

# JULY 2018

WINDSOR THE RIDGE  
350 IRIS DR.  
SALINAS, CA. 93906/831-449-1515

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 MORNING SERVICE WITH JOHN+ 10:15 REFRESHMENTS+ 11:00 WORD SEARCH+  2:00 PUZZLES/GAMES+ 2:30 PUNCH+ 3:15 GROUP WORKOUT(WE CAN)+	<b>2)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 BAPTIST CHURCH WITH REFRESHMENTS+ 11:00 MUSIC TIME+ 11:00 PUZZLES+ 2:00 ALL ABOUT U.F.O.'S+ (U.F.O. DAY) 2:30 JUICE+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 FREE STYLE ART* A LA CARTE	<b>3)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS + 10:30 CURRENT EVENTS+ 11:00 PUZZLES+ 11:00 MUSIC TIME+ 2:00 HOT DOG JAMBORREE ON THE PATIO 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BOWLING* A LA CARTE	<b>4)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:30 CURRENT EVENTS+ 11:00 PUZZLES+ 11:00 MUSIC TIME+ 2:00 BINGO+ 3:00 COOKIES & PUNCH+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 POKER* A LA CARTE	<b>5)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:00 CHURCH SERVICE+ 11:00 PUZZLES+ 2:00 PRAER GROUP+ 2:30 JUICE* 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BINGO* A LA CARTE	<b>6)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS* 10:00 PRICE IS RIGHT* 10:00 CATHOLIC SERVICE+ 10:45 MUSIC TIME* 11:00 PUZZLES* 2:00 BEACH VOLLYBALL* 2:30 JUICE* 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 MOVIE NIGHT* A LA CARTE	<b>7)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:30 CURRENT EVENTS+ 11:00 PUZZLES+  2:00 GAMES OF CHOICE+ 2:30 JUICE+ 2:30 7 <sup>TH</sup> DAY ADVENTIST+ 3:15 GROUP WORKOUT(WE CAN)+
<b>8)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 MORNING SERVICE WITH JOHN+ 10:15 REFRESHMENTS+ 11:00 WORD SEARCH+  2:00 PUZZLES/GAMES+ 2:30 PUNCH+ 3:15 GROUP WORKOUT(WE CAN)+	<b>9)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 BAPTIST CHURCH WITH REFRESHMENTS+ 11:00 MUSIC TIME+ 11:00 PUZZLES+ 2:00 MOVIE MADNESS+ 2:30 NATIONAL SUGAR COOKIE DAY+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 FREE STYLE ART* A LA CARTE	<b>10)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS + 10:00 MUSIC BY PAULA+ 11:00 MUSIC TIME+ 2:00 BUCKETBALL* 2:30 JUICE+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BOWLING* A LA CARTE FACILITY OUTING (GIANT ARTICHOKE)	<b>11)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:00 SING A LONG (P&M)+ 11:00 MUSIC TIME+ 2:00 BINGO+ 3:00 PUNCH+ BINGO PRIZE TIME 3:15 GROUP WORKOUT(WE CAN)+ 3:45 RESIDENT COUNCIL+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 POKER* A LA CARTE	<b>12)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:00 CHURCH SERVICE+ 11:00 PUZZLES+ 2:00 PREVENTING FALLS WITH S.V.M.H. 2:30 TRIVIS & JUICE+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BINGO* A LA CARTE	<b>13)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS* 10:00 PRICE IS RIGHT* 10:15 SWEAT TREAT* 10:00 CATHOLIC SERVICE+ 10:45 MUSIC TIME+ 11:00 PUZZLES* 2:00 CRAFT DAY* 2:30 JUICE* 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 MOVIE NIGHT* A LA CARTE	<b>14)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:30 CURRENT EVENTS+ 11:00 PUZZLES+  2:00 GAME OF CHOICE+ 2:30 JUICE+ 3:15 GROUP WORKOUT(WE CAN)+
<b>15)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 MORNING SERVICE WITH JOHN+ 10:15 REFRESHMENTS+ 11:00 WORD SEARCH +  2:00 PUZZLES/GAMES+ 3:15 GROUP WORKOUT(WE CAN)+	<b>16)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 BAPTIST CHURCH WITH REFRESHMENTS+ 11:00 PUZZLES+ 11:00 MUSIC TIME + 2:00 MANICURES* 2:30 JUICE* 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 FREE STYLE ART* A LA CARTE	<b>17)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:00 PAULA WITH THE GUITAR+ 10:45 MUSIC TIME+ 11:00 PUZZLE+ 2:00 HELPING THE VETERANS* 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BOWLING* A LA CARTE	<b>18)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00MORNING NEWS & PUZZLES* 12:00 VANITY FARE LUNCHEON+  2:00 BINGO+ 3:00 JUICE+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 POKER* A LA CARTE	<b>19)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:00 CHURCH SERVICE+ 11:00 PUZZLES+ 2:00 WORLD TRIVIA* 3:00 JUICE+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BINGO* A LA CARTE	<b>20)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS* 10:00 PRICE IS RIGHT* 10:00 CATHOLIC SERVICE+ 10:45 MUSIC TIME+ 11:00 PUZZLES* 2:00 JUST US CONSENT+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 MOVIE NIGHT* A LA CARTE	<b>21)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:00 PAMELA THE HARPST+ 10:30 CURRENT EVENTS+ 11:00 PUZZLES+  2:00 GAMES OF CHOICE+ 2:30 JUICE+ 3:15 GROUP WORKOUT(WE CAN)+
<b>22)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 MORNING SERVICE WITH JOHN+ 10:15 REFRESHMENTS+ 11:00 WORD SEARCH+  2:00 PUZZLES/GAMES+ 2:30 PUNCH+ 3:15 GROUP WORKOUT(WE CAN)+	<b>23)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 BAPTIST CHURCH WITH REFRESHMENTS+ 11:00 PUZZLES+ 11:00 MUSIC TIME + 2:00 VANILLA ICE CREAM DAY* 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 FREE STYLE ART* A LA CARTE	<b>24)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS + 10:30 MUSIC WITH PAULA+ 11:00 PUZZLES+ 2:00 HANGMAN* 2:30 PUNCH+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 3:15 GROUP WORKOUT(WE CAN)+ 5:45 BOWLING* A LA CARTE	<b>25)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:30 CURRENT EVENTS+ 11:00 PUZZLES+ 11:00 MUSIC TIME+ 2:00 BINGO+ 3:00 PUNCH+ BINGO PRIZE TIME 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 POKER* A LA CARTE	<b>26)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:00 CHURCH SERVICE+ 10:45 MUSIC TIME+ 11:00 PUZZLES+ 2:00 BLACK JACK+ 2:30 REFRESHMENTS+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BINGO* A LA CARTE FACILITY PICNIC (CHARRITOS)	<b>27)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS* 10:00 SWEAT TREATS* 10:00 PRICE IS RIGHT* 10:00 CATHOLIC SERVICE+ 10:45 MUSIC TIME+ 11:00 PUZZLES* 2:00 RESIDENT BIRTHDAY CELEBRATION* 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 MOVIE NIGHT* A LA CARTE	<b>28)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS+ 10:30 CURRENT EVENTS+ 11:00 PUZZLES+  2:00 GAME OF CHOICE+ 2:30 JUICE+ 3:15 GROUP WORKOUT(WE CAN)+
<b>29)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 MORNING SERVICE WITH JOHN+ 10:15 REFRESHMENTS+ 11:00 WORD SEARCH+  2:00 PUZZLES/GAMES+ 2:30 PUNCH+ 3:15 GROUP WORKOUT(WE CAN)	<b>30)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 BAPTIST CHURCH WITH REFRESHMENTS+ 11:00 PUZZLES+ 11:00 MUSIC TIME + 2:00 PATIO GAMES 2:30 REFRESHMENTS 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 FREE STYLE ART* A LA CARTE	<b>31)</b> 9:00 SIT & BE FIT (WE CAN+) 10:00 COFFEE WITH FRIENDS + 10:00 MUSIC BY PAULA+ 10:30 CURRENT EVENTS+ 10:45 MUSIC TIME+ 11:00 PUZZLES+ 2:00 PLACEMATS* 2:30 PUNCH+ 3:15 GROUP WORKOUT(WE CAN)+ 4:00 CINEMA HOUR* 4:30 GOLDEN MOMENTS* 5:45 BOWLING* A LA CARTE		ONE-TO-ONE ACTIVITIES FOR RESIDENTS WILL TAKE PLACE IN ROOM AS NEEDED  PET VISITING WILL BE AT LEAST ONCE A MONTH AT OWNERS AVAILIBTY	SYMBOLS REPRESENT WHERE ACTIVITY WILL TAKE PLACE + = SOUTH WING DINING * = NORTH WING DINING ACTIVITIES AND AREA'S ARE SUBJECT TO CHANGE	

7/4/18=INDEPENDENCE DAY 7/30/18=INTERNATIONAL DAY OF FRIENDSHIP