

The Landing AT CARMICHAEL

7125 Fair Oaks Blvd. • Carmichael, CA 95608



Mother's Day Luncheon

Sunday, May 12th 11:00AM to 1:00PM

For more details call (916) 491-7105



Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.

Memorial Day BBQ Lunch

11:00am to 1:00pm in the Courtyard

May 2019

Office Hours

Monday - Friday 8:30 AM to 5:00 PM
Saturday & Sunday 9:00 AM to 5:00 PM

Phone: (916) 481-7105 Fax: (916) 481-1242
Natalie McNeal Executive Director
Jennifer Valcazar Sales Director
Neda Soudani Business Office Manager
Robert Thompson Dining Services Director
Steven Thao Maintenance Director
Mai Yang Activities Director
Misti Lavery Housekeeping Lead

TheLandingSL.com



5/4 Eddie R.
5/22 Allan I.
5/26 Verne S.
5/31 LaVern G.

Birthday Celebration

Thursday, May 16th, at 2:00pm in the Bistro Room
Join us for cake, Ice cream and music by entertainer Alvin

The Landing AT CARMICHAEL

May 2019

- DR First Floor Dining Room
- B Bistro
- 2D 2nd Floor Dining Room
- LB Lobby
- 2L 2nd Floor Living Room
- C Courtyard
- 1LR 1st Floor Living Room
- S Spiritual & Inspirational
- F Fun & Entertainment
- H Health & Fitness
- †† Chat & Chew
- \$ Shopping
- ☕ Social
- Community
- 🎨 Creative Expression

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cinco de Mayo 5</p> <p>9:00 -2:00 Walk2Farmer's Market at Carmichael Park</p> <p>10:00 LB Ride to Church 📖</p> <p>10:00 2L Biblical Exploration 📖</p> <p>11:30 DR Cinco de Mayo Lunch ●</p> <p>2:00 2D Coffee, Tea & Mexican Hot Chocolate ☕</p> <p>3:00 2L Biblical Exploration 📖</p> <p>6:00 B UNO Game ♥</p> <p>6:00 2L Popcorn & Movie 🎬</p>	<p>Memorial Day 6</p> <p>9:30 LB Earliest Depart Time 4 Dr. Appt ♥</p> <p>11:00 LB Last Depart 4 Dr. Appt ♥</p> <p>1:30 2D Flex & Stretch with Mai ♥</p> <p>2:30 B A Walk on the Rhythmic Path 🎵</p> <p>2:30 2L Activity Chat with Mai</p> <p>6:00 2L Ladies' Group 📖</p>	<p>Salon Services</p> <p>Meet Toni Tirapelli, Hairstylist, Personal Trainer, Health Coach, and Healer.</p> <p>Every Wednesday 11:00am to 5:00pm.</p> <p>For an appointment, please call (916) 730-9411.</p> <p>National Teacher's Day 7</p> <p>9:00 1LR -9:30 Blood Pressure Checks ♥</p> <p>9:40 LB Shopping: Super Walmart\$</p> <p>1:30 LB Shopping @ Super Walmart\$</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 2L Biblical Exploration 📖</p>	<p>May Day 1</p> <p>9:30 LB Earliest Depart time for Doctor Appointment ♥</p> <p>11:00 LB Last Depart Time 4 Dr. Appt ♥</p> <p>2:30 B Chat and Chew with All Directors ●</p> <p>6:00 B Pinochle ☕</p> <p>6:00 2L Movie Night-resident pick 🎬</p> <p>National Receptionist Day 8</p> <p>9:30 LB Earliest Depart time for Doctor Appointment ♥</p> <p>11:00 LB Last Depart Time 4 Dr. Appt ♥</p> <p>2:30 B Resident Only Chat & Chew ☕</p> <p>6:00 B Pinochle ☕</p> <p>6:00 2L Movie Night-resident pick 🎬</p>	<p>Brothers and Sisters Day 2</p> <p>9:30 LB -10:30 Errands & Banks</p> <p>11:00 LB Lunch Bunch!†</p> <p>11:15 2L Catholic Service 📖</p> <p>1:30 2D OM Circle (2D) 📖</p> <p>2:30 B Banana Split with 6-String Daisy 🎵</p> <p>4:45 LB Food Truck @CP ††</p> <p>6:00 B Chess Night ☕</p> <p>6:00 2D Creative Coloring</p> <p>National Chocolate Chip Day 15</p> <p>9:30 LB Earliest Depart time for Doctor Appointment ♥</p> <p>11:00 LB Last Depart Time 4 Dr. Appt ♥</p> <p>2:30 B Chat and Chew</p> <p>6:00 B Pinochle ☕</p> <p>6:00 2L Movie Night-resident pick 🎬</p>	<p>Garden Meditation Day 3</p> <p>11:00 LB Shopping: Safeway, Bel-Air, Carmichael Village\$</p> <p>2:00 2L 30-minute Fitness ♥</p> <p>3:00 B HAPPY HOUR ☕</p> <p>6:00 2L Night Cap 🎵</p> <p>Military Spouse Appreciation Day 10</p> <p>11:00 LB Shopping: Safeway, Bel-Air, Carmichael Village\$</p> <p>1:00 2D Men's Group 📖</p> <p>2:00 2L 30-minute Fitness ♥</p> <p>3:00 B HAPPY HOUR ☕</p> <p>6:00 2L Night Cap 🎵</p>	<p>Kentucky Derby 4</p> <p>10:00 LB Shopping @ Trader Joe's\$</p> <p>1:30 2L Work out with Misti ♥</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 Come paint, watch or color with your friends and neighbors</p> <p>6:00 2D Creative Coloring 🎨</p> <p>Twilight Zone Day 11</p> <p>10:00 LB Trip to Library & 99 Cent Store\$</p> <p>1:30 2L Work out with Misti ♥</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 Come paint, watch or color with your friends and neighbors</p> <p>6:00 2D Creative Coloring 🎨</p>
<p>Mother's Day 12</p> <p>9:00 -2:00 Walk2Farmer's Market at Carmichael Park</p> <p>10:00 2L Biblical Exploration 📖</p> <p>10:00 LB Ride to Church 📖</p> <p>11:00 DR 1:00 Mother's Day Luncheon ●</p> <p>3:00 2L Biblical Exploration 📖</p> <p>6:00 2L Popcorn & Movie 🎬</p> <p>6:00 B UNO Game ♥</p> <p>World Plant a Vegetable Garden Day 19</p> <p>9:00 -2:00 Walk2Farmer's Market at Carmichael Park</p> <p>10:00 LB Ride to Church 📖</p> <p>10:00 2L Biblical Exploration 📖</p> <p>3:00 2L Biblical Exploration 📖</p> <p>6:00 2L Popcorn & Movie 🎬</p> <p>6:00 B UNO Game ♥</p>	<p>Frog Jumping Day 13</p> <p>9:30 LB Earliest Depart Time 4 Dr. Appt ♥</p> <p>11:00 LB Last Depart 4 Dr. Appt ♥</p> <p>1:30 2D Flex & Stretch with Mai ♥</p> <p>2:30 B A Walk on the Rhythmic Path 🎵</p> <p>2:30 2L Wii-Wheel of Fortune with Mai 🎮</p> <p>6:00 2L Ladies' Group 📖</p> <p>Pick Strawberries Day 20</p> <p>9:30 LB Earliest Depart Time 4 Dr. Appt ♥</p> <p>11:00 LB Last Depart 4 Dr. Appt ♥</p> <p>1:30 2D Flex & Stretch with Mai ♥</p> <p>2:30 2D Name That Tune 🎵</p> <p>2:30 B A Walk on the Rhythmic Path 🎵</p> <p>6:00 2L Ladies' Group 📖</p>	<p>Dance Like a Chicken Day 14</p> <p>9:40 LB Shopping: Super Walmart\$</p> <p>1:30 B BINGO Store Shopping\$</p> <p>1:30 2:15 Don't forget your bingo money to shop</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 2L Biblical Exploration 📖</p> <p>National Waiters & Waitresses Day 21</p> <p>9:00 1LR -9:30 Blood Pressure Check with Alpha One ♥</p> <p>9:40 LB Shopping: Super Walmart\$</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 2L Biblical Exploration 📖</p>	<p>National Chocolate Chip Day 15</p> <p>9:30 LB Earliest Depart time for Doctor Appointment ♥</p> <p>11:00 LB Last Depart Time 4 Dr. Appt ♥</p> <p>2:30 B Chat and Chew</p> <p>6:00 B Pinochle ☕</p> <p>6:00 2L Movie Night-resident pick 🎬</p> <p>National Maritime Day 22</p> <p>9:30 LB Earliest Depart time for Doctor Appointment ♥</p> <p>11:00 LB Last Depart Time 4 Dr. Appt ♥</p> <p>2:30 B Chat & Chew ☕</p> <p>6:00 2L Movie Night-resident pick 🎬</p> <p>6:00 2D Pinochle</p>	<p>Wear Purple 4 Peace Day 16</p> <p>9:30 LB -10:30 Errands & Banks</p> <p>11:00 LB Lunch Bunch!†</p> <p>11:15 2L Catholic Service 📖</p> <p>1:30 2D OM Circle 📖</p> <p>2:00 C Birthday Celebration with live music by Alvin ●</p> <p>6:00 B Chess Night ☕</p> <p>6:00 2D Creative Coloring</p> <p>Lucky Penny Day 23</p> <p>9:30 LB -10:30 Errands & Banks</p> <p>11:00 LB Lunch Bunch!†</p> <p>11:15 2L Catholic Service 📖</p> <p>1:30 2L Meditation Session 📖</p> <p>2:30 C Root Beer Floats!†</p> <p>6:00 B Chess Night ☕</p> <p>6:00 2D Creative Coloring</p>	<p>Pack Rat Day 17</p> <p>11:00 LB Shopping: Safeway, Bel-Air, Carmichael Village\$</p> <p>2:00 2L 30-minute Fitness ♥</p> <p>3:00 B HAPPY HOUR ☕</p> <p>6:00 2L Night Cap 🎵</p> <p>National Escargot Day 24</p> <p>11:00 LB Shopping: Safeway, Bel-Air, Carmichael Village\$</p> <p>2:00 2L 30-minute Fitness ♥</p> <p>3:00 B HAPPY HOUR ☕</p> <p>6:00 2L Night Cap 🎵</p>	<p>Armed Forces Day 18</p> <p>10:00 LB Shopping @ Target\$</p> <p>1:30 2L Work out with Misti ♥</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 Come paint, watch or color with your friends and neighbors</p> <p>6:00 2D Creative Coloring 🎨</p> <p>National Brown Bag It Day 25</p> <p>10:00 LB Trip to Library or Grocery Outlet Store\$</p> <p>1:30 2L Work out with Misti ♥</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 2D Creative Coloring 🎨</p> <p>6:00 Come paint, watch or color with your friends and neighbors</p>
<p>Sally Ride Day 26</p> <p>9:00 -2:00 Walk2Farmer's Market at Carmichael Park</p> <p>10:00 LB Ride to Church 📖</p> <p>10:00 2L Biblical Exploration 📖</p> <p>2:00 Coffee and Tea Social-2D</p> <p>3:00 2L Biblical Exploration 📖</p> <p>6:00 2L Popcorn & Movie 🎬</p> <p>6:00 B UNO Game ♥</p>	<p>Memorial Day 27</p> <p>11:00 C 1:00 Memorial Day BBQ Lunch ●</p> <p>2:30 B A Walk on the Rhythmic Path 🎵</p> <p>6:00 2L Ladies' Group 📖</p>	<p>National Hamburger Day 28</p> <p>9:40 LB Shopping: Super Walmart\$</p> <p>1:30 B Bingo Store\$</p> <p>1:30 to 2:15 Bingo store shopping~don't forget your bingo money</p> <p>2:30 B -4:00 BINGO ☕</p> <p>6:00 2L Biblical Exploration 📖</p>	<p>JFK Day 29</p> <p>9:30 LB Earliest Depart time for Doctor Appointment ♥</p> <p>11:00 LB Last Depart Time 4 Dr. Appt ♥</p> <p>2:30 B Chat & Chew</p> <p>6:00 B Pinochle ☕</p> <p>6:00 2L Movie Night-resident pick 🎬</p>	<p>Mint Julep Day 30</p> <p>9:30 LB -10:30 Errands & Banks</p> <p>11:00 LB Lunch Bunch!†</p> <p>11:15 2L Catholic Service 📖</p> <p>1:30 2L OM Circle 📖</p> <p>2:30 C Ice Cream Cones!†</p> <p>6:00 2D Creative Coloring</p> <p>6:00 B Chess Night ☕</p>	<p>World No Tobacco Day 31</p> <p>11:00 LB Shopping: Safeway, Bel-Air, Carmichael Village\$</p> <p>2:00 2L 30-minute Fitness ♥</p> <p>3:00 B HAPPY HOUR ☕</p> <p>6:00 2L Night Cap 🎵</p>	<p>ARMED FORCES DAY</p>

**The LANDING at Carmichael Independent
Senior Living
A 55 and OVER COMMUNITY**

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The Landing at Carmichael is a vibrant, friendly and welcoming Independent living community. We offer a fabulous and affordable retirement community for seniors who are over the age of 55. The Landing at Carmichael offers all of the qualities of a larger community but at a much more affordable rate. We have a dining services program, activities and events and amenities.

The Landing has an experienced and well educated culinary team to offer diverse meal options. We use local vendors and build our dining program around a farm-to-table experience.

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Our Amenities:

- Affordable Vibrant Living*
- Renovated apartments*
- No buy-in or large upfront costs*
- Individually controlled AC/Heat*
- On-site laundry facilities*
- Pet Friendly*
- Dining Services Program*
- Continental breakfast included*
- Flexible meal plans available*
- Activities & Events*
- Housekeeping*

If you are looking to enjoy a quiet, quaint and beautiful community, please stop by for a tour during our office hours or call us at (916) 481-7105 to schedule an appointment.

Happy Landing!

*We appreciate
all the
wonderful
moms
in our
community*

*Happy Mother's Day
from your staff!*

