

SUN MON TUE WED THUR FRI SAT

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| | | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group A (Community Center) 12:00 PM Travel Tuesday "Nepal" (In Your Room channel 2) 12:30 PM Brain Teasers (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Happy Hour Lower Campus (VG)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group A (Community Center) 11:00 AM Lunch on The Green (VG) 12:00 PM Lunch on The Green (VG) 1:00 PM Bingo (LR) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B (Community Center)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group A (Community Center) 12:30 PM Minds & Media (Community Center) 12:30 PM Travel Tuesday "Beijing" (In Your Room channel 2) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Happy Hour Cart (Lawn on Bldg. 14th)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Fun and Fit Exercise Group A (Community Center) 1:00 PM Tai - Chi (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Fun and Fit Exercise Group B (Community Center) 2:00 PM Handwork Club (LR)</p> | <p>10:00 AM Dance Chair Exercise (In Your Room channel 2) 10:00 AM Family Visits (VG) 2:00 PM Saturday Classic Movies (LR, & in your Room on channel 2) 5:00 PM Clark Center Presents "The Sleeping Beauty" (In Your Room channel 2)</p> |
| <p>10:00 AM Qigong, Tai-Chi and Yoga exercise video (In Your Room channel 2) 1:00 PM Country Drive (Around the Valley) 2:30 PM Country Drive (Around the Valley)</p> | <p><i>Labor Day</i> 9:00 AM 4 Ever Fit (Community Center) 10:00 AM Balance Class Group B (Community Center) 11:00 AM Labor Day Lunch BBQ (VG) 12:00 PM Labor Day BBQ Lunch (VG) 1:00 PM Tai Chi (Community Center) 2:00 PM Balance Class Group A (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group B (Community Center) 12:00 PM Travel Tuesday "Jamaica" (In Your Room channel 2) 12:30 PM Tattoo Tuesday (VG) 12:30 PM Travel Talk (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group A (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Happy Hour Lower Campus (VG)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group B (Community Center) 11:00 AM Lunch on The Green (VG) 12:00 PM Lunch on The Green (VG) 1:00 PM Bingo (LR) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group A (Community Center)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group B (Community Center) 12:30 PM Minds & Media CANCELED (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group A (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Happy Hour Cart (Lawn on Bldg. 14th)</p> | <p><i>Patriot Day</i> 9:00 AM 4 Ever Fit (Community Center) 9:00 AM Tech Tutoring Day (Around Atterdag Campus) 10:00 AM Fun and Fit Exercise Group B (Community Center) 11:00 AM Lunch on the Green (VG) 12:00 PM Lunch on the Green (VG) 1:00 PM Tai - Chi CANCELED (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Fun and Fit Exercise Group A (Community Center) 2:00 PM Handwork Club (LR)</p> | <p>10:00 AM Dance Chair Exercise (In Your Room channel 2) 10:00 AM Family Visits (VG) 2:00 PM Saturday Classic Movies (LR, & in your Room on channel 2)</p> |
| <p>10:00 AM Qigong, Tai-Chi and Yoga exercise video (In Your Room channel 2) 1:00 PM Country Drive (Around the Valley) 2:30 PM Country Drive (Around the Valley)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Balance Class Group A (Community Center) 11:00 AM Lunch on the Green (VG) 12:00 PM Lunch on the Green (VG) 1:00 PM Tai Chi CANCEL (Community Center) 1:30 PM Danish Documentary & Cookies (LR) 2:00 PM Balance Class Group B (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 9:00 AM Aebleskivers in ALB (Assisted Living Front Patio) 10:00 AM Exercise Class Group A CANCEL (Community Center) 12:30 PM Brain Teasers CANCEL (Community Center) 12:30 PM Travel Tuesday "Copenhagen" (In Your Room channel 2 and in the Living Room) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B CANCEL (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Danish Happy Hour Lower Campus (VG)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group A (Community Center) 11:00 AM Lunch on The Green (VG) 12:00 PM Lunch on The Green (VG) 1:00 PM Bingo (LR) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B (Community Center)</p> | <p><i>Constitution Day and Citizenship Day</i> 9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group A CANCELED (Community Center) 10:30 AM Atterdag Danish Days Parade (Around Campus) 12:30 PM Minds & Media CANCELED (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B CANCELED (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Danish Happy Hour Cart (Lawn on Bldg. 14th)</p> | <p><i>National POW/MIA Recognition Day</i> 9:00 AM 4 Ever Fit (Community Center) 10:00 AM Fun and Fit Exercise Group A (Community Center) 11:00 AM Lunch on the Green (VG) 12:00 PM Lunch on the Green (VG) 1:00 PM Tai - Chi CANCELED (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Fun and Fit Exercise Group B (Community Center) 2:00 PM Handwork Club (LR)</p> | <p>10:00 AM Dance Chair Exercise (In Your Room channel 2) 10:00 AM Family Visits (VG) 2:00 PM Solvang Danish Days Parade (In Your Room channel 2 and in the Living Room) 5:00 PM Saturday Classic Movies (LR, & in your Room on channel 2)</p> |
| <p>10:00 AM Kickboxing Chair Exercise (In Your Room channel 2) 1:00 PM Country Drive (Around the Valley) 2:30 PM Country Drive (Around the Valley)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Balance Class Group B (Community Center) 11:00 AM Lunch on the Green (VG) 12:00 PM Lunch on the Green (VG) 1:00 PM Tai Chi (Community Center) 2:00 PM Balance Class Group A (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group B (Community Center) 12:00 PM Travel Tuesday "Beijing" (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group A (Community Center) 2:00 PM National Ice Cream Cone Day (Around Atterdag Campus) 2:00 PM Ping Pong (activities room) 2:30 PM Happy Hour Lower Campus (VG)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group B (Community Center) 11:00 AM Lunch on The Green (VG) 12:00 PM Lunch on The Green (VG) 1:00 PM Bingo (LR) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group A (Community Center)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group B (Community Center) 12:30 PM Minds & Media (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group A (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Happy Hour Cart (Lawn on Bldg. 14th)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 9:00 AM Tech Tutoring Day (Around Atterdag Campus) 10:00 AM Fun and Fit Exercise Group B (Community Center) 11:00 AM Lunch on the Green (VG) 12:00 PM Lunch on the Green (VG) 1:00 PM Tai - Chi (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Fun and Fit Exercise Group A (Community Center) 2:00 PM Handwork Club (LR)</p> | <p>10:00 AM Dance Chair Exercise (In Your Room channel 2) 10:00 AM Family Visits (VG) 2:00 PM Saturday Classic Movies (LR, & in your Room on channel 2)</p> |
| <p>10:00 AM Kickboxing Chair Exercise (In Your Room channel 2) 1:00 PM Country Drive (Around the Valley) 2:30 PM Country Drive (Around the Valley)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Balance Class Group A (Community Center) 11:00 AM Lunch on the Green (VG) 12:00 PM Lunch on the Green (VG) 1:00 PM Tai Chi (Community Center) 2:00 PM Balance Class Group B (Community Center) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group A (Community Center) 12:25 PM Brain Teasers (Community Center) 12:30 PM Travel Tuesday "Portugal" (In Your Room channel 2) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B (Community Center) 2:00 PM Ping Pong (activities room) 2:30 PM Happy Hour Lower Campus (VG)</p> | <p>9:00 AM 4 Ever Fit (Community Center) 10:00 AM Exercise Class Group A (Community Center) 11:00 AM Lunch on The Green (VG) 12:00 PM Lunch on The Green (VG) 1:00 PM Bingo Extravaganza (LR) 2:00 PM Channel 4 Movie (In Your Room) 2:00 PM Coffee & Cookie Station (DR) 2:00 PM Exercise Class Group B (Community Center)</p> | <p>ROOM KEY DR - Dining Room LR - Living Room VG - Village Green</p> | | |

September 2020

636 Atterdag Road, Solvang Ca (805) 688-3263 *ACTIVITIES ARE SUBJECT TO CHANGE

