Monday	Tuesday	Wednesday	Thursday	Friday
Legend Physical Emotional Intellectual Social Spiritual Vocational Environmental	1 09:00 Daily Chronicles 09:30 Disc: Welcome to the 50"s 10:30 Ceramics w/ Elke 11:00 Walk and Talk 1:00 Language Skills 2:00 Yoga W/ Linda 3:00 Men's: Muscle Cars 1950's 3:30 Breathing Exercises 4:00 Tv Classics: I love Lucy (Paramount) 4:30 Music and Relaxation	09:00 Coffee and news 09:30 Disc: History of Rock and Roll 10:30 Music W/ Micheal Jaspar 11:00 Atomic Garden 1:00 Table Games- 2:00 Crafting Corner: 3:00 Guess The 1950's Song 3:30 Chair Stretches 4:00 Musical Moments: Elvis on Ed Sullivan 4:30 Book Club:	2 09:00 Daily Chronicles 09:30 Disc: Invention of Color TV 10:30 Matter of Balance 11:00 Who Am I? 1:00 Memorable Movies: South Pacific (Prime) 2:00 Healthy Me Program 3:00 Culinary: 50's Dinner Food 3:30 Silver Sneakers 4:00 Foil Art 4:30 Puzzle Corner	4 09:00 Coffee Clutch 09:30 Disc: Invention of the Transistor Radio 10:30 Art Revels W/ Risa 10:00 Warm Up Exercises 11:00 Victory Garden Planting 1:00 Choral Connection 2:00 Stars of the 1950's 3:00 Sock Hop dance party 3:30 Movie Memory Match 4:30 Readers Theatre:
09:00 Weekend News Roundup 09:30 Disc: The Korean War 10:30 Reach and Stretch 11:00 Victory Garden Maintenance 1:00 Choral Connection 2:00 Appy Hour: Memory Lane by Mind Mate 3:00 Bingo 3:30 Laughter Yoga 4:00 Travel Lodge: 4:30 EZ Art:	 09:30 Disc: Coronation of Queen Elizabreth II 10:30 Ceramics w/ Elke 11:00 Walk and Talk 1:00 Language Skills 2:00 Pet Therapy 3:00 Men's: Football Vs. Soccer 3:30 Breathing Exercises 4:00 Tv Classics: Leave it to Beaver (Peacock) 4:30 Music and Relaxation 	09:00 Coffee and news 09:30 Disc: Life of Rosa Parks 10:00 Communion W/St Anthony's 10:30 Fit Club 11:00 Growing the Garden 1:00 Table Games: 2:00 Crafting Corner: 3:00 How TV changed Entertainment 3:30 Chair Stretches 4:00 Musical Moments: Motown moments 4:30 Book Club:	 9 09:00 Daily Chronicles 09:30 Disc: The Suez Crisis 10:30 Music W/ Tom Boyd 11:00 Who Am I? 1940's 1:00 Memorable Movies: North by Northwest (Tubi) 2:00 Healthy Me Program 3:00 Culinary: Jell-o-Salad 3:30 Silver Sneakers 4:00 Foil Art 4:30 Puzzle Corner 	10:00 Warm Up Exercises 11:00 Watch my Garden Grow 1:00 Choral Connection 2:00 Space Photographs 3:00 50's Trivia 3:30 Shake Those Hips Dance Party 4:30 Readers Theatre:
10:30 Reach and Stretch 11:00 Garden Makers 1:00 Choral Connection 2:00 Appy Hour: 3:00 Bingo 3:30 Laughter Yoga 4:00 Travel Lodge: 4:30 EZ Art:	10:30 Work it Out 10:30 Work it Out 11:00 Walk and Talk 1:00 Language Skills 2:00 Yoga 3:00 Men's: Baby Boomer Trivia (Youtube) 3:30 Breathing Exercises 4:00 Tv Classics: The Twilight Zone 4:30 Music and Relaxation	09:00 Coffee and news 09:30 Disc: Building Suburbia 10:00 Communion W/St Anthony's 10:30 Walk the Walk 11:00 Work the Land 1:00 Table Games: 2:00 Crafting Corner: 3:00 1950's cooking 3:30 Chair Stretches 4:00 Musical Moments: The Rat Pack 4:30 Book Club:	10:30 Matter of Balance 11:00 Who Am I? 1:00 Memorable Movies: Ben-Hur (Tubi) 2:00 Healthy Me Program 3:00 Culinary: Baked Apples 3:30 Silver Sneakers 4:00 Foil Art 4:30 Puzzle Corner	09:00 Coffee Clutch1809:30 Disc: The Cold War10:30 Warm Up Exercises10:30 Warm Up Exercises11:00 Victory Garden Maintenance1:00 Choral Connection2:00 Music W/ Nat Brown3:00 Rock and Roll Dance Party3:30 Penny Budgeting Game4:00 Move and Groove4:30 Readers Theatre:
10:30 Reach and Stretch 11:00 Garden Maintenance 1:00 Choral Connection 2:00 Bible Study W/ Tiffany 3:00 Bingo 3:30 Laughter Yoga 4:00 Travel Lodge: 4:30 EZ Art:	10:30 Work it Out 11:00 Walk and Talk 1:00 Language Skills 2:00 Pet Therapy 3:00 Men's: 1950's Technology 3:30 Breathing Exercises 4:00 Tv Classics: Gunsmoke (Paramount) 4:30 Music and Relaxation	10:00 Music W/ Skip Morgan 10:30 Fit Club 11:00 Victory Garden Maintenance 1:00 Table Games: 2:00 Crafting Corner: 3:00 Hollywood Trivia Quiz 3:30 Chair Stretches 4:00 Musical Moments: Movie Musicals 4:30 Book Club:	23 09:00 Daily Chronicles 09:30 Disc: life and times of James Dean 10:30 Matter of Balance 11:00 Who Am I? 1:00 Memorable Movies: East of Eden (Hulu) 2:00 Music W/ Jessica Esposito 3:00 Culinary: Cabbage And Potato Soup 3:30 Silver Sneakers 4:00 Foil Art 4:30 Puzzle Corner	1 09:00 Coffee Clutch 09:30 Disc: Making an Icon Marilyn Monroe 10:30 Warm Up Exercises 11:00 Victory Garden Maintenance 1:00 Choral Connection 2:00 Movie Title Match 3:00 Vintage Vibes Bash 3:30 Famous Faces Guessing Game 4:00 Move and Groove 4:30 Readers Theatre: 25
10:30 Reach and Stretch 11:00 Victory Garden Maintenance 1:00 Choral Connection 2:00 Appy Hour: Brainwell cognitive Games 3:00 Bingo 3:30 Laughter Yoga 4:00 Travel Lodge: 4:30 EZ Art:	28 09:00 Daily Chronicles 09:30 Disc: Creating the cure Polio Vaccine 10:30 Work it Out 11:00 Walk and Talk 1:00 Language Skills 2:00 Yoga 3:00 Men's: Medical Breakthorughs 3:30 Breathing Exercises 4:00 Tv Classics: Kraft Television Theatre 4:30 Music and Relaxation Rush River Drive Sacramento, CA 95831	09:00 Coffee and news 09:30 Disc: Creating Disneyland 10:00 Communion W/St Anthony's 10:30 Fit Club 11:00 Victory Garden Maintenance 1:00 Table Games: 2:00 Crafting Corner: 3:00 Hollywood Trivia Quiz 3:30 Chair Stretches 4:00 Musical Moments: Disney Songs 4:30 Book Club: 916-392-3510		2025 50's ck n' Roll Revolution

LIC# 347005740 Activities/Times/Locations subject to change *Outdoor activities subject to change with weather