








Regency Place November Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activity Director Jane Rowe E-mail jrowe@northstarsl.com</p> 	<p>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*</p>	<p>Key Code Activities Lead By: Resident- R Volunteer-V Director-D Staff-S Club House-CH Personal Trainer- PT</p>	<p> November 8 Kathleen R. November 10 Enrique D. November 20 Sam S. November 21 Delvina F. November 21 Shareen R.</p>	<p> 1 9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Current Events w/ James S.-(R) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour w/Staff Karaoke 4:00 Yahtzee - (R)</p>	<p>2 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)</p>	
<p>3 9:00 Morning Walk-(R) 9:00 Games - (R) 10:00 Movie & Popcorn- with Shareen- TBA-(R) 1:05 Football Game -Loins vs Raiders-(TV) 1:30 Kings in the Corner w/ Dru - (R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games - (R)</p>	<p>4 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) 5:15 Football Game-Cowboys vs Jets-(TV) 6:30 Evening Games-(R)</p>	<p>5 9:00 Tai Chi Class- (R) 10:00 Poker w/ James-(R) 10:00 Pinochle Game-(R) 1:00 Money Bingo - (D) 2:00 Classical Music w/Daniel- (S) 4:00 Rummikub - (R) 6:00 Evening Games-(R)</p>	<p>6 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)</p>	<p>7 9:00 Strength & Balance w/ Jake Weathers (PT) Morning Games-(R) 10:30 Trip/Dancing Fox Restaurant 1:00 Games - (R) 1:30 Bananagram-(R) 2:00 21/ Blackjack - (D) 6:30 Evening Games - (R)</p>	<p>8 9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Current Event w/Jerry H.-(R) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour Michael Jasper</p>	<p>9 8:30 Nail Polish Day -(D) 9:00 Group Exercise w/Dru-(R) 9:30 Hearts-(R) 1:00 Room Visit -(D) 2:00 November Birthday Celebration 2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker - (R)</p>
<p>10 9:00 Morning Walk-(R) 9:00 Games -(R) 10:00 Movie & Popcorn w/ Shareen-TBA-(R) 1:05 Football Games- Rams vs Steelers-(TV) 1:30 Kings in the Corner w/Dru- (R) 3:00 Sunday Service w/ Pastor Mike - (V) 6:30 Evening Games -(R)</p>	<p>11  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) 2:00 Veterans Pinning Event 5:15 Football Games-Sea Hawks vs 49ers-(TV)</p>	<p>12 9:00 Tai Chi Class- (R) 10:00 Poker w/James-(R) 10:00 Pinochle Game-(R) 10:30 Town Hall Meeting 1:00 Money Bingo - (D) 2:00 Games 4:00 Rummikub-(R)</p>	<p>13 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)</p>	<p>14 9:00 Strength & Balance w/ Jake Weathers (PT) Morning Games-(R) 11:00 Trip/ Regal Delta Shores & IMAX "Harriet" 1:00 Games-(R) 2:00 21/ Blackjack - (D) 6:30 Evening Games - (R)</p>	<p>15 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/Ralph Gordon 4:00 Yahtzee-(R)</p>	<p>16 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 1:00 Trip-Sacramento Theatre Company- "Deathtrap" 7:00 Poker -(R)</p>
<p>17 9:00 Morning Walk-(R) 9:00 Games -(R) 10:00 Movie & Popcorn w/ Shareen -TBA-® 1:05 Cardinals vs 49ers-(TV) 1:30 Kings in the Corner w/Dru- (R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games -(R)</p>	<p>18 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) 5:15 Chiefs vs Rams-(TV) 6:30 Evening Games-(R)</p>	<p>19 9:00 Tai Chi Class- (R) 10:00 Poker w/ James-(R) 10:00 Pinochle Game-(R) 1:00 Money Bingo- (D) 2:00 Classical Music w/Daniel-(S) 1:15 Book Mobile 4:00 Rummikub - (R) 6:00 </p>	<p>20 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)</p>	<p>21 9:00 Strength & Balance w/ Jake Weathers (PT) 9:30 Alpha One-Blood Pressure Check 10:00 Elk Grove Hearing Center-(V) 10:45 Trip/ The Club Pheasant Restaurant 1:30 Bananagram-(R) 2:00 21/ Blackjack - (D)</p>	<p>22 9:00 Morning Walk 10:00 Prayer Group w/Earl M 11:30 Thanksgiving Luncheon  With/ Sabrina 1:00 Bridge Group 1:30 Games</p>	<p>23 8:30 Nail Polish Day -(D) 9:00 Group Exercise w/Dru-(R) 9:30 Hearts-(R) 1:00 Room Visit - (D) 2:00 Root Beer Float-(D) 2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker-(R)</p>
<p>24 9:00 Morning Walk-(R) 9:00 Games -(R) 10:00 Movie & Popcorn w/ Shareen -TBA-(R) 1:25 Football Game-Packers vs 49ers-(TV) 1:30 Kings in the Corner w/ Dru-(R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games- (R)</p>	<p>25 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) 5:15 Football Game- Ravens vs Rams-(TV) 6:30 Evening Games-(R)</p>	<p>26 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)</p>	<p>27 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)</p>	<p>28  10:00 Morning Games-(R) 1:00 Games - (R) 1:30 Bananagram-(R) 6:30 Evening Games - (R)</p>	<p>29 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 w/Terry Jones 4:00 Yahtzee- (R)</p>	<p>30 8:30 Nail Polish Day -(D) 9:00 Group Exercise w/Dru-(R) 9:30 Hearts-(R) 1:00 Room Visit - (D) 2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker-(R)</p>

