

Ponte Palmero's Life Enhancement Calendar

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:30 Walking Warriors (meet at Clubhouse) 10:00 Chair Exercises 11:00 Quarter Bingo 1:00 Resident Association Meeting 1:00 Wii - Bowling 3:00 Spiritual Devotion/Music 3:15 15 Minute Chair Massage 6:30 Pinochle Group</p>	<p>2</p> <p>9:30 Golf Club 10:00 Water Aerobics w/Bernie 11:00 Silver Sculpt w/ Gina 2:00 Knitting and Other Handwork 2:00 Make your own ice cream sandwich 6:00 Chess Group Ice Cream Sandwich Day</p>	<p>3</p> <p>9:30 Walking Warriors (meet at Clubhouse) 10:00 Chair Exercises 11:30 Wine Club 12:00 Bus Outing -Farmer's Market/Shopping Burke's Junction 2:30 Quarter Left/Right/Center 6:30 Night Bingo</p>	<p>4</p> <p>10:00 Water Aerobics w/Bernie 11:00 Circuit with Lorrie 12:00 Bus Outing - Music Circus 1:00 Bridge Group 3:15 Line Dancing 5:30 Jazz Music Sing Along "Well, Hello Dolly" Day-Louis Armstrongs Birthday</p>	<p>5</p> <p>9:30 Walking Warriors (meet at Clubhouse) 10:00 Chair Exercises 11:00 Chair Yoga 11:00 Quarter Bingo 4:00 Cocktail Hour 6:30 Name that Tune w/Bobbi Hunner</p>	<p>6</p> <p>11:00 Zumba Gold 1:00 Bus Outing-Lunch at Cascada in Placerville (\$) 1:00 Texas Hold 'Em 3:00 Wii Bowling</p>
<p>7</p> <p>11:30 Sunday Brunch 1:00 Mexican Train Dominos 3:00 Movie Matinee 4:00 Ice Cream Social</p> <p style="text-align: center;">National Friendship Day</p>	<p>8</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercises 11:00 Quarter Bingo 1:00 Wii - Bowling 2:30 Sample New Recipes 3:00 Spiritual Devotion/Music 6:30 Pinochle Group</p>	<p>9</p> <p>10:00 Water Aerobics w/Bernie 11:00 Zumba Gold 1:00 Thanks for the Memories with Bobbi Hunner 2:00 Knitting and Other Handwork 3:00 Forest Service Informational 6:00 Chess Group</p> <p style="text-align: center;">Smokey Bear's Birthday</p>	<p>10</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercises 11:30 Wine Club 12:00 Bus Outing -Red Hawk Casino 2:30 Quarter Left/Right/Center 6:30 Night Bingo</p>	<p>11</p> <p>10:00 Water Aerobics w/Bernie 11:00 Circuit with Lorrie 12:00 Bus Outing - Music Circus 12:30 Spa Day 1:00 Bridge Group 3:15 Line Dancing</p> <p style="text-align: center;">National Relaxation Day</p>	<p>12</p> <p>9:30 Walking Warriors (meet at Clubhouse) 10:00 Chair Exercise 11:00 Chair Yoga 11:00 Quarter Bingo 1:00 Bus Outing- Shopping at Walmart 4:00 Cocktail Hour</p>	<p>13</p> <p>9:00 AARP Safe Driving Class 11:00 Longevity Care Class 1:00 Bus Outing - Hattie's Tea Party - Placerville 1:00 Texas Hold 'Em 3:00 Wii Bowling</p>
<p>14</p> <p>11:30 Sunday Brunch 1:00 Mexican Train Dominos 3:00 Movie Matinee 4:00 Ice Cream Social 5:00 Singles Club</p>	<p>15</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercises 11:00 Quarter Bingo 11:00 Health, Safety and Transportation Meeting 1:00 Wii- Bowling 1:00 Food Service Meeting 3:00 Spiritual Devotion/Music 6:30 Pinochle Group</p>	<p>16</p> <p>9:30 Golf Club 10:00 Water Aerobics w/Bernie 11:00 Silver Sculpt w/ Gina 1:15 Free Hearing Aide Cleaning 1:30 Volunteer Outreach 2:00 Knitting and Other Handwork 3:00 New Zealand Trip -May 2012 (Informational talk) 6:00 Chess Group</p>	<p>17</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercises 10:30 Book Discussion Club 11:30 Wine Club Trip to Miraflores Winery 2:30 Quarter Left/Right/Center 6:30 Night Bingo</p>	<p>18</p> <p>10:00 Water Aerobics w/Bernie 11:00 Circuit with Lorrie 12:30 Smarty Pants - Trivia 1:00 Bridge Group 2:30 Movie- Butch Cassidy & the Sundance Kid</p> <p style="text-align: center;">Robert Redford Day</p>	<p>19</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercise 11:00 Chair Yoga 11:00 Quarter Bingo 4:00 Cocktail Hour 6:30 Old Time Piano Bar with Mr. Ringwald</p>	<p>20</p> <p>9:00 AARP Safe Driving Class 11:00 Zumba Gold 1:00 Texas Hold 'Em 3:00 Wii Bowling 3:30 Bus Outing - Ho' Down for Habitat and Rib Cook Off</p> <div style="text-align: center;">  </div>
<p>21</p> <p>11:30 Sunday Brunch 1:00 Mexican Train Dominos 3:00 Movie Matinee 4:00 Ice Cream Social</p> <p style="text-align: center;">National Senior Citizen Day</p>	<p>22</p> <p>9:00 Resident Council Meeting 9:30 Walking Warrior(meet at Clubhouse) 10:00 Chair Exercises 11:00 Quarter Bingo 1:00 Wii - Bowling 3:00 Spiritual Devotion/Music 6:30 Pinochle Group</p>	<p>23</p> <p style="text-align: center;">BLOCK PARTY Theme - Western</p> <p>10:00 Water Aerobics w/Bernie 11:00 Zumba Gold 1:00 Thanks for the Memories with Bobbi Hunner 2:00 Knitting and Other Handwork 6:00 Chess Group</p>	<p>24</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercises 12:00 Bus Outing - Lunch at Papa Gianni's (\$ lunch) 2:30 Quarter Left/Right/Center 6:30 Night Bingo</p>	<p>25</p> <p>10:00 Water Aerobics w/Bernie 11:00 Circuit with Lorrie 11:00 Activities Committee Meeting 12:30 Smarty Pants - Trivia 1:00 Bridge Group 3:15 Line Dancing</p>	<p>26</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Stretching Class 11:00 Chair Yoga 11:00 Quarter Bingo 1:30 Make an instrument and play along 4:00 Cocktail Hour</p> <p style="text-align: center;">Strange Music Day</p>	<p>27</p> <p>11:00 Longevity Care Class 1:00 Texas Hold 'Em 1:00 Bus Outing - Art in the Orchard - Camino 3:00 Wii Bowling</p>
<p>28</p> <p>11:30 Sunday Brunch 1:00 Mexican Train Dominos 3:00 Movie Matinee 4:00 Ice Cream Social</p>	<p>29</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercises 11:00 Quarter Bingo 1:00 Wii - Bowling 3:30 Spiritual Devotion/Music 6:30 Pinochle Group</p>	<p>30</p> <p style="text-align: center;">BIRTHDAY NIGHT</p> <p>10:00 Water Aerobics w/Bernie 11:00 Silver Sculpt w/ Gina 1:30 Volunteer Outreach 2:00 Knitting and Other Handwork 4:00 Wii - Horseshoes 6:00 Chess Group 6:00 Birthday Celebration</p>	<p>31</p> <p>9:30 Walking Warriors(meet at Clubhouse) 10:00 Chair Exercises 12:00 Bus Outing - Farmer's Market/Shopping Burke's Junction 2:30 Quarter Left/Right/Center 6:30 Night Bingo</p>			<p style="text-align: center;"> SPIRITUAL PHYSICAL SOCIAL MENTAL SPECIAL EVENT EDUCATION ENTERTAINMENT CREATIVE </p>