

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



PARAMOUNT HOUSE SENIOR LIVING

						<p>*9:00 am Daily Chronicle 9:30 am Coffee Chat *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:20 am Easy Does it Trivia *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *3:30 pm Golden Girls</p>
<p>*9:00 am Church Services 9:30 am Coffee Chat 10:00 am Pentecostals of Vacaville *10:20 am Haley's Choice 10:45 am Winter Hangman *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:30 pm Puzzles 2:30 pm Nickel Bingo *3:45 pm Balloon Volleyball</p>	<p>9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee Chat *9:30 am Brain Work 10:00 am Virtual Reality *10:35 am Virtual Reality 10:45 am Wii Bowling *12:45 pm Ring Toss 12:45 pm Nickel Bingo 2:00 pm Nickel Bingo 3:15 pm OVERSTREETS</p>	<p>*9:00 am Hand Massages 9:00 am Coffee Chat *9:35 am Sing-a-long 10:30 am Total Body Stretch w/Evan *12:45 pm Trivia/Reminisce 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk</p>	<p>*9:00 am Country Ride/Sing-along 9:20 am Coffee Chat *9:30 am Brain Work 10:00 am 99 CENT STORE *12:45 pm Nickel Bingo 1:15 pm Nickle Bingo *1:45 pm Peg Stacker 2:00 pm Nickel Bingo *3:30 pm Outdoor Walk 3:45 pm Balloon Volleyball</p>	<p>*9:00 am Hand Massages 9:15 am Catholic Communion *10:00 am Puzzles 10:00 am LAPS *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:45 pm Teri's Choice 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk 3:15 pm Nails w/Alida</p>	<p>*9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat *10:00 am Easy Does It Trivia 10:00 am Strong Seniors 10:45 am Mind Joggers *12:45 pm Puzzles 1:15 pm Nickel Bingo *1:30 pm Balloon Volleyball 2:30 pm Nickel Bingo *3:30 pm Puzzles</p>	<p>*9:00 am Daily Chronicle 9:30 am Coffee Chat *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:20 am Hayley's Choice *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *3:30 pm Golden Girls</p>
<p>*9:00 am Church Services 9:30 am Coffee Chat 10:00 am Pentecostals of Vacaville *10:20 am Mental Stimulation *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *2:30 pm Nickel Bingo *2:45 pm Sing-along *3:30 pm Bowling 3:15 pm New Hope Christian Fellowship</p>	<p>9:00 am PS Walking Club *9:00 am Hand Massage 9:20 am Coffee Chat *9:30 am Brain Work 10:00 am Virtual Reality *10:35 am Virtual Reality 10:35 am Wii Bowling *12:45 pm Ring Toss 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo *2:45 pm Outdoor Walk 3:35 pm Dominos</p>	<p>*9:00 am Hand Massages 9:00 am Coffee Chat *10:15 am Exercise w/Kathy 10:30 am Total Body Stretch w/Evan *12:45 pm Trivia/Reminisce 12:45 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:00 pm Nickel Bingo *2:30 pm Mental Stimulation 3:15 pm SWEET Gs</p>	<p>*9:00 am Country Ride *9:00 am Sing-along 9:20 am Coffee Chat *9:30 am Brain Work 10:15 am Corn Hole 11:00 am IN & OUT BURGER *12:45 pm I Love Lucy 1:15 pm Nickle Bingo *1:45 pm Peg Stacker 2:30 pm Nickel Bingo *3:30 pm Outdoor Walk</p>	<p>*9:00 am Hand Massages 9:15 am Catholic Communion *10:00 am Puzzles 10:00 am Bible Study w/Sheila *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:45 pm Memory Game 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk 3:15 pm Nails w/Alida</p>	<p>*9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat *10:00 am Easy Does It Trivia 10:00 am Sitting Whoga 10:45 am Mind Joggers *12:45 pm Puzzles 1:15 pm Nickel Bingo *1:30 pm Balloon Volleyball 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk</p>	<p>*9:00 am Daily Chronicle 9:30 am Coffee Chat 10:00 am Sitting Aerobics *10:20 pm Ring Toss 10:45 pm Hangman *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:30 pm Sitting Yoga 2:30 pm Nickel Bingo *3:30 pm Color Creations</p>
<p>*9:00 am Church Services 9:30 am Coffee Chat 10:00 am Pentecostals of Vacaville *10:20 am Basketball *12:20 pm Easy Does it Trivia 1:15 pm Nickel Bingo *1:30 pm Golden Girls 2:30 pm Nickel Bingo *2:45 pm Puzzles *3:45 pm Balloon Volleyball</p>	<p>9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee Chat 10:00 am Virtual Reality *10:35 am Virtual Reality 10:35 am Wii Bowling *12:45 pm Bonanza 1:15 pm Nickel Bingo 1:45 pm Brain Work 2:30 pm Nickel Bingo *2:45 pm Outdoor Walk 3:35 pm Martin Luther King Jr. Day</p>	<p>*9:00 am Sing-along 9:00 am Coffee Chat *9:35 am Exercise w/Kathy 10:00 am Finishing Lines 10:30 am <u>Townhall meeting w/Richie</u> 1:15 pm Nickel Bingo *1:45 pm Easy Does it Trivia 2:30 pm Nickel Bingo *2:30 pm Mental Stimulation *3:30 pm Color Creation</p>	<p>*9:00 am Country Ride/Sing-a-Long 9:20 am Coffee Chat *10:00 am Basketball 10:00 am WALMART 10:30 am Putting Green *11:00 am DENNY'S 12:45 pm Nickle Bingo *2:00 pm Brain Work 2:00 pm Nickel Bingo *2:45 pm Color Creations 3:15 pm ALVIN</p>	<p>*9:00 am Hand Massages 9:15 am Catholic Communion 10:00 am Bible Study w/Sheila *10:15 am Memory Game 10:45 am Ring Toss *12:45 pm Peg Stacker 1:15 pm Nickel Bingo *1:30 pm Picture Binder 2:30 pm Nickel Bingo 3:15 pm Outdoor Walk 3:15 pm Nails w/Alida</p>	<p>*9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat 10:00 am Nickle Bingo *10:15 am Memory Game *12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo *1:30 pm Hand Massages 3:00 pm WINTER GAMES</p>	<p>*9:00 am Daily Chronicle 9:30 am Coffee Chat *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:20 am Hayley's Choice *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *3:30 pm Beverly Hillbillies</p>
<p>*9:00 am Church Services 9:30 am Coffee Chat 10:00 am Pentecostals of Vacaville 10:45 am January Trivia *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *2:00 pm Color Creations 2:30 pm Nickel Bingo *2:45 pm Sing-along *3:45 pm Balloon Volleyball <small>Activity Professionals Week</small></p>	<p>9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee Chat 10:00 am Virtual Reality *10:35 am Virtual Reality 10:35 am Wii Bowling *12:45 pm Chicken Soup for the Soul 12:45 pm Nickel Bingo *1:45 pm Brain Work 2:00 pm Nickel Bingo *2:45 pm Outdoor Walk</p>	<p>*9:00 am Hand Massages 9:00 am Coffee Chat *10:15 am Exercise w/Kathy 10:30 am Total Body Stretch w/Evan *12:45 pm Trivia/Reminisce 12:45 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:00 pm Nickel Bingo *2:30 pm Mental Stimulation 3:15 pm BIRTHDAY PARTY W/SWEET Gs</p>	<p>*9:00 am Country Ride/Sing-a-Long 9:20 am Coffee Chat *9:30 am Memory Game 10:10 am Corn Hole *10:20 am Brain Work 10:40 am RED LOBSTER *12:45 pm Ring Toss 1:15 pm Nickel Bingo *2:00 pm Brain Work 2:30 pm Nickel Bingo 3:45 pm <u>Chat w/Jessica</u> <small>Australia Day (observed)</small></p>	<p>*9:00 am Sing-along 9:15 am Catholic Communion 10:00 am Ring Toss *10:00 am Bingo *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:30 pm Color Creations 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk 3:15 pm Nails w/Alida 3:35 pm Tai Chi w/Evan</p>	<p>*9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat 10:00 am <u>Rock painting w/ Marissa</u> 10:45 am Mind Joggers *12:45 pm Hand Massages 1:15 pm Nickel Bingo *1:45 pm Puzzles 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk 3:35 Dominos/Balloon Volleyball 3:35 pm Dominos</p>	<p>*9:00 am Daily Chronicle 9:30 am Coffee Chat *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:20 am Easy Does it Trivia *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *3:30 pm Bonanza</p>
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ACTIVITIES SUBJECT TO CHANGE