| Sunday | 201 | Monday | Tuesday | W <mark>edne</mark> sday | Thursday | Friday | Saturday |
|---|-----------------|---|--|--|---|---|---|
| | | May All activities are s | | | 9:30 Disco Exercise 10:00 Daily Chronicle 10:30 Water Color Art 1:30 Armchair Travel 3:00 Tai Chi with Homer 4:00 Happy Hour on the Patio 6:30 Group Games - Self Guided | 9:30 Seated Cardio Drumming 2 10:00 Daily Devotional 10:30 Crystal Hermitage Garden at Ananda 1:30 BINGO! 3:00 Happy Hour with Cowboy Curt 4:00 Garden Club 6:30 Group Puzzle - Self Guided | 9:30 Chair Yoga with Ryan 10:00 Daily Chronicle 10:15 Artful Endeavors: Free for all Craft 2:00 Sierra Presbyterian Church Hymnals Performance 3:00 Poker with Ryan 6:30 Group Puzzle - Self Guided |
| 9:30 Morning Exercise | | | - | 9:30 Windup Wednesday 7 | May Day 9:30 Disco Exercise Q | 9:30 Seated Cardio Drumming Q | Kentucky Derby 9:30 Chair Yoga with Ryan 10 |
| 10:00 Daily Chronicle 10:30 Simple Truth Chur Service 1:30 BINGO 3:00 Book Club 4:00 Artful Endeavors: Frall Crafts 6:30 Star Wars: A New H | ree for | 9:30 Steel Feathers Exercise 10:00 Daily Chronicle 10:15 Manicures with Stephanie 1:30 Armchair Travel: Mexico! 3:00 Cinco De Mayo Fiesta 6:30 Group Games - Self Guided Cinco de Mayo | 9:30 Tune Up Tuesday 10:00 Daily Devotional 10:30 Paint & Sip 1:00 Chef Chat with Annekin 2:00 Tech Time with Stephanie 3:00 Happy Hour on the Patio 3:30 Mini Golf 4:00 Name that Tune | 10:30 Heart & Sole Walking Club at Condon Park 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday on the Patio with Name that Tune 6:30 Group Puzzle - Self Guided | 9:30 Disco Exercise 10:30 Ladies Tea Social 1:30 Solace with Spencer 3:00 Bible Study with Henry 4:00 Happy Hour on the Patio 6:30 Group Games - Self Guided | 10:00 Flower Garden Bakery 11:30 Hats off to Healthcare Grab & Go Lunch for Nurses 1:30 Garden Club 3:00 Happy Hour with Heather MacAdam 4:00 Garden Club | 9:30 Chair Yoga with Ryan 10:00 Daily Chronicle 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Puzzle - Self Guided |
| 9:30 Morning Exercise | 11 | 9:30 Morning Exercise 12 | 9:30 Tune Up Tuesday 13 | 9:30 Windup Wednesday 11 | 9:30 Disco Exercise 15 | 9:30 Seated Cardio Drumming 6 | 9:30 Chair Yoga with Ryan 17 |
| 10:00 Daily Chronicle 10:30 Simple Truth Chur Service in Main Dinning I 10:30 Springtime Tea & I with Mom in Activity Roo 1:30 BINGO! 3:00 Book Club | Room Florals | 10:00 Daily Devotional 10:30 Garden Club 1:30 Lucchesi Vineyard & Winery 3:00 Karaoke 4:00 Mexican Train | 10:00 Daily Chronicle 10:30 Paint & Sip 2:00 Tech Time with Stephanie 3:00 Happy Hour on the Patio 4:00 Name that Tune 6:30 Movie Night | 10:00 Daily Devotional 10:30 Heart & Sole Walking Club 11:00 Catholic Mass with Father Davis & Brian Madigan 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday 6:30 Group Puzzle - Self Guided | 10:00 Daily Chronicle 10:45 Resident Council, Activity Committee & Fix it Chat 1:30 Armchair Travel 3:00 Tai Chi with Homer 4:00 Happy Hour on the Patio 6:30 Group Games - Self Guided | 10:00 Empire Mine Museum & Lunch 1:30 BINGO! 3:00 Mini Golf on the Patio with Refreshments 4:00 Name that Tune 6:30 Movie Night | 10:00 Daily Chronicle 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Puzzle - Self Guided |
| Mother's Day | 10 | National Skilled Nursing Care Week | 0:20 Tune Un Tuesday | 7:20 Prockfoot for Padges 04 | 0:20 Diggs Eversing | 0:20 Sected Cardio Drummin | Armed Forces Day |
| 9:30 Morning Exercise 10:00 Daily Chronicle 10:30 Simple Truth Chur Service 1:30 BINGO 3:00 Book Club 4:00 Artful Endeavors: Fi | | 10:00 Daily Chronicle 10:15 Manicures with Stephanie 1:30 Armchair Travel: Canada! 3:00 Thrift Store 4:00 Heart & Sole Walking Club Victoria Day (Canada) | 9:30 Tune Up Tuesday 10:00 Daily Devotional 10:30 Paint & Sip 2:00 Tech Time with Stephanie 3:00 Happy Hour with Stepside 4:00 Happy Hour on the Patio 6:30 Group Games - Self Guided | 7:30 Breakfast for Badges for First Responders. 9:30 Windup Wednesday 10:00 Daily Chronicle 10:30 Heart & Sole Walking Club 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday on the Patio with Name that Tune 6:30 Group Puzzle - Self Guided | 9:30 Disco Exercise 10:30 Ladies Tea Social 1:30 Solace with Spencer 3:00 Bible Study with Henry 4:00 Happy Hour on the Patio 5:00 Winner Winner Chicken Dinner& BINGO! | 9:30 Seated Cardio Drummin 9 3 10:00 Daily Chronicle 10:30 Garden Club 1:30 Nevada City Train Museum 4:00 Happy Hour on Patio 6:30 Movie Night | 9:30 Chair Yoga with Ryan 10:00 Daily Chronicle 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Puzzle - Self Guided |
| 9:30 Morning Exercise 10:00 Daily Chronicle 10:30 Simple Truth Chur Service 1:30 BINGO 3:00 Book Club 4:00 Artful Endeavors: Fi | | | 9:30 Tune Up Tuesday 10:00 Daily Chronicle 10:30 Paint & Sip 2:00 Tech Time with Stephanie 3:00 Happy Hour on the Patio 3:30 Mini Golf 4:00 Name that Tune 6:30 Group Puzzle - Self Guided | 9:30 Windup Wednesday 10:00 Daily Chronicle 10:30 Sierra Mountain Coffee Café 1:30 Blackjack with Ryan 3:00 Wine Down Wednesday on the Patio with Name that Tune 6:30 Group Games - Self Guided | 9:30 Disco Exercise 10:00 Daily Devotional 10:30 Water Color Art 1:30 Armchair Travel: 3:00 Happy Hour on the Patio 4:00 Name That Tune 6:30 Group Puzzle - Self Guided | 9:30 Seated Cardio Drummin 30 10:00 Daily Chronicle 10:30 Garden Club 12:00 Tofanelli's Bistro 1:30 BINGO! 3:00 Mini Golf on the Patio with Refreshments 4:00 Name that tune 6:30 Movie Night | 9:30 Chair Yoga with Ryan 10:00 Daily Chronicle 10:15 Artful Endeavors: Free for all Craft 1:30 BINGO! 3:00 Poker with Ryan 6:30 Group Puzzle - Self Guided |
| Cascades of Grass Valley 415 Sierra College Dr. Grass Valley, CA 9594 <mark>5</mark> LIC #292700563 Assisted Living & Independent Living | | | | | | | |