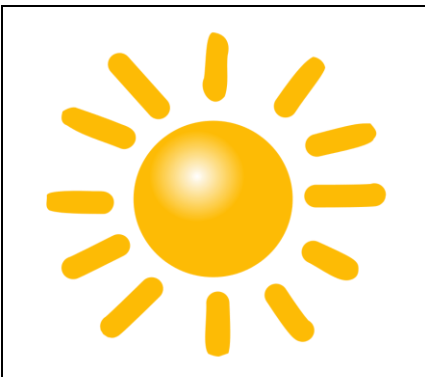
EL DORADO ROSE RECEPTION FOR Coco



More pics from National Night Out



White Water Excitement!!



NATIONAL NIGHT OUT



250 SCOOPS OF ICE CREAM & 300 HOT DOGS SERVED!