

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Guide Dining Room Activity Room Cascade Outing Patio Lobby 	1 9:30 Moving & Groovin' with Susan – Steel Feathers 10:30 Red White Blue Ornament Craft with Barbara 1:30 BINGO 3:00 Group Games 4:00 Mocktail Mondays- Star Spangled Spritzer <i>Canada Day</i>	2 DRIVE OUT DAY 9:30 Tighten Up Tuesday 10:30 Madelyn Helling Library-SIGN UP 1:30 Dining Demo- Cherry Pie 3:00 Movie Matinee– Federer: Twelve Final Days	3 9:30 Work Out Wednesday 10:00 Daily News & Coffee 11:00 Activity Committee 1:00 Safety Chat with Alex 1:30 BINGO 3:00 Zumba Dance Group 4:00 Wine Down Wednesday	4 DRIVE OUT DAY 9:30 Boys in the Boat (<i>2nd Showing</i>) 12:00 4th of July BBQ Lunch 1:30 Bingo Bash! 2:30 Afternoon Sit n' Stretch 3:30 Bible Study 9:30 FIREWORKS OUTING! SIGN UP <i>Independence Day (US)</i>	5 9:30 Friday Fitness 10:30 Shopping Trip to Save Mart- SIGN UP 11:00 Needlepoint with Haley 1:30 Bingo 3:00 Happy Hour with Cowboy Curt 4:00 Sit & Sip: Mint Juleps	6 9:30 Stretching with Ryan 10:30 Daily News & Coffee 11:00 Scenic Relaxation 1:30 BINGO 3:00 Balloon Banter 3:45 1923: Featuring Harrison Ford- Episode 1
7 9:30 Happy Feet with KC 10:30 Simple Truth Church Service 1:30 BINGO 3:00 Writers Club: Journaling with a purpose	8 9:30 Strengthening w/Stephanie 10:30 Manicures with Sari and Jessica from Freedom Hospice 1:30 BINGO 3:00 Art Hour 3:30 Therapy Dog Visits 4:00 Mocktail Mondays- Agua Fresca	9 9:30 Grass Valley Farmer's Market – SIGN UP 10:30 Tighten Up Tuesday 1:00 Cooking Demo: Red, White, and Blue Shortcakes 1:30 Movie Matinee- Inside out 3:00 Learn How To: Mexican Train 4:00 New Neighbor Mixer	10 9:30 Work Out Wednesday 10:00 Balloon Banter 11:00 Lunch Outing- In N Out-SIGN UP 1:30 BINGO 3:00 Therapy Dog Visits 3:00 Learn How to: Rummikub 4:00 Wine Down Wednesday	11 DRIVE OUT DAY 9:30 Move & Stretch 10:00 Scenic Drive- Vista Point 11:30 Gardening Club 1:00 BINGO 2:30 Dementia Support Group 4:00 Lessons in Chemistry: Episode 1	12 9:30 Friday Fitness 10:00 Jewelry Making with Nicole 12:00 Dog Days of Summer BBQ Lunch w/ Live music by Stepside 1:30 BINGO 3:00 Sit & Sip- Margaritas 4:00 Lessons in Chemistry: Episode 2	13 9:30 Stretching with Ryan 10:30 Men's Group with Ryan 11:00 Group Card Games 1:30 BINGO 3:00 Balloon Banter 3:45 1923: Featuring Harrison Ford- Episode 2
14 9:30 Happy Feet with KC 10:30 Simple Truth Church Service 1:30 BINGO 3:00 Book Club with KC- The No. 1 Ladies' Detective Agency	15 9:30 Moving & Groovin' with Susan – Steel Feathers 10:30 Ladies Group 1:30 BINGO 3:00 Hand Therapy 4:00 Mocktail Mondays- Sparkling Ginger Lemonade	16 DRIVE OUT DAY 9:30 Tighten Up Tuesday 10:30 Happy Trails- Outdoor Walking Club 1:30 Learn How to: Mexican Train 3:00 Tai Chi with Homer 4:00 Tuesday Trivia	17 9:30 Work Out Wednesday 10:30 Gardening Club 1:30 BINGO 3:00 Australia Vacation Slide show with Katherine & Maurice 4:00 Wine Down Wednesday	18 9:30 Move & Stretch 10:00 Balloon Banter 11:00 Resident Council 11:30 Movie Outing – Fly me to the Moon– SIGN UP 1:30 BINGO 3:30 Bible Study 4:00 Lessons in Chemistry- Episode 3	19 9:30 Friday Fitness 10:00 Daily News & Coffee 11:00 Diamond Dot Art with Kristen 1:30 BINGO 3:00 Happy Hour with Heather McAdams 4:00 Sit & Sip: Strawberry Pina Coladas	20 9:30 Stretching with Ryan 10:00 Gardening Club 10:30 Armchair Travel 1:30 BINGO 3:00 Balloon Banter 3:45 1923: Featuring Harrison Ford- Episode 3
21 9:30 Happy Feet with KC 10:30 Simple Truth Church Service 1:30 BINGO 3:00 Writers Club: Journaling with a purpose	22 9:30 Sit n Stretch 10:00 Gardening Club 11:00 America's Funniest 1:30 BINGO 3:00 Group Games 3:30 Therapy Dog Visits 3:45 Lessons in Chemistry- Episode 4	23 DRIVE OUT DAY 9:30 Tighten Up Tuesday 10:30 Honeybee Hullabaloo – (learn about bees) Madelyn Helling Library SIGN UP 12:00 Taco Tuesday & Margs 1:30 Chef's Chat with Annekin 3:00 Billy & Molly: An Otter Love Story	24 9:30 Work Out Wednesday 10:30 Gardening Club 1:30 BINGO 3:00 Therapy Dog Visits 3:00 Learn How to: Rummikub 4:00 Wine Down Wednesday	25 DRIVE OUT DAY 9:30 Move & Stretch 10:30 Happy Trails- Outdoor Walking Club 1:30 Live Music at the Senior Center- SIGN UP 4:00 Lessons in Chemistry- Episode 5	26 9:30 Friday Fitness 10:00 Daily News 10:30 Kitchen Towel Craft with Stephanie 1:30 BINGO 3:00 Happy Hour with Roland Jacobs 4:00 Sit & Sip :Sweet Tea	27 9:30 Stretching with Ryan 10:30 Gardening Club 1:30 BINGO 3:00 Balloon Banter 3:45 1923: Featuring Harrison Ford- Episode 4
28 9:30 Happy Feet with KC 10:30 Simple Truth Church Service 1:30 BINGO 3:00 Book Club with KC- The No. 1 Ladies' Detective Agency	29 9:30 Moving & Groovin' with Susan – Steel Feathers 10:30 Coffee & Conversation 1:30 BINGO 3:00 America's Funniest Videos 4:00 Mocktail Mondays- Frozen Lemonade	30 DRIVE OUT DAY 9:30 Tighten Up Tuesday 10:00 Gardening Club 11:00 Penny Pitching 1:30 Summer Baking 3:00 Tuesday Trivia 4:00 Share and Tell on the Patio (Share a memory, story or item with your friends)	31 9:30 Work Out Wednesday 10:00 NorCal Bats (learn about bats) – Madelyn Helling Library (10:30am-11:30am) SIGN UP 1:30 BINGO 3:00 Therapy Dog Visits 3:00 Pastel Flowers 4:00 Wine Down Wednesday	 <p style="text-align: center;">JULY 2024 Let's Celebrate!</p>		