

EL DORADO HILLS GILMORE CLUB ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Events: 8:30 Projects, Visiting & Games 9:30 Morning Refreshments/ News 12:15 Lunch 1:00 Relax/Projects/Puzzles & Afternoon Stretches Mon & Wed Gardening With Camille 3:00 Afternoon Refreshments				
5 10:15 Chair Aerobics & FIT Class 11:00 Alaska Talk 11:45 Dart Game 2:00 Camp Town Ladies 3:15 Get to Know Us!	6 10:15 Chair Yoga & FIT Class 11:00 History of Alcatraz 11:45 Basketball Shootout 2:15 Bingo 3:15 Russian Words After Lunch Party With Marty	7 10:15 Chair Yoga & FIT Class 11:00 Clint Eastwood Talk 11:45 Noodle Ball 2:00 Ukulele Group 3:15 Things Game	8 10:15 Chair Aerobics & FIT Class 11:00 Member Council Meeting 11:45 Cornhole Game 2:15 Art 2:15 Crazy 8's Card Game 3:15 Trivia	9 10:15 Chair Aerobics & FIT Class 11:00 Natalie Wood Talk 11:45 Volleyball Game 2:15 Scavenger Hunt 3:15 Urban Myth Game
12 HOT AUGUST NIGHTS 10:15 Chair Aerobics & FIT Class 11:00 Nat King Cole Talk 11:45 Noodle Ball 2:15 Karaoke 3:15 Things Game	13 HOT AUGUST NIGHTS 10:15 Chair Yoga 11:00 Highlights of Fabulous Fifties 11:45 Ladderball Game 2:00 Little Bit of Fiddle 3:15 Things Game	14 HOT AUGUST NIGHTS 10:15 Chair Aerobics & FIT Class 11:00 Bobby Darin Talk 11:45 Bean Bag Baseball 2:15 Bingo 3:15 Urban Myth	15 HOT AUGUST NIGHTS 10:15 Chair Aerobics & FIT Class 11:00 Best of 50s Music 11:45 Shuffleboard Game 2:15 Art 2:15 Card Games 3:15 Junkyard Detective	16 HOT AUGUST NIGHTS 10:15 Chair Aerobics & FIT Class 11:00 50s Trivia 11:45 Dart Game 2:15 Bingo 3:15 Get to Know Us
19 10:15 Chair Aerobics & FIT Class 11:00 Barack Obama Talk 11:45 Ladder Ball 2:15 Karaoke 3:15 Trivia	20 10:15 Chair Aerobics & FIT Class 11:00 Yellowstone Talk 11:45 Basketball 2:15 Bingo 3:15 Urban Myth	21 10:15 Chair Aerobics & FIT Class 11:00 Bette Midler Talk 11:45 Darts 2:15 Favorite 50s TV Shows 3:15 Things Game	22 10:15 Chair Yoga & FIT Class 11:00 Anthony Hopkins Talk 11:45 Cornhole Game 2:15 Art 2:15 Games 3:15 Junkyard Detective	23 10:15 Chair Aerobics & FIT Class 11:00 Oregon Talk 11:45 Noodle Ball 1:00 Sock Hop at Sr. Center 3:15 Things Game
26 10:15 Chair Aerobics & FIT Class 11:00 JFK Talk 11:45 Ladder Ball 2:15 Karaoke 3:15 Urban Myth	27 10:15 Chair Aerobics & FIT Class 11:00 Canada Talk 11:45 Corn Hole Competition 2:15 Bingo 3:15 Things Game	28 10:15 Chair Yoga 11:00 Robert Redford Talk 11:45 Basketball 2:00 Jerry Rabago TROUBADOUR 3:15 Word in a Word	29 10:15 Chair Aerobics & FIT Class 11:00 Celine Dion Talk 11:45 Cornhole Game 2:15 Art 2:15 Card Games 3:15 Pictonary	30 10:15 Chair Aerobics & FIT Class 11:00 Marvin Coayne Talk 11:45 Bowling 2:15 Bingo 3:15 Spy

Gilmore Club Older Adult Day Center 916 358-3560

Activities Subject to Change