

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SAMPLE

## Windsor Care Center of Sacramento

<h1>SAMPLE</h1> <h2>Windsor Care Center of Sacramento</h2>						<b>1</b> 9:00 Aerobics Mix 10:15 Arts & Crafts 10:30 <i>Abundant Life Church</i> 2:00 Fancy Feet 2:30 Snack & Film 3:00 Animal Trivia
<b>2</b> 9:00 Happy Bones 9:30 Fun Facts 10:00 Current Events 10:30 Bowling 2:00 Cookie Time 3:00 <i>Slavic Church</i>	<b>3</b> 9:30 Sittercise 10:00 Café Windsor **Beauty Shop** 10:30 Morning Snacks 11:00 RAA/RNA Program 2:30 Labor Day Party 4:00 Resident Choice	<b>4</b> 9:00 Ball Toss 10:00 Aroma Therapy 11:00 RAA/RNA Program 2:00 Afternoon Stretch 2:30 Movies & Snacks 4:00 Resident Choice	<b>5</b> 9:00 Group Exercise 10:00 Memory Ball ***Beauty Shop*** 11:00 RAA/RNA Program 2:00 Animated Film 4:00 Resident Choice	<b>6</b> 9:00 Morning Exercise 10:00 Am Snacks 11:00 RAA/RNA Program 2:00 HOKEY POKEY 2:15 Aroma Therapy 2:30 Arts & Crafts-C 4:00 Resident Choice	<b>7</b> 9:00 Sit and Fit 10:00 Donut Social 11:00 RAA/RNA Program 1:30 Communion/Prayer-S 2:00 <i>JW Worship</i> 3:15 Classics <b>Evening Activity Basket</b>	<b>8</b> 9:00 Yoga Time 10:00 <i>Redemption Church</i> 10:30 Arts & Crafts 2:30 Snack Attack 3:00 Artistic Moments
<b>9</b> 9:00 Para- Ball! 10:00 Daily Chronicle 10:30 Bowling 2:00 Ice Tea & Social 4:00 Residents Choice	<b>10</b> 9:00 Sittercise 10:00 Café Windsor **Beauty Shop** 10:30 Balloon Toss 11:00 RAA/RNA Program 2:00 Movie & Snacks 4:00 Resident Choice	<b>11</b> 9:00 Happy Bones 10:30 Sensory Table 11:00 RAA/RNA Program 2:00 Root beer Floats-C 2:30 Prize Bingo-F 4:00 Resident Choice	<b>12</b> 9:00 Bend the Stretch 9:45 Café Windsor 10:00 Ring Toss ***Beauty Shop*** 11:00 RAA/RNA Program 2:00 Food Trivia 2:30 Pretty Nails	<b>13</b> 9:00 Morning Exercise 10:00 Am Snacks 10:00 <i>Jazzy Jasper</i> 11:00 RAA/RNA Program 2:00 Movie & Snacks-C 2:00 Movie & Snacks-C 2:30 Prize Bingo-F	<b>14</b> 9:00 Sittercise 10:00 Café Windsor 10:30 Arts & Crafts 11:00 RAA/RNA Program 2:00 Motown Jam 2:30 Ring Toss/ <b>Evening Activity Basket</b>	<b>15</b> 9:00 Morning Mix 9:30 Let's Get Moving 10:00 Abundant Life Church 2:00 Afternoon Stretch 3:00 <i>Macedonia Baptist</i>
<b>16</b> 9:00 Morning Stretch 10:00 Sunday Broadcast 10:30 Arts & Crafts 2:30 What's Cookin? 4:00 Resident Choice	<b>17</b> 9:00 Strength & Stretch 10:00 Café Windsor 10:00 The Price Is Right **Beauty Shop** 11:00 RAA/RNA Program 2:00 Movie & Snack 4:00 Resident Choice	<b>18</b> 9:00 Morning Mix Up 10:00 <i>The Price Is Right</i> 10:00 Gardening (CY) 11:00 RAA/RNA Program 2:30 Classic Cinema-C 2:30 Prize Bingo-F	<b>19</b> 9:00 Café Windsor ***Beauty Shop*** 10:00 <i>Music w/ Elvis</i> 11:00 RAA/RNA Program 2:00 Bubble Blast 2:30 <b>Resident Council-F</b> 4:00 Resident Choice	<b>20</b> 9:00 Morning Stretch 10:00 Gardening (CY) 10:00 Ball Toss 11:00 RAA/RNA Program 2:00 Music & Movement 2:30 Arts & Crafts-C 2:30 Prize Bingo-F	<b>21</b> 9:00 Para- Ball 10:00 Movie Trivia 10:30 I Love Lucy 11:00 RAA/RNA Program 2:00 <i>JW Worship</i> 3:00 Movie & Munchies <b>Evening Activity Basket</b>	<b>22</b> 9:00 Morning Mix 9:30 Let's Get Moving 10:00 <i>Redemption Church</i> 2:00 Ice Cream Social 3:00 Word Games 4:00 Resident Choice
<b>23</b> 9:00 Morning Exercise 10:00 Church Broadcast 10:00 Snack Attack 10:30 Trivia 2:00 Table Games 3:00 Resident Choice	<b>24</b> 9:00 Morning Stretch 9:30 Café Windsor **Beauty Shop** 10:00 Table Games 11:00 RAA/RNA Program 2:00 Movie & Snacks 3:00 Wii Therapy	<b>25</b> 9:00 Morning Stretch 9:30 Ball Toss 10:00 Movie & Snacks 10:00 Gardening (CY) 11:00 RAA/RNA Program 2:00 Music & Stretch 2:30 Prize Bingo	<b>26</b> 9:00 Let's Get Movin' 10:00 <i>Music w/ Alvin</i> 10:30 Morning Munchies ***Beauty Shop*** 11:00 RAA/RNA Program 2:30 Bowling 4:00 Resident Choice	<b>27</b> 9:00 Let's Get Movin' 10:00 Aroma Therapy 10:0 Gardening (CY) 10:30 Music & MunchiesS 11:00 RAA/RNA Program 2:00 <i>BirthDay Party</i> 4:00 Resident Choice	<b>28</b> 9:00 Java & Jive 9:30 Music & Dance 10:00 Friday Matinee 11:00 RAA/RNA Program 2:00 What's Cookin? 3:00 Table Games <b>Evening Activity Basket</b>	<b>29</b> 9:00 Aerobics Mix 10:00 Arts & Crafts 2:00 Fancy Feet 2:30 Snack & Film 3:00 Animal Trivia 4:00 Resident Choice-
<b>30</b> 9:00 Para-Ball 10:00 Windsor Café 10:30 Church Broadcast 2:00 What's Cookin? 3:30 Resident Choice	<h3>Windsor Sacramento Highlights</h3> <p>                     Beauty Shop-Mon/Wed/Fri                      RNA/RAA Exercise Program-Daily                      Music &amp; Live Entertainment – Weekly                      Special Events &amp; Outings &amp; Parties- Monthly                 </p>					