

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2018

		<p>9:00–2:00 Beauty Shop Open 1</p> <p>9:30 Leave for Ed Ramme's Memorial</p> <p>1:00 Hearing Aid Services</p> <p>1:00 Stretch & Flex</p> <p>2:30 Bingo</p> <p style="text-align: center;"><small>May Day</small></p>	<p>8:30 Mystery Trip/Lunch 2</p> <p>9:30 Qi Gong Exercise</p> <p>11:00 Catholic Communion</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>5:00 Shanghai Rummy</p> <p>6:00-8:00 Writers' Guild</p>	<p>3</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited Class</p> <p>12:30 Pillow Toss</p> <p>1:00 Stretch & Flex</p> <p>1:30 Welcoming Committee</p> <p>2:30 Qi Gong Exercise</p> <p>3:00 Bible Study</p> <p>5:30 Hand & Foot</p>	<p>4</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>12:30 Dollar/Thrift Store</p> <p>12:30 Bean Bag Baseball</p> <p>1:30 Remembrance for Ed Ramme Pine Rm.</p> <p>3:15 Happy Hour</p> <p>5:15 Pinochle</p>	<p>5</p> <p>9:30 Qi Gong Exercise</p> <p>2:30 Bingo</p> <p style="text-align: center;"><small>Cinco de Mayo</small></p>
<p>6</p> <p>5:30 Christian Fellowship</p> <p>Pastor: Joe Ramirez</p>	<p>7</p> <p>9:00 Barber</p> <p>9:30 Stretch & Flex</p> <p>10:30 Resident Council Mtg.</p> <p>12:30 Local Shopping</p> <p>12:30 Bridge</p> <p>2:30 Qi Gong Exercise</p> <p>5:00 Dominoes</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p>	<p>8</p> <p>9:00–2:00 Beauty Shop Open</p> <p>9:30 Light Weights</p> <p>12:30 Bus to Cameron Park</p> <p>1:00 Stretch & Flex</p> <p>2:30 Bingo</p>	<p>9</p> <p>9:30 Qi Gong Exercise</p> <p>10:30 RIVER CATS GAME</p> <p>11:00 Catholic Communion</p> <p>11:00-11:45 Book Mobile</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>5:00 Shanghai Rummy</p>	<p>10</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited Class</p> <p>12:30 Pillow Toss</p> <p>1:00 Stretch & Flex</p> <p>1:00 Knitting Circle</p> <p>2:30 Qi Gong Exercise</p> <p>5:30 Hand & Foot</p>	<p>11</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>1:00 Bunco</p> <p>3:15 Happy Hour</p> <p>4:00 Birthday/Anniversary Dinner</p> <p>5:15 Pinochle</p>	<p>12</p> <p>9:30 Qi Gong Exercise</p> <p>2:30 Bingo</p>
<p>13</p> <p>5:30 No Christian Fellowship</p> <p style="text-align: center;"><small>Mother's Day</small></p>	<p>14</p> <p>9:30 Stretch & Flex</p> <p>10:30 Fellowship Planning</p> <p>12:30 Local Shopping</p> <p>2:30 Qi Gong Exercise</p> <p>5:00 Dominoes</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p>	<p>15</p> <p>9:00–2:00 Beauty Shop Open</p> <p>9:30 Light Weights</p> <p>10:00 Men's Donuts & Discussion</p> <p>12:30 TOWN HALL MEETING</p> <p>12:30 Bus to Cameron Park</p> <p>2:30 Bingo</p>	<p>16</p> <p>9:30 Qi Gong Exercise</p> <p>9:30 Sunrise Mall/Lunch</p> <p>11:00 Catholic Communion</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>5:00 Shanghai Rummy</p> <p>6:00-8:00 Writers' Guild</p> <p style="text-align: center;"><small>First Day of Ramadan</small></p>	<p>17</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited Class</p> <p>12:30 Pillow Toss</p> <p>1:00 Stretch & Flex or Information Class</p> <p>2:30 Qi Gong Exercise</p> <p>3:00 Bible Study</p> <p>5:30 Hand & Foot</p>	<p>18</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>12:30 Bean Bag Baseball</p> <p>3:15 Happy Hour</p> <p>5:15 Pinochle</p>	<p>19</p> <p>9:30 Qi Gong Exercise</p> <p>2:30 Bingo</p> <p style="text-align: center;"><small>Armed Forces Day</small></p>
<p>20</p> <p>5:30 Christian Fellowship</p> <p>Pastor: Ken Foley</p> <p style="text-align: center;"><small>First Day of Shavuot</small></p>	<p>21</p> <p>9:00 Folsom Transportation</p> <p>9:30 Stretch & Flex</p> <p>12:30 Local Shopping</p> <p>12:30 Bridge</p> <p>2:30 Qi Gong Exercise</p> <p>5:00 Dominoes</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p>	<p>22</p> <p>9:00–2:00 Beauty Shop Open</p> <p>9:30 Light WeightS</p> <p>12:30 Bus to Cameron Park</p> <p>1:00 Stretch & Flex</p> <p>2:30 Bingo</p>	<p>23</p> <p>9:30 Qi Gong Exercise</p> <p>9:30 High Hand Nursery</p> <p>11:00 Catholic Communion</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>5:00 Shanghai Rummy</p>	<p>24</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited Class</p> <p>12:30 Pillow Toss</p> <p>1:00 Stretch & Flex</p> <p>1:00 Knitting Circle</p> <p>2:30 Qi Gong Exercise</p> <p>5:30 Hand & Foot</p>	<p>25</p> <p>9:00 Food Committee</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>1:00 Story Tellers</p> <p>3:15 Happy Hour</p> <p>5:15 Pinochle</p>	<p>26</p> <p>9:30 Qi Gong Exercise</p> <p>2:30 Bingo</p>
<p>27</p> <p>5:30 Christian Fellowship</p> <p>Pastor: Phil Flaming</p>	<p>28</p> <p>9:30 Stretch & Flex</p> <p>12:30 Local Shopping</p> <p>12:30 Visually Impaired Group</p> <p>12:30 Federated Women's Circle</p> <p>2:30 Qi Gong Exercise</p> <p>5:00 Dominoes</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p> <p style="text-align: center;"><small>Memorial Day</small></p>	<p>29</p> <p>9:00–2:00 Beauty Shop Open</p> <p>9:30 Light Weights</p> <p>11:00 Country Store</p> <p>12:30 Bus to Cameron Park</p> <p>12:30 Make a Greeting card</p> <p>1:00 Stretch & Flex</p> <p>2:30 Bingo</p>	<p>30</p> <p>9:30 Qi Gong Exercise</p> <p>9:30 Senior Fitness Day Trail Walk etc.....</p> <p>11:00 Catholic Communion</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>5:00 Shanghai Rummy</p>	<p>31</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited Class</p> <p>12:30 Pillow Toss</p> <p>1:00 Stretch & Flex</p> <p>2:30 Qi Gong Exercise</p> <p>3:15 Trip Sign-Ups</p> <p>4:45 Hog Wild BBQ</p> <p>5:30 Hand & Foot</p>		