Regency Place October Calendar 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activity Director **Jane Rowe** **E-mail** **jrowe@northstarsl.com** 	Sacramento Bee in Activity Room Daily Morning Medical Appointments 8:30-1:00pm Monday, Tuesday and Friday. Wednesday is Errand Day. Thursday and Saturday Is Outing Days *Calendar are subject to change*	**1** 9:00 Tai Chi Class- (R) 10:00 Poker w/ James-(R) 10:00 Pinochle Games-(R) 1:00 Money Bingo - (D) 2:00 Classical Music w/Daniel- (S) 4:00 Rummikub - (R) 6:00 Evening Games-(R)	**2** 8:30 Trip /Bel-Air 9:00 Strength & Balance Class - (R) 9:30 Catholic Communion / Rene & Bernard-(V) 10:30 Trip/ Target 1:00 Money Bingo - (D) 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 6:00 Games-(R)	**3** 9:00 Strength & Balance w/ Jake Weathers (PT) 10:00 Morning Games-(R) 10:45 Trip/ Frank Fats Restaurant 1:00 Games - (R) 1:30 Bananagram-(R) 2:00 21/ Blackjack - (D) 6:30 Evening Games - (R)	**4** 9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Current Events w/ Jerry H.-(R) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Oktoberfest Happy Hour w/ Jesse 4:00 Yahtzee - (R)	**5** 8:30 Nail Polish Day -(D) 9:00 Group Exercise w/Dru-(R) 9:30 Hearts-(R) 1:00 Room Visit-(D) 1:00 Wii Bowling - (R) 2:00 Ice Cream Cone-(D) 2:30 Brain Fitness- (D) 3:00 Word Search - (D) 7:00 Poker - (R)
6 9:00 Morning Walk-(R) 9:00 Games - (R) 10:00 Movie & Popcorn– with Shareen- TBA-(R) 1:30 Kings in the Corner w/ Dru - (R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games - (R)	**7** 9:00 Strength & Balance w/Kathleen-(R) 10:00 Spelling Bee w/Shareen(R) 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack -w/James S-(R) 2:30 Games-(R) 3:30 Yahtzee- (R) 6:30 Evening Games-(R)	**8** 9:00 Tai Chi Class- (R) 10:00 Poker w/ James-(R) 10:30 Town Hall Meeting 1:00 Money Bingo - (D) 2:00 Games- (R) 4:00 Rummikub - (R) 6:00 Evening Games-(R)	**9** 8:30 Trip/ Trader Joe's 9:00 Strength & Balance Class- (R) 9:30 Catholic Communion w/ Rene & Bernard- (V) 10:30 Trip/Walmart 1:00 Bridge Group w/Shirley 1:00 Money Bingo 3:00 Bible Study w/ Pastor Mike - (V) 6:00 Board Games - (R)	**10** 9:00 Strength & Balance w/ Jake Weathers (PT) 9:00 Podiatry Care 10:00 Morning Games-(R) 10:00 Trip/Jackson Rancheria Casino 1:00 Games - (R) 1:30 Bananagram-(R) 2:00 21/ Blackjack - (D) 6:30 Evening Games - (R)	**11** 9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Current Event w/Fred R.-(R) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour Nat Brown	**12** 8:30 Nail Polish Day -(D) 9:00 Group Exercise w/Dru-(R) 9:30 Hearts-(R) 1:00 Room Visit -(D) 2:00 October Birthday Celebration 2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker - (R)
13 9:00 Morning Walk-(R) 9:00 Games -(R) 10:00 Movie & Popcorn w/ Shareen-TBA-(R) 1:30 Kings in the Corner w/ Dru- (R) 3:00 Sunday Service w/ Pastor Mike - (V) 6:30 Evening Games -(R)	**14** 9:00 Strength & Balance w/Kathleen-(R) 10:00 Spelling Bee w/Shareen-(R) 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack-w/Jerry H.(R) 2:30 Games-(R) 3:30 Yahtzee-(R) 6:30 Evening Games-(R)	**15** 9:00 Tai Chi Class- (R) 10:00 Poker w/James- (R) 10:00 Pinochle Games-(R) 1:00 Money Bingo - (D) 1:15 Book Mobile 2:00 Classical Music w/Daniel-(S) 4:00 Rummikub - (R) 6:00 LEND A HEART LEND A HAND ANIMAL- ASSISTED THERAPY	**16** 9:00 Strength & Balance Class - (R) 9:30 Catholic Communion 11:00 Trip– Westminster Presbyterian Church "Music at Noon" 1:30 Money Bingo -(D) 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 6:00 Board Games - (R)	**17** 9:00 Strength & Balance w/ Jake Weathers (PT) 9:30 Alpha One-Blood Pressure Check 10:00 Morning Games-(R) 11:00 Trip/ Mikuni Japanese Restaurant & Sushi Bar 1:00 Games-(R) 2:00 21/ Blackjack - (D) 6:30 Evening Games - (R)	**18** 9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Current Events w/ Bill J.- (R) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour w/ Ralph Gordon 4:00 Yahtzee-(R)	**19** 8:30 Nail Polish Day -(D) 9:00 Group Exercise w/Dru-(R) 9:30 Hearts-(R) 1:00 Room Visit- (D) 1:00 Common Ground Covenant Church w/Pastor Kim-Singing-Activities 2:00 Root Beer Float Social-(D) 2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker - (R)
20 9:00 Morning Walk-(R) 9:00 Games -(R) 10:00 Movie & Popcorn w/ Shareen –TBA-(R) 1:30 Kings in the Corner w/Dru- (R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games -(R)	**21** 9:00 Strength & Balance w/Kathleen-(R) 10:30 Food For Thought w/Chef Rommel-(D) 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack –w/Bob M. (R) 3:30 Yahtzee-(R) 6:30 Evening Games-(R)	**22** 9:00 Tai Chi Class- (R) 10:00 Poker w/ James-(R) 10:30 Bananagram Game-(R) 1:00 Money Bingo- (D) 2:00 Games- (R) 4:00 Rummikub - (R) 6:00 Evening Games-(R)	**23** 8:30 Trip /WinCo Dollar Tree 9:00 Strength & Balance Class - (R) 9:30 Catholic Communion 1:00 Money Bingo -(D) 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 6:00 Board Games- (R)	**24** 9:00 Strength & Balance w/ Jake Weathers (PT) 9:30 Trip/ Apple Hill 10:00 Morning Games-(R) 1:00 Games - (R) 1:30 Bananagram-(R) 2:00 21/ Blackjack - (D) 6:30 Evening Games - (R)	**25** 9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Treasure Auction /with Jane-(D) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour w/Tommy T. 4:00 Yahtzee- (R)	**26** 8:30 Nail Polish Day -(D) 9:00 Group Exercise w/Dru-(R) 9:30 Hearts-(R) 1:00 Trip-Sacramento Theatre Company- Jane Austen's "Northanger Abby" 1:00 Room Visit - (D) 2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker-(R)
27 9:00 Morning Walk-(R) 9:00 Games -(R) 10:00 Movie & Popcorn w/ Shareen –TBA-(R) 1:30 Kings in the Corner w/ Dru-(R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games- (R)	**28** 9:00 Strength & Balance w/Kathleen-(R) 10:00 Spelling Bee w/Shareen-(R) 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack-w/James S(R) 2:30 Games-(R) 3:30 Yahtzee-(R) 6:30 Evening Games-(R	**29** 9:00 Tai Chi Class- (R) 10:00 Poker w/ James-(R) 10:30 Activity Meeting w/ Jane-(D) 1:00 Money Bingo- (D) 2:00 Games- (R) 4:00 Rummikub - (R)	**30** 8:30 Trip /Food Co 9:00 Strength & Balance Class - (R) 9:30 Catholic Communion 10:30 Trip / Country Ride 1:00 Money Bingo -(D) 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 6:00 Board Games- (R)	**31** Happy Halloween 9:00 Strength & Balance w/ Jake Weathers (PT) 10:00 Morning Games-(R) 5:00 Halloween Costume Party With Gary Mendoza	 October 6 Bob M. October 6 Joyce N. October 9 Jerry G. October 10 Erma D. October 16 Paul B.	**Key Code Activities Lead By:** Resident- R Volunteer-V Director-D Staff-S Club House-CH Personal Trainer- PT

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