


# June 2022 Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1031 Roseville Parkway Roseville, CA 95678 (279) 999-1800</b>	<b>AE Artistic Expression</b> <b>CC Community Connections</b> <b>CE Continuing Education</b> <b>LL Lifestyle &amp; Leisure</b> <b>PE Physical Engagement</b> <b>SS Spiritual Support</b>	<p>9-10 <b>PE</b> Nugget Market \$-Please Sign Up With Concierge [FL] <b>1</b></p> <p>9:30 <b>CC</b> Coffee and Conversation Groups [BI]</p> <p>10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR]</p> <p>11:00 Yard House \$-Please Sign Up at the Concierge desk! [FL]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>2:00 Scenic Drive [FL]</p> <p>3:00 <b>PE</b> Fit Club- Chest, Triceps, and Legs [YS]</p> <p>7:00 <b>LL</b> Comedy Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Walking Group [FL] <b>2</b></p> <p>10:00 <b>PE</b> Chair Zumba with Terri [YS]</p> <p>11:00 <b>CE</b> Cubigo Resident Training--ADVANCED CLASS [TH]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>1-4 <b>AE</b> Open Art [MR]</p> <p>2:00 <b>CE</b> Fall Prevention Class with Katie [TH]</p> <p>3:00 <b>AE</b> Sonrisa Singers</p> <p>7:00 <b>LL</b> Classic Movie Night [TH]</p>	<p>9:30 <b>PE</b> Exercise with Abigail [YS] <b>3</b></p> <p>10:00 SeaQuest Fishy Kisses \$ [FL]</p> <p>10:30 <b>PE</b> Line Dancing! [YS]</p> <p>11:15 <b>LL</b> Weight Room Equipment Tutorial/ Questions [WR]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>2:30 GoatHouse Brewery \$-Please Sign Up at the Concierge desk! [FL]</p> <p>3:30 <b>LL</b> Happy Hour!</p> <p>7:00 <b>LL</b> Friday Night at the Movies [TH]</p>	<p>9:00 <b>PE</b> Resident Walking Group [FL] <b>4</b></p> <p>10:00 <b>PE</b> Exercise with Christine [FL]</p> <p>2:00 <b>LL</b> Movie Matinee [TH]</p> <p>3:00 <b>LL</b> Resident Led: UNO Card Game [BI]</p> <p>7:00 <b>LL</b> Action Movie Night [TH]</p>
<p>10:30 <b>PE</b> Resident Walking Group [FL] <b>5</b></p> <p>10:45 <b>SS</b> Online Church Service [TH]</p> <p>1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI]</p> <p>2:00 <b>LL</b> Sunday Movie Matinee [TH]</p> <p>3:45 <b>LL</b> Resident Led Game: Scrabble [BI]</p> <p>6:00 <b>LL</b> Hand and Foot Club</p> <p>7:00 <b>LL</b> Documentary Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Bocce Ball Teams [BBC] <b>6</b></p> <p>10:00 <b>CE</b> Andy's iPhone Camera &amp; Photo Editing Workshop-Please Sign up with Concierge [TH]</p> <p>10:30 <b>PE</b> Aqua Aerobics with Jiji [P]</p> <p>11:15 <b>LL</b> Jenga [BI]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>1:00 <b>PE</b> Trader Joe's \$-Please Sign Up With Concierge [FL]</p> <p>2:00 <b>LL</b> BINGO! [BI]</p> <p>2:45 <b>LL</b> Monday Movie Matinee</p> <p>3:00 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS]</p> <p>7:00 <b>LL</b> Drama Movie Night [TH]</p>	<p>9:00 Farmers Market \$-Please Sign Up at the Concierge desk! [FL] <b>7</b></p> <p>9:30 <b>PE</b> Fit Club- Morning Stretch [YS]</p> <p>10:30 <b>AE</b> Resident Community Garden Club</p> <p>11:15 <b>CE</b> Brain Fitness [TH]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>2:00 <b>CC</b> Sonrisa Singers</p> <p>3:30 <b>CE</b> Afternoon Tea Time and Current Event Discussion [BI]</p> <p>7:00 <b>LL</b> Romantic Movie Night [TH]</p>	<p>9:30 <b>PE</b> Aqua Aerobics with Katie [P] <b>8</b></p> <p>9:30 <b>LL</b> Coffee and Conversation Groups [BI]</p> <p>9:30 Farmers Market \$-Please Sign Up at the Concierge desk! [FL]</p> <p>10:30 <b>LL</b> Therapy Dog Visit! Celebrate National Best Friends Day!</p> <p>1:00 Scenic Drive [FL]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>2:00 <b>AE</b> Ambience Floral-Please Sign Up With Concierge [MR]</p> <p>3:45 <b>CC</b> Get Involved! Local Volunteer Opportunities Info [BI]</p> <p>7:00 <b>LL</b> Comedy Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Walking Group [FL] <b>9</b></p> <p>10:00 <b>PE</b> Chair Zumba with Terri [YS]</p> <p>11:00 <b>CE</b> Cubigo Resident Training--INTRO CLASS [TH]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>1-4 <b>AE</b> Open Painting-Canvas [MR]</p> <p>2:00 <b>PE</b> Fall Risk Assessment with Katie- Please Sign up with the Concierge [YS]</p> <p>2:45 <b>CE</b> Travel Series [TH]</p> <p>3:00 <b>LL</b> BINGO! [BI]</p> <p>7:00 <b>LL</b> Classic Movie Night [TH]</p>	<p>9:30 <b>PE</b> Exercise with Abigail [YS] <b>10</b></p> <p>10:30 <b>PE</b> Line Dancing! [YS]</p> <p>10:30 Old Town Folsom Trip--Please Sign Up With Concierge [FL]</p> <p>1:30 Leatherby's Ice Cream Outing \$- Please Sign up with the Concierge [FL]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>3:00 <b>LL</b> Happy Hour and Musical Performance by Rick</p> <p>7:00 <b>LL</b> Friday Night at the Movies [TH]</p>	<p>9:00 <b>PE</b> Resident Walking Group [FL] <b>11</b></p> <p>10:00 <b>PE</b> Exercise with Christine [FL]</p> <p>2:00 <b>LL</b> Movie Matinee [TH]</p> <p>3:00 <b>LL</b> Resident Led: UNO Card Game [BI]</p> <p>7:00 <b>LL</b> Action Movie Night [TH]</p>
<p>10:30 <b>PE</b> Resident Walking Group [FL] <b>12</b></p> <p>10:45 <b>SS</b> Online Church Service [TH]</p> <p>1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI]</p> <p>2:00 <b>LL</b> Sunday Movie Matinee [TH]</p> <p>3:45 <b>LL</b> Resident Led Game: Scrabble [BI]</p> <p>6:00 <b>LL</b> Hand and Foot Club</p> <p>7:00 <b>LL</b> Documentary Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Bocce Ball Teams [BBC] <b>13</b></p> <p>10:00 <b>CE</b> Andy's iPhone Workshop (Part 1)- Please sign up with the Concierge [TH]</p> <p>10:30 <b>PE</b> Aqua Aerobics with Jiji [P]</p> <p>11:15 <b>LL</b> Jenga [BI]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>1:00 <b>LL</b> Target \$-Please Sign Up With Concierge [FL]</p> <p>2:00 <b>LL</b> BINGO! [BI]</p> <p>2:45 <b>LL</b> Monday Movie Matinee</p> <p>3:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS]</p> <p>7:00 <b>LL</b> Drama Movie Night [TH]</p>	<p>9:30 <b>PE</b> Fit Club- Morning Stretch [YS] <b>14</b></p> <p>10:30 <b>AE</b> Resident Community Garden Club</p> <p>11:15 <b>CE</b> Trivia [TH]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>1:30 <b>CC</b> Greeting Cards for Meals on Wheels [MR]</p> <p>3:00 <b>CE</b> Make Your Own Charcuterie Boards [BI]</p> <p>7:00 <b>LL</b> Romantic Movie Night [TH]</p>	<p>9:00 Ginger Elizabeth Patisserie \$- Please Sign Up at the Concierge desk! [FL] <b>15</b></p> <p>9:30 <b>PE</b> Aqua Aerobics with Katie [P]</p> <p>9:30 <b>LL</b> New Resident Coffee and Conversation: Get to Know Your New Neighbors! [BI]</p> <p>10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR]</p> <p>12:30 Movie Theater Trip \$ [FL]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>3:00 <b>PE</b> Fit Club- Chest, Triceps, and Legs [YS]</p> <p>7:00 <b>LL</b> Comedy Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Walking Group [FL] <b>16</b></p> <p>10:00 <b>PE</b> Chair Zumba with Terri [YS]</p> <p>11:00 <b>CE</b> Cubigo Resident Training--ADVANCED CLASS [TH]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>1-4 <b>AE</b> Open Art [MR]</p> <p>2:00 <b>LL</b> BINGO! [BI]</p> <p>2:45 <b>CE</b> Travel Series [TH]</p> <p>3:00 <b>AE</b> Sonrisa Singers</p> <p>7:00 <b>LL</b> Classic Movie Night [TH]</p>	<p>9:30 <b>PE</b> Exercise with Abigail [YS] <b>17</b></p> <p>10-2 Thunder Valley Trip \$- Please Sign Up With Concierge [FL]</p> <p>10:30 <b>PE</b> Line Dancing! [YS]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>2:30 <b>CC</b> Sonrisa Clubs Meeting [TH]</p> <p>3:00 <b>LL</b> The Lincoln Highway Trio Performance/Happy Hour</p> <p>7:00 <b>LL</b> Friday Night at the Movies [TH]</p>	<p>9:00 <b>PE</b> Resident Walking Group [FL] <b>18</b></p> <p>10:00 <b>PE</b> Exercise with Christine [FL]</p> <p>11:00 Musical Performance with Rick</p> <p>2:00 <b>LL</b> Movie Matinee [TH]</p> <p>3:00 <b>LL</b> Resident Led: UNO Card Game [BI]</p> <p>7:00 <b>LL</b> Action Movie Night [TH]</p>
<p><b>Father's Day</b> <b>19</b></p> <p>10:30 <b>PE</b> Resident Walking Group [FL]</p> <p>10:45 <b>SS</b> Online Church Service [TH]</p> <p>11:00 Father's Day BBQ [DR]</p> <p>1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI]</p> <p>2:00 <b>LL</b> Sunday Movie Matinee [TH]</p> <p>3:45 <b>LL</b> Resident Led Game: Scrabble [BI]</p> <p>6:00 <b>LL</b> Hand and Foot Club</p> <p>7:00 <b>LL</b> Documentary Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Bocce Ball Teams [BBC] <b>20</b></p> <p>10:30 <b>PE</b> Aqua Aerobics with Jiji [P]</p> <p>11:15 <b>LL</b> Jenga [BI]</p> <p>1:00 Safeway &amp; CVS \$-Please Sign Up With Concierge [FL]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>2:00 <b>LL</b> BINGO! [BI]</p> <p>2:45 <b>LL</b> Monday Movie Matinee</p> <p>3:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS]</p> <p>7:00 <b>LL</b> Drama Movie Night [TH]</p>	<p>9:30 <b>PE</b> Fit Club- Morning Stretch [YS] <b>21</b></p> <p>10:30 <b>AE</b> Resident Community Garden Club Summer Solstice BBQ [DR]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>3:30 <b>CE</b> Afternoon Tea Time and Current Event Discussion [BI]</p> <p>7:00 <b>LL</b> Romantic Movie Night [TH]</p>	<p>9:30 <b>PE</b> Aqua Aerobics with Katie [P] <b>22</b></p> <p>9:30 <b>LL</b> Coffee and Conversation Groups [BI]</p> <p>9:30 Railroad Museum \$-Please Sign Up With Concierge [FL]</p> <p>10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR]</p> <p>1-2 Scenic Drive [FL]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>3:30 <b>LL</b> Musical Performance with Lisa</p> <p>7:00 <b>LL</b> Comedy Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Walking Group [FL] <b>23</b></p> <p>10:00 <b>PE</b> Chair Zumba with Terri [YS]</p> <p>11:00 <b>CE</b> Cubigo Resident Training--INTRO CLASS [TH]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>1-4 <b>AE</b> Open Painting-Canvas [MR]</p> <p>2:00 <b>LL</b> BINGO! [BI]</p> <p>2:45 Monthly Activity Meeting [BI]</p> <p>3:30 <b>CE</b> Travel Series [TH]</p> <p>7:00 <b>LL</b> Classic Movie Night [TH]</p>	<p>9:30 <b>PE</b> Exercise with Abigail [YS] <b>24</b></p> <p>10:00 Tower Cafe \$-Please Sign up with the Concierge [FL]</p> <p>10:30 <b>CE</b> Andy's iPhone Basics [TH]</p> <p>10:30 <b>PE</b> Line Dancing! [YS]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>2:30 Le Casque Winery \$-Please Sign Up at the Concierge desk! [FL]</p> <p>3:30 <b>LL</b> Happy Hour!</p> <p>7:00 <b>LL</b> Friday Night at the Movies [TH]</p>	<p>9:00 <b>PE</b> Resident Walking Group [FL] <b>25</b></p> <p>10:00 <b>PE</b> Exercise with Christine [FL]</p> <p>2:00 <b>LL</b> Movie Matinee [TH]</p> <p>3:00 <b>LL</b> Resident Led: UNO Card Game [BI]</p> <p>7:00 <b>LL</b> Action Movie Night [TH]</p>
<p>10:30 <b>PE</b> Resident Walking Group [FL] <b>26</b></p> <p>10:45 <b>SS</b> Online Church Service [TH]</p> <p>1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI]</p> <p>2:00 <b>LL</b> Sunday Movie Matinee [TH]</p> <p>3:45 <b>LL</b> Resident Led Game: Scrabble [BI]</p> <p>6:00 <b>LL</b> Hand and Foot Club</p> <p>7:00 <b>LL</b> Documentary Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Bocce Ball Teams [BBC] <b>27</b></p> <p>10:30 <b>PE</b> Aqua Aerobics with Jiji [P]</p> <p>11:15 <b>LL</b> Jenga [BI]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>1:00 Walmart \$-Please Sign Up With Concierge [FL]</p> <p>2:00 <b>LL</b> BINGO! [BI]</p> <p>2:45 <b>LL</b> Monday Movie Matinee</p> <p>3:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS]</p> <p>7:00 <b>LL</b> Drama Movie Night [TH]</p>	<p>9:30 <b>PE</b> Fit Club- Morning Stretch [YS] <b>28</b></p> <p>10:30 <b>AE</b> Artistic Expression: Independence Day Wreath-Please Sign up with Concierge by the 14th [FL]</p> <p>10:30 <b>AE</b> Resident Community Garden Club</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>2:30 <b>CE</b> Chef's Corner and Dining Committee Meeting [DR]</p> <p>3:30 <b>CE</b> Afternoon Tea Time and Current Event Discussion [BI]</p> <p>7:00 <b>LL</b> Romantic Movie Night [TH]</p>	<p>9:30 <b>PE</b> Aqua Aerobics with Katie [P] <b>29</b></p> <p>9:30 <b>LL</b> Coffee and Conversation Groups [BI]</p> <p>10:00 Mimosa House \$- Please Sign Up at the Concierge desk! [FL]</p> <p>10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR]</p> <p>1-2 Safeway \$-Please Sign Up With Concierge [FL]</p> <p>1:00 <b>PE</b> Senior Fitness Test- Please Sign Up with Concierge [YS]</p> <p>2:00 <b>LL</b> Blackjack [BI]</p> <p>2:20 Twin Rocks Estate Winery Tasting \$- Please Sign Up with Concierge [FL]</p> <p>7:00 <b>LL</b> Comedy Movie Night [TH]</p>	<p>9:30 <b>PE</b> Resident Walking Group [FL] <b>30</b></p> <p>10:00 <b>PE</b> Chair Zumba with Terri [YS]</p> <p>11:00 <b>CE</b> Cubigo Resident Training--ADVANCED CLASS [TH]</p> <p>12:15 Sacramento Music Circus \$ [FL]</p> <p>1:00 <b>PE</b> Balance and Gait Assessment- Please Sign Up with Concierge [YS]</p> <p>1-4 <b>AE</b> Open Art [MR]</p> <p>2:00 <b>LL</b> BINGO! [BI]</p> <p>2:45 <b>CE</b> Travel Series [TH]</p> <p>3:00 <b>AE</b> Sonrisa Singers</p> <p>7:00 <b>LL</b> Classic Movie Night [TH]</p>	<p style="text-align: center;"><b>Location Keys</b></p> <p>Bistro BI</p> <p>Bocce Ball Court BBC</p> <p>Dining Room DR</p> <p>Meet in front lobby FL</p> <p>Multipurpose Room MR</p> <p>Pool P</p> <p>Theater TH</p> <p>Weight Room WR</p> <p>Yoga Studio YS</p>	<p style="text-align: center;"><b>Key:</b></p> <p><b>\$-Will be a cost to the resident.</b></p>