

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SERENTO ROSA  
A GENERATIONS COMMUNITY

Assisted Living

# June 2023

				<p>9:30 Seated Aerobics and Gentle Stretch - RA 10:00 Bingo - B 10:30 Errands Day - BT 1:00 Resident Council Meeting - RA 3:00 Happy Hour &amp; Charades - B 5:20 Musical Movie Night - B</p>	<p>9:30 Flexibility and Cardio - RA 10:00 Guided Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Bocce Ball Game - RA 5:20 Friday Night Flicks - B</p>	<p>9:30 StrongerU Senior Fitness Strength Training-RA 10:00 Calm Meditation - RA 1:00 Bingo - B 2:10 Biographical Documentary "Being Mary Tyler Moore" - B 5:30 Saturday Game Night with Friends -B</p>
<p>9:15 Chair Yoga - RA 10 - Catholic Communion-GR 10:15 Devotional Gathering with Dave - B 1:00 Bingo - B 2:30 Art of Europe: Stone Age to Ancient Greece - B 5:30 Resident's Choice Movie - B</p>	<p>9:30 StrongerU Senior Fitness Core and Balance Exercise - RA 10:00 Bingo - B 1:00 CCRC Meeting - RA 3:00 It's a Father's Day Social! Performance, Meet &amp; Greet with Marilyn Monroe Impersonator All are welcome! - RA 5:30 Armchair Concert: Rachmaninoff Piano concerto no.2</p>	<p>9:30 New! Health and Wellness Exercise Class with Devon - RA 1:00 Food &amp; Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:30 Book Club Selection - B (new members welcome) 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Senior Fitness Strength Training - RA 10:10 Hand Massage and Aromatherapy - B 1:30 Catholic Communion - GR 2:00 Bingo - B 3:15 Flower Arranging Class - B 5:30 Evening Bible Study and Piano Hymns w/ Jeanine - RA</p>	<p>9:30 Seated Aerobics and Gentle Stretch - RA 10:10 Out and About: Walmart/Trader Joe's - BT 1:00 Bingo - B 2:30 June Celebrant Birthday Bash w/ Matthew - RA 5:20 Musical Movie Night - B</p>	<p>9:30 Flexibility and Cardio - RA 10:00 Guided Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Bocce Ball Game - RA 5:00 YLHS Dreamcatchers Mini Concert - RA</p>	<p>9:30 StrongerU Senior Fitness Strength Training-RA 10:00 Calm Meditation - RA 10:30 Pet Therapy - CY 11:30-12:30 Songs by Alex -DR 1:00 Bingo - B 2:15 Armchair Travel: Greek Isles 5:20 Saturday Game Night with Friends -B</p>
<p>9:15 Chair Yoga - RA 10 - Catholic Communion-GR 10:15 Live Stream Christian Service - B 1:00 Bingo - B 2:30 Art of Europe: Ancient Rome - B 5:30 Resident's Choice Movie - B</p>	<p>9:30 StrongerU Senior Fitness Core and Balance Exercise - RA 10:00 Documentary: The Power of Play- The Unexpected Power of Play in Nature - B 1:00 Bingo - B 2:30 Word Search Challenge-B 4:00 Broadway Tunes with Sydney, OC School of Arts - RA</p>	<p>9:30 Health and Wellness Exercise Class with Devon - RA 1:00 Food &amp; Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:30 Pretty Nails - B (Sign up please) 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Senior Fitness Strength Training - RA 10:00 Art for All Ages Watercolor Painting Class - B 1:00 Bingo - B 2:30 Activity Chat - B 5:30 Evening Bible Study and Piano Hymns w/ Jeanine - RA</p>	<p>9:30 Seated Aerobics and Gentle Stretch - RA 10:00 Calm Meditation - RA 10:10 Canyon Scenic Ride - BT 1:00 Bingo - B 3:00 Meet &amp; Greet New Residents Happy Hour, Live Music by Paul 5:20 Musical Movie Night - B</p>	<p>9:30 Flexibility and Cardio - RA 10:00 Guided Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Bocce Ball Game - RA 5:20 Friday Night Flicks - B</p>	<p>9:30 StrongerU Senior Fitness Strength Training-RA 10:00 Calm Meditation - RA 1:00 Bingo - B 2:10 Biographical Documentary "Call me Kate" - B 5:30 Saturday Game Night with Friends -B</p>
<p>9:15 StrongerU Senior Fitness Aerobics -RA 10 - Catholic Communion-GR 10:15 Devotional Gathering with Dave - B 11:00 Father's Day Luncheon-DR 1:00 Bingo - B 2:30 Live Entertainment by Cate - RA</p>	<p>9:30 StrongerU Senior Fitness Core and Balance Exercise - RA 10:00 Bingo - RA 2:00 Educational Presentation: Understanding Alzheimer's and Dementia - B 3:30 Adult Coloring Therapy - B 5:30 Armchair Concert: Dvorak: The Symphony No.9</p>	<p>9:30 Health and Wellness Exercise Class with Devon - RA 1:00 Food &amp; Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:30 Book Club Discussion - B 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Senior Fitness Strength Training - RA 10:00 Bingo - B 1:30 Catholic Communion - GR 2:15 Dining Room Committee Chat w/ Kim - B 3:00 DIY Craft: Picture Frame -RA 5:30 Evening Bible Study and Piano Hymns w/ Jeanine - RA</p>	<p>9:30 Seated Aerobics and Gentle Stretch - RA 10:10 Out and About: Yorba Linda Library - BT 1:00 Bingo - B 3:00 Flamingo Mingle Summer Happy Hour - RA 5:20 Musical Movie Night - B</p>	<p>9:30 Flexibility and Cardio- RA 10:00 Guided Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Bocce Ball Game - RA 5:20 Friday Night Flicks - B</p>	<p>9:30 StrongerU Senior Fitness Strength Training-RA 10:00 Calm Meditation - RA 10:30 Pet Therapy - CY 1:00 Bingo - B 2:15 Armchair Travel: Croatia - B 5:20 Saturday Game Night with Friends -B</p>
<p>9:15 Chair Yoga - RA 10 - Catholic Communion-GR 10:15 Live Stream Christian Service - B 1:00 Bingo - B 2:30 Art of Europe: The Middle Ages - B 5:30 Resident's Choice Movie - B</p>	<p>9:30 StrongerU Senior Fitness Core and Balance Exercise - RA 10:10 Educational Talk: Fall Prevention Strategies - B Speaker: Jerry Baranick, PT, DPT 1:00 Bingo 5:30 Armchair Concert: Wolfgang Amadeus Mozart Clarinet Concerto in A major</p>	<p>9:30 Health and Wellness Exercise Class with Devon - RA 1:00 Food &amp; Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:30 Pretty Nails - B (Sign up please) 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Senior Fitness Strength Training - RA 10:00 Art for All Ages - B 10:30 Catholic Mass with Father Nick - GR 1:00 Bingo - B 2:30 DIY Craft: Beaded Bracelets 5:30 Evening Bible Study and Piano Hymns w/ Jeanine - RA</p>	<p>9:30 Seated Aerobics and Gentle Stretch - RA 10:00 Calm Meditation - RA 10:10 Errands Day - BT 1:00 Bingo - B 3:00 Happy Hour Live Music by Tony - RA 5:20 Musical Movie Night - B</p>	<p>9:30 Flexibility and Cardio - RA 10:00 Guided Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Bocce Ball Game - RA 5:20 Friday Night Flicks - B</p>	<p><b>Legend:</b> DR - Dining Room BT - Bus Trip CY- Courtyard GR - Game Room RA - Receiving Area B - Bistro</p>