

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022

*Cascades of the Sierra - Assisted Living*

10:15 The Streets of San Francisco Detective Series - SC  
 10:30 Card Games with Cyla—FC  
 1:30 Bridge—M  
 1:45 Movie Matinee — SC  
 2:00 Rose Bowl - FC  
 3:00 Bingo - AS  
 7:00 Movie Night - SC

New Year's Day

**8:30-12:00 Church Outings** **2**  
 1:30 Cribbage Card Game—M  
 1:45 Matinee Movie — SC  
**2:00 Church Service: First Baptist Church—LN**  
 7:00 Movie Night - SC

**9:30-11:15 Outing: Walmart, Kohls & BOA** **3**  
 10:15 The Great Courses—SC  
 10:30 Strength & Stretch - ARS  
 1:00 Cribbage - M  
 1:45 Matinee Movie — SC  
 2:00 Bingo - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**

**10:00-11:15 Outing: Senior Day at Walgreens 20% off & Savemart** **4**  
 10:30 Balance Class - ARS  
 10:30 Brain Games - LN  
 11:00 Never Have I Ever - LN  
 1:00 BBB Practice — ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee - SC  
 2:15 Bingo— LN  
 3:15 News Currents - LN

10:15 The Great Courses - SC  
 10:30 Strength & Stretch- ARS  
 10:30 Hangman- LN  
 1:00 Coloring for Relaxation — AS  
 1:45 Movie Matinee — SC  
 2:00 Pickle Ball - ARS  
 2:15 Crosswords —LN  
 3:00 Bingo — LN

**9:30-11:15 Shopping Outing: Costco & Galleria Center** **5**  
**10:00 Catholic Church Service: Mass with Father Phillip —GR**  
**10:30 Yuki the Service Dog - Room Visits**  
 1:00 BBB Practice - ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee — SC  
 2:00 Crochet/Knitting Club - S  
 2:15 Bingo — LN  
**3:30 HH & Music with Audrey - FC**

10:15 The Great Courses - SC  
 10:30 Strength & Stretch- ARS  
 10:30 Action Games - LN  
**12:15 Music w/ Marc Anthony - FC**  
 1:45 Movie Matinee — SC  
 2:00 Trivia! - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**  
 3:00 Bingo - LN  
 7:00 Movie Night - SC

10:15 The Streets of San Francisco Detective Series - SC  
**10:30 A Visit from Terri! -LS**  
 10:30 Card Games with Cyla—Cancelled  
 1:30 Bridge—M  
 1:45 Movie Matinee — SC  
**2:00 Book Club - GR**  
 3:00 Bingo - AS  
 7:00 Movie Night - SC

**8:30-12:00 Church Outings** **9**  
 1:30 Cribbage Card Game—M  
 1:45 Matinee Movie — SC  
**2:00 Church Service: First Baptist Church—LN**  
 7:00 Movie Night - SC

**9:30-11:15 Outing: Walmart, Kohls & BOA** **10**  
 10:15 The Great Courses—SC  
 10:30 Strength & Stretch - ARS  
 1:00 Cribbage - M  
 1:45 Matinee Movie — SC  
 2:00 Bingo - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**

**9:00 Breakfast Outing: Black Bear Diner** **11**  
 10:30 Balance Class - ARS  
 10:30 Brain Games - LN  
 11:00 Chat Packs - LN  
 1:00 BBB Practice — ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee - SC  
 2:15 Bingo— LN  
 3:15 News Currents - LN

10:15 The Great Courses - SC  
 10:30 Strength & Stretch- ARS  
 10:30 How Many Words- LN  
 1:00 Arts & Crafts— AS  
 1:45 Movie Matinee — SC  
 2:00 Pickleball - ARS  
 2:15 Sing Along - LN  
 3:00 Bingo — LN

**9:30-11:15 Shopping Outing: Target & TJ Max** **12**  
**10:00 Catholic Church Service: Communion—GR**  
**10:30 Yuki the Service Dog -LN**  
 1:00 BBB Practice - ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee — SC  
 2:00 Crochet/Knitting Club - S  
 2:15 Bingo — LN  
**3:30 HH & Music with Audrey - FC**

10:15 The Great Courses - SC  
 10:30 Strength & Stretch- ARS  
 10:30 Action Games - LN  
 1:00 Tech Support—LS  
 1:45 Movie Matinee — SC  
 2:00 BORED Games - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**  
 3:00 Bingo - LN  
 7:00 Movie Night - SC

10:15 The Streets of San Francisco Detective Series - SC  
 10:30 Card Games with Cyla—FC  
 1:30 Bridge—M  
 1:45 Movie Matinee — SC  
**2:00 Encore Band - FC**  
 3:00 Bingo - Cancelled  
 7:00 Movie Night - SC

**8:30-12:00 Church Outings** **16**  
 1:30 Cribbage Card Game—M  
 1:45 Matinee Movie — SC  
**2:00 Church Service: First Baptist Church—LN**  
**4:00 Outing: Reno Philharmonic (tickets must be purchased in advance)**  
 7:00 Movie Night - SC

**9:30-11:15 Outing: Walmart, Kohls & BOA** **17**  
 10:15 The Great Courses—SC  
 10:30 Strength & Stretch - ARS  
 1:00 Cribbage - M  
 1:45 Matinee Movie — SC  
 2:00 Bingo - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**

Martin Luther King Jr. Day

**11:00-1:30 Lunch Outing: Olive Garden** **18**  
 10:30 Balance Class - ARS  
 10:30 Brain Games - LN  
 11:00 Never Have I Ever - LN  
 1:00 BBB Practice — ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee - SC  
 2:15 Bingo— LN  
 3:15 News Currents - LN

10:15 The Great Courses - SC  
 10:30 Strength & Stretch- ARS  
 10:30 Hangman- LN  
 1:00 Coloring for Relaxation — AS  
 1:45 Movie Matinee — SC  
 2:00 Pickleball - ARS  
 2:15 Crosswords —LN  
 3:00 Bingo — LN  
**7:00 Lets Dance Band - LS**

**9:30-11:15 Shopping Outing: Trader Joes, CVS & Big Lots** **20**  
**10:00 Catholic Church Service: Communion—GR**  
**10:30 Yuki the Service Dog -Room Visits**  
 1:00 BBB Practice - ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee — SC  
 2:00 Crochet/Knitting Club - S  
 2:15 Bingo — LN  
**3:30 HH & Music with Audrey - FC**

10:15 The Great Courses - SC  
 10:30 Strength & Stretch- ARS  
 10:30 Action Games - LN  
 1:00 Tech Support—LS  
 1:45 Movie Matinee — SC  
 2:00 Trivia! - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**  
 3:00 Bingo - LN  
 7:00 Movie Night - SC

10:15 The Streets of San Francisco Detective Series - SC  
 10:30 Card Games with Cyla—FC  
 1:30 Bridge—M  
 1:45 Movie Matinee — SC  
**2:00 Music w/ Colin Ross - LS**  
 3:00 Bingo - Cancelled  
 7:00 Movie Night - SC

**8:30-12:00 Church Outings** **23**  
 1:30 Cribbage Card Game—M  
 1:45 Matinee Movie — SC  
**2:00 Church Service: First Baptist Church—LN**  
 Activity Professionals Week

**9:30-11:15 Outing: Walmart, Kohls & BOA** **24**  
 10:15 The Great Courses—SC  
 10:30 Strength & Stretch - ARS  
 1:00 Cribbage - M  
 1:45 Matinee Movie — SC  
 2:00 Bingo - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**  
**TIE DYE DAY**

**10:00-11:30 Scenic Drive: Denise's Choice** **25**  
 10:30 Balance Class - ARS  
 10:30 Brain Games - LN  
 11:00 Chat Packs - LN  
 1:00 BBB Practice — ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee - SC  
**2:00 Music w/ Paul - LS**  
 3:15 News Currents - Cancelled

10:15 The Great Courses - SC  
 10:30 Strength & Stretch- ARS  
 10:30 How Many Words- LN  
 1:00 Arts & Crafts— AS  
 1:45 Movie Matinee — SC  
 2:15 Sing Along - LN  
 3:00 Bingo — LN  
**PAJAMA DAY!**

Australia Day (observed)

**9:30-12:30 Museum Outing: Wilbur D. May (\$4-\$9 per ticket)** **26**  
**10:00 Catholic Church Service: Communion—GR**  
**10:30 Yuki the Service Dog -LN**  
 1:00 BBB Practice - ARS  
 1:30 Bridge with Patti—Mezz  
 1:45 Movie Matinee — SC  
 2:00 Crochet/Knitting Club - S  
 2:15 Bingo — LN  
**3:30 HH & Music with Audrey - FC**

10:15 The Great Courses - SC  
 10:30 Strength & Stretch-ARS  
 10:30 Action Games - LN  
 1:00 Tech Support—LS  
 1:45 Movie Matinee — SC  
 2:00 BORED Games - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**  
 3:00 Bingo - LN  
 7:00 Movie Night - SC  
**CRAZY HAIR DAY!**

10:15 The Streets of San Francisco Detective Series - SC  
 10:30 Card Games with Cyla—FC  
 1:30 Bridge—M  
 1:45 Movie Matinee — SC  
**2:00 Sing Along w/ Jacques - FC**  
 3:00 Bingo - Cancelled  
 7:00 Movie Night - SC

**8:30-12:00 Church Outings** **30**  
 1:30 Cribbage Card Game—M  
 1:45 Matinee Movie — SC  
**2:00 Church Service: First Baptist Church—LN**  
 7:00 Movie Night - SC

**9:30-11:15 Outing: Walmart, Kohls & BOA** **31**  
 10:15 The Great Courses—SC  
 10:30 Strength & Stretch - ARS  
 1:00 Cribbage - M  
 1:45 Matinee Movie — SC  
 2:00 Bingo - LN  
**2:00-4:00 Outing: Bingo @ The Nugget Casino**

### The Great Courses Schedule:

Monday at 10:15am: Cosmology, and the History of our Universe  
 Wednesday at 10:15am: Cognitive Behavioral Therapy  
 Friday at 10:15am: The American West

\*Starting Friday January 28<sup>th</sup>: The Great courses: The Rise and Fall of the British Empire.

### HAIR & NAIL APPOINTMENTS:

Please make all salon appointments for Fridays between 9am-3pm in the Sparks area.

\*If you have any conflicts with your salon, please reach out to Denise so she can find a time to get you scheduled. Thank you!



01/01 Dolores H.

01/06 Mary S.

01/08 Donna S.

01/16 James W.

01/16 Jim J.

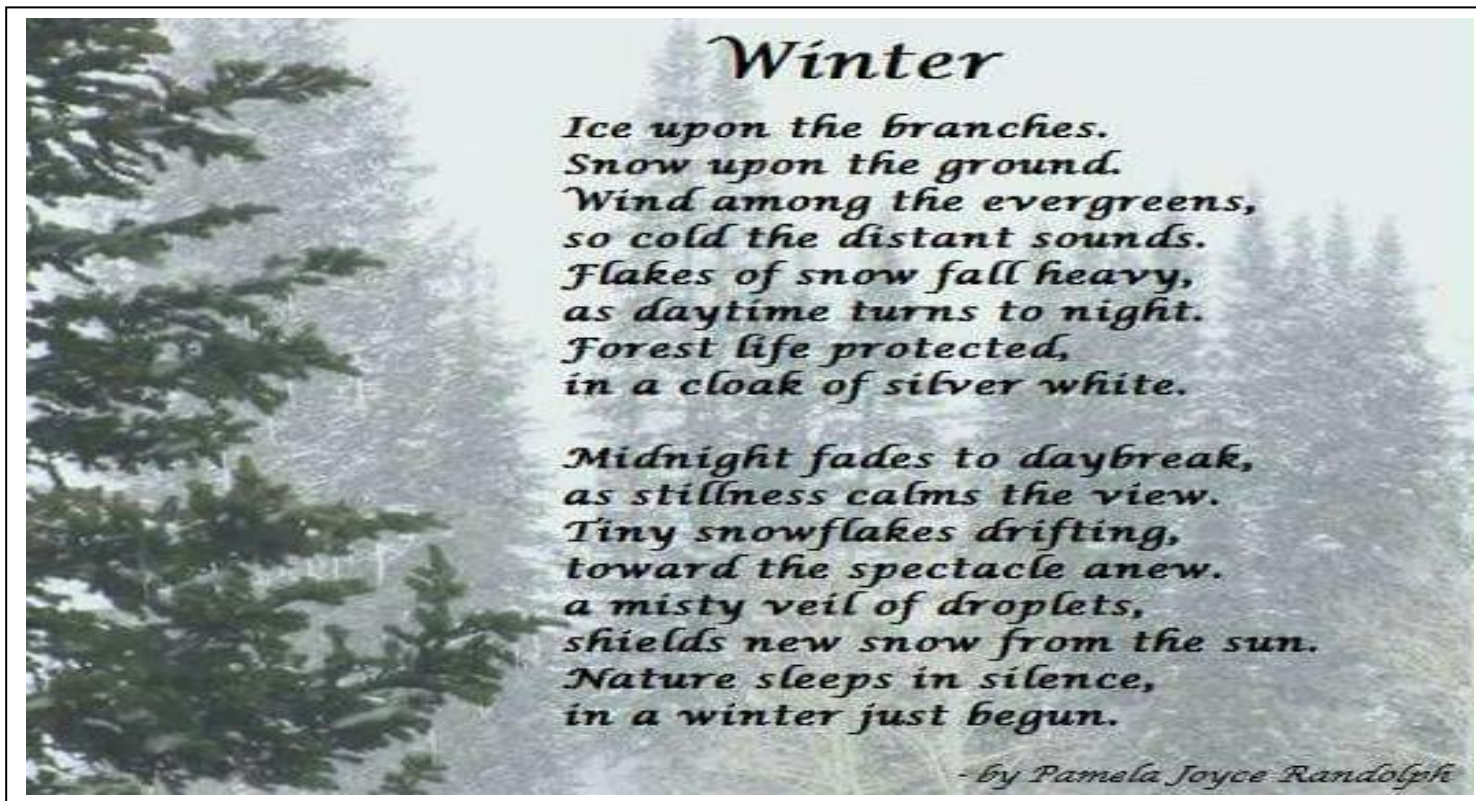
01/19 Lorraine E.

01/19 Pat S.

01/20 Virginia M.

01/26 Rosalie B.

01/27 Dolores Z.



**Abbreviations Key:**  
 LS – Living Room South  
 LN – Living Room North  
 GR – Great Room  
 SC – Sundance Cinema  
 FC – Fireside Club  
 AS – Art Studio  
 M – Mavericks  
 S – Scoundrels  
 CC – Conference Room  
 ARS – Aerobics Studio  
 BP – Barbeque Patio  
 PDRS – Private Dining Room South  
 GC – Golf Course  
 E – Everfit  
 RR – Remington’s Restaurant  
 WR – Winchester’s Restaurant  
 MEZZ – Mezzanine

**\*\*Movies and events are subject to change based on availability\*\***

**Schedule for Resident ran activities:**

Please see the schedule below for common areas being utilized. If you would like to reserve a room please contact Ashley or Cyla in Life Enrichment at 775-424-5400.

\*Note these games are private and changes or cancellations are subject to change.

If you would like to join a group – please be courteous and speak with the group organizer.

Game Schedules	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Mavericks</b>	1:30pm-2:30pm Cribbage	1pm-2:00pm Cribbage			6:30pm-8:30pm Farkle		1:30pm-3:30pm Bridge
<b>Scoundrels</b>					2:00pm – 3:00pm Crochet / Knitting Club		
<b>Mezzanine</b>	12:30pm-2:30pm Cards	12:30pm-2:30pm Cards	1:30pm-3:30pm Bridge	12:30pm-2:30pm Cards	1:30pm-3:30pm Bridge	12:30pm-2:30pm Cards 6:30pm-8:30pm Mexican Train	12:30pm-2:30pm Cards 3:30pm-5:30pm Spite & Malice
<b>Fireside</b>	1:00pm -2:00pm Spite & Malice	1:00pm -2:00pm Spite & Malice	1:00pm -2:00pm Spite & Malice	1:00pm -2:00pm Spite & Malice	1:00pm -2:00pm Spite & Malice	1:00pm -2:00pm Spite & Malice	1:00pm -2:00pm Spite & Malice

**Mondays:**

The bus will start **boarding** at 8:45 am for shopping & Labs. 9:00am-11:15am

Appointments are to be made within the hours of 12:00pm-3:00pm

**Tuesdays:**

Appointments are to be made within the hours of 9:00am-3:00pm

**Wednesdays:**

Appointments are to be made within the hours of 9:00am-3:00pm

**Thursdays:**

The bus will start **boarding** at 8:45am for shopping. 9:00am-11:15am

Appointments are to be made within the hours of 12:00pm-3:00pm

**Fridays:**

Appointments are to be made within the hours of 9:00am-2:00pm