

SAMPLE CALENDAR OF ACTIVITES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>World Compliment Day 1</p> <p>10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee & Tea Social-2D 6:00 Popcorn & Movie-2L</p> <p style="text-align: center;">Happy Birthday NEDA!</p>	<p>Old Stuff Day 2</p> <p>9:30 Depart for DR. Appt-LB 1:30 30Min Movin & Groovin-2D 2:30 Gizmo & Gadgets Support with Mai-2D 2:30 Wii Jeopardy-2L 2:30 Drumming with David-B 6:00 LADIES GROUP-2D 7:00 Jeopardy & WOF-2L</p>	<p>Caregiver Appreciation Day 3</p> <p>9:00-9:30 Blood Pressure Check-LR 9:30 Morning Walk -LB 10:30 Home Recipe Cooking & Crafts-2D 1:00-3:30 Shopping @ Super Walmart-LB 2:30 - 4:00 BINGO-B 6:00 NetFlix Nite-2L</p>	<p>Hug a GI Day 4</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Appt Depart Time 1:30 30Min Weight Workout-2D 2:30 Chat & Chew w/Directors-B 7:00 Jeopardy Game Show-2L</p>	<p>Multiple Personality Day 5</p> <p>9:30-10:30 Errands/Bank-LB 10:00 Coffee, Chat, This & That-2D 11:00 Lunch Bunch @ Black Angus Steak-LB 1:00 Banana Splits-B 3:00 Wii Family Feud-2L 7:00 Jeopardy Game Show-2L</p>	<p>Employee Appreciation Day 6</p> <p>10:00 Shopping @ Safeway/Belair Neighborhood Walmart~LB 1:30 Wii Jeopardy-2L 3:00 HAPPY HOUR -B 7:00 Jeopardy & Wheel of Fortune-2L</p>	<p>National Crown Roast of Pork Day 7</p> <p>10:00 Shopping @ Trader Joes & Discovery Shop-LB 1:00 Live Music by Larry Lowe-B 1:00 Wii Games-2L 1:30 Open Gym-FC 2:30 - 4:00 BINGO-B 6:00 Wii Wheel of Fortune-2L</p>
<p>Daylight Saving Time begins 8</p> <p>10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee & Tea-2D 6:00 Popcorn & Movie -2L</p> <p style="text-align: center;"><i>Walk to Farmers Market At Carmichael Park 9:00am to 2:00pm</i></p>	<p>Purim begins at sundown 9</p> <p>9:30 Depart for Doctors Appointments-LB 1:30 30Min Movin & Groovin-2D 2:30 Wii Jeopardy-2L 2:30 Drumming with David-B 6:00 LADIES GROUP-2D 7:00 Jeopardy & WOF-2L Happy Birthday Yvonne P.!</p>	<p>Middle Name Pride Day 10</p> <p>9:30 Morning Walk-LB 10:30 Arts & Craft Corner-2D 1:00 Going to the Movie-LB 1:30 BINGO STORE Shopping-B 2:30 - 4:00 BINGO-B 3:00 Arts & Craft Continues-2D 6:00 NetFlix Nite-2L</p>	<p>11</p> <p>9:30 Depart to Doctors Appointment-LB 1:30 30Min Weight Workout-2D 2:30 Resident Chat & Chew-B 6:00 KARAOKE Night With DJ Ram Z-Bistro 7:00 Jeopardy Game Show-2L</p>	<p>Plant a Flower Day 12</p> <p>9:30-10:30 Errands/Bank-LB 10:00 Coffee Chat-2D 11:00 Lunch Bunch @Strings Italian Restaurant -LB 1:00 Birthday Celebration-B 3:00 Price Is Right-2L 7:00 Jeopardy Game Show-2L</p>	<p>Friday the 13th 13</p> <p>10:00 Shopping @ Super Walmart & Safeway-LB</p> <p>1:00 MEN'S GROUP -2D 1:30 Wii Jeopardy-2L 3:00 Happy Hour with Live Music by Larry Lowe-B 7:00 Jeopardy & WOF-2L</p>	<p>14</p> <p>Learn about Butterflies Day</p> <p>10:00 Trip to Library & 99 Cent Store-LB 1:00 Wii Games-2L 1:30 Open Gym-FC 2:30 - 4:00 BINGO-2D 6:00 Wii Wheel of Fortune-2L</p>
<p>Ides of March 15</p> <p>10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee & Tea-2D 6:00 Popcorn & Movie-2L</p> <p style="text-align: center;"><i>Walk to Farmers Market At Carmichael Park 9:00am to 2:00pm</i></p>	<p>16</p> <p>Freedom of Information Day</p> <p>9:30 Earliest Depart Time 4 Doctor Appointment 1:00 Going to the Movie-LB 1:30 30Min Movin & Groovin-2D 2:30 Wii Jeopardy-2L 2:30 Drumming with David-B 6:00 LADIES GROUP-2D 7:00 Jeopardy & WOF-2L</p>	<p>17</p> <p>St. Patrick's Day</p> <p>9:00-9:30 Blood Pressure Check-LR 9:30 Morning Walk with Mai-LB 1:00 Shamrock Wish & Irish Kiss Party with Alvin Soriaga-B 6:00 NetFlix Nite-2L 6:30 Jazz Night with Roni Yadao-B</p>	<p>18</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Appt Depart Time 1:30 30Min Weight Workout-2D 2:30 CHAT & CHEW-B 7:00 Jeopardy Game Show-2L</p>	<p>Absolutely Incredible Kid Day 19</p> <p>8:45 Red Hawk Casino-LB 9:30-10:30 Errands/Bank-LB 10:00 Coffee, Chat, This & That-2D 11:00 Lunch Bunch @ High-Hand Café & Nursery 1:00 Ice Cream Sundae-B 3:00 Wii Family Feud-2L 6:00 KARAOKE Night With DJ Ram Z-Bistro 7:00 Jeopardy Game Show-2L</p>	<p>International Earth Day 20</p> <p style="text-align: center;">9:00am-5:00pm Hidden Treasures Day 2nd Floor Dining room</p> <p>10:00 Shopping @ Safeway/Belair & Neighborhood Walmart-LB 1:30 Wii JEOPARDY-2L 3:00 HAPPY HOUR With DJ Ram Z-B 7:00 Jeopardy Game Show-2L</p>	<p>21</p> <p style="text-align: center;">9:00am-5:00pm Hidden Treasures Day 2nd Floor Dining room</p> <p>10:00 Shopping @ WinCo-LB 1:00 Wii Games-2L 1:30 Open Gym-FC 2:30 - 4:00 BINGO-B 6:00 Wii Wheel of Fortune-2L</p>
<p>National Goof Off Day 22</p> <p>10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee & Tea-2D 6:00 Popcorn & Movie-2L</p> <p style="text-align: center;"><i>Walk to Farmers Market At Carmichael Park 9:00am to 2:00pm</i></p>	<p>23</p> <p>9:30 Depart for DR. Appointment 11:00 Last Depart Time 4 Dr Appt 1:30 30Min Movin & Groovin-2D 2:30 Wii Jeopardy-2L 2:30 Drumming with David-B 6:00 LADIES GROUP-2D 7:00 Jeopardy & WOF-2L</p>	<p>National Chocolate Covered Raisins Day 24</p> <p>9:30 Morning Walk-LB 10:15 Shopping @ Sunrise Mall-LB 1:30 BINGO STORE Shopping-B 2:30 - 4:00 BINGO-B <i>3:00 Name That Tune-2L</i> 6:00 Netflix Nite-2L</p>	<p>Waffle Day 25</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Appt Depart Time 1:30 30Min Weight Workout-2D 2:30 Chat & Chew-B 7:00 Jeopardy Game Show-2L</p>	<p>National Spinach Day 26</p> <p>9:30-10:30 Errands/Bank-LB 10:00 Coffee, Chat, This & That-2D 11:00 Lunch Bunch @Xochimilco Mexican -LB 1:00 Ice Cream Floats & Cones-B 3:00 Wii Price Is Right-2L 7:00 Jeopardy Game Show-2L</p>	<p>National "JOE" Day 27</p> <p>10:00 Shopping @ Super Walmart & Safeway-LB</p> <p>1:00 MEN'S GROUP -2D 1:30 Wii JEOPARDY-2L 3:00 HAPPY HOUR -B 7:00 Jeopardy Game Show-2L</p>	<p>28</p> <p>Something on a Stick Day</p> <p>10:00 Trip to Library or Grocery Outlet-LB 1:00 Wii Games-2L 1:30 Open Gym-FC 2:30 - 4:00 BINGO-B 6:00 Wii Wheel of Fortune-2L</p>
<p>Smoke & Mirrors Day 29</p> <p>10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee & Tea-2D 6:00 Popcorn & Movie-2L</p> <p style="text-align: center;"><i>Walk to Farmers Market At Carmichael Park 9:00am to 2:00pm</i></p>	<p>30</p> <p style="text-align: center;"><i>Take a Walk in the Park Day</i></p> <p>9:30 Depart for DR. Appt-LB 11:00 Last Depart Time 4 Dr Appt 1:30 30Min Movin & Groovin-2D 2:30 Wii Jeopardy-2L 2:30 Drumming with David-B 6:00 LADIES GROUP-2D 7:00 Jeopardy & WOF-2L</p>	<p>31</p> <p>World Backup Day</p> <p>9:30 Morning Walk-LB 10:30 Arts & Crafts-2D 2:30 - 4:00 BINGO-B 3:00 Name That Movie-2D 6:00 NetFlix Nite-2L</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">THE LANDING</p> <p style="font-weight: bold; margin: 0;">at Carmichael</p> <p style="font-size: 1.5em; font-weight: bold; margin: 0;">Independent Senior Living</p>			<p style="text-align: center;">Locations Key:</p> <p>B-Bistro LB-Lobby S-Salon C-Courtyard LR-1st Floor Living Room DR-1st Floor Dining Room 2L-2nd Floor Living Room 2D-2nd Floor Dining Room FC-Fitness Center-by Apt203 BC-Business Center-by Apt309</p>