

Shining Star



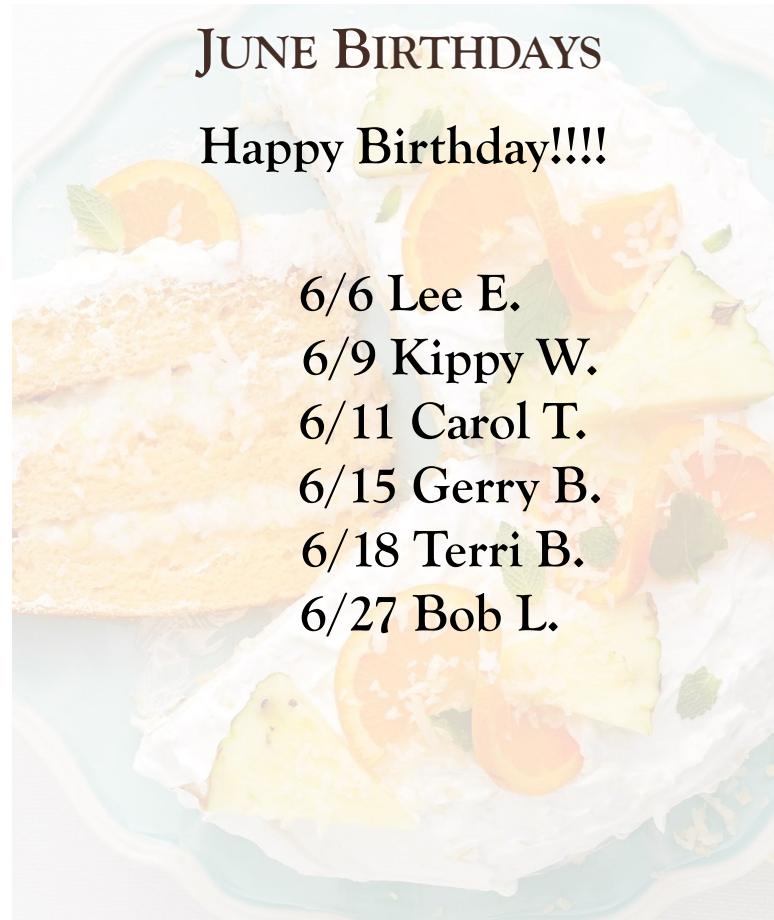
Zachary Oliveira Taylor

Zak started at Creekside Oaks in June of 2021. Zak does an amazing job at cleaning all the residents apartments every day. He comes to work with a smile on his face and always does his best to brighten up a resident's day. Zak's hobbies include playing basketball and collecting sports memorabilia. Thank you for all of your hard work and dedication to the residents and team here at Creekside Oaks. **June's Shining Star!**

JUNE BIRTHDAYS

Happy Birthday!!!!

- 6/6 Lee E.
- 6/9 Kippy W.
- 6/11 Carol T.
- 6/15 Gerry B.
- 6/18 Terri B.
- 6/27 Bob L.



What's Going On In

June

2022



Team Members

Executive Director.....Charles White
 Marketing Director.....Charmaine Woods
 Business Office Manager.....Rebecca Taylor
 Executive Chef.....Rolfy Chavez
 Life Enrichment Director.....Rebecca Nelson
 Maintenance Director.....Scott Couper
 Dining Rm Coordinator.....Sheila Carrol

Important Phone Numbers

Office.....916-983-3397
 Transportation.....916-717-0280
 Salon-Julianna.....916-813-7259

Everyday: Movies | 2:00 & 7:00
Mondays: Sunshine News Presentation 10:00AM
 Total Body Yoga Stretch & Balance w/ Tai-Chi Cooldown | 10:30 AM
 Ladder Golf | 2:00 PM
 Margarita Monday | 3:00 PM
Tuesdays: Walk The Line | 11:00 AM
 Pet Therapy | 12:30 PM
 Entertainment | 2:00 PM
 Advanced Nerve Stretch w/Aroma Therapy | 3:00
Wednesdays:
 Strength & Weights-AR | 10:30
 Socials | 2:00 PM
 Billiards Club | 2:00 PM
Thursdays: Pilates/Yoga & Resistance Band Workout-AR | 10:30 AM
 Star Gazing & Meditation | 1:00 PM
 Beanbag Baseball | 2:00 PM
 Popcorn & Uno Attack/Kings In The Corner | 3:00 PM
Fridays:
 Bands & Balance | 10:30 AM
 Poker | 1:30 PM
 Cocktail Hour | 3:00 PM
Saturdays: Bocce Ball | 10:00 AM
 Bridge | 1:00 PM
Sundays: Coffee Klatch | 10:00 AM
 Catholic Church | 10:30 AM

Meal Times

Breakfast.....7:30 a.m. - 9:00 a.m.
Lunch.....11:30 a.m. - 1:00p.m.
Dinner.....4:30 p.m. - 6:00p.m.
 Leisure Dining.....

Transportation Schedule

Monday through Friday.....

8:30 a.m.-3:00 p.m.

Monday, Tuesday & Thursday

Medical Appointments.....8:30am

Wednesday

Outings.....Times Vary

Friday

Errands.....8:30am

Pharmacies, Banks, Salons, Dr. Appts., Ect.

Special Events

6/1 Popcorn Bar social 2:00
 6/1 Spring Under the sea Birdhouse craft cont. 3:00
 6/3 Celebration Of life for Leal T. 2:00
 6/3 Christopher & his Marionettes 3:00
 6/3 National Donut day with Anthem Blue cross 2:00
 Root Beer Float Social 2:00
 6/7 Music w Linda Marie 2:00
 6/8 Pet Therapy w/ Lisa and her mini doodles 12:30
 6/9 Music w/ Robert Mapp 2:00
 6/10 Music w/ Lisa Marie 2:00
 6/14 Music hour- Surprise Entertainment 2:00
 6/15 Town Hall 2:00
 6/15 Under the sea Birdhouse craft Continues 3:00
 6/16 Book Club 7:00
 6/17 Early Father's day luau celebration BBQ 12:30
 6/17 Early Father's day celebration
 Beer Bar with Ukulele group and hula dancers 3:00
 6/19 Father's Day brunch 11:30
 6/21 Music with Rick T 2:00
 6/22 Ice-Cream Social 2:00
 6/22 Spring Craft 3:00
 6/24 Music w/ Lisa Marie 2:00
 6/28 Music w/Russel 2:00
 6/29 Spring Craft Cont. 3:00



JUNE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



CREEKSIDE OAKS
RETIREMENT COMMUNITY

1715 Creekside Dr
Folsom, CA 95360
(916) 983-3397

Life Enrichment Director:
rebecca.nelson@Sunshineret.com

Like us on Facebook:
Facebook.com/CreeksideOaksRet

All Activities are Subject to change

Room Key

AR -Activity Room
CH-Chapel
B-Bistro
BC-Bocce Ball Court
AT-Atrium
GR-Game Room
T-Theatre
L-Library

9:00 Morning Walk **1**
10:30 Strength & Weights-AR
11:00 AB Lounge Fitness-AR
11:00 Outing-- group
2:00 Billiards Club- GR
2:00 Popcorn Bar Social-B
3:00 Spring Under the sea Birdhouse craft cont.
3:00 Puzzle Club-L
6:00 Bingo-AR

9:00 Morning Walk **2**
10:30 Pilates/Yoga & Resistance Band Workout-AR
11:00 Meditation & Star Gaze-T
2:00 Billiards Club-GR
2:00 Bean Bag Baseball-AT
3:00 Kings In The Corner w/ Jack- GR
6:00 Bingo-AR
7:00 Movie-T

National Donut Day 3
9:00 Morning Walk
10:30 Bands & Balance-AR
11:00 Ab Lounge Fitness-AR
1:00 Meditation & Star Gaze-T
1:30 Poker Club-GR
2:00 Celebration of Life for Leal T. Christopher & Marionettes-AT
6:00 Bingo-AR
2:00/7:00 Movie-T

9:00 Morning Walk **4**
10:00 Bocce Ball-BC
1:00 Puzzle Club-LB
2:00 Billiards Club-GR
2:30 Tend the Garden
3:00 Card Games w/Linda-AR
6:00 Bingo-AR

9:00 Morning Walk **5**
10:00 Coffee Klatch-B
10:00 Bocce Ball-BC
10:30 Catholic Communion-CH
1:00 Puzzle Club-LB
2:00 Billiards Club-GR
2:00 Scrabble- LB
3:00 Card Games w/Linda-AR
6:00 Bingo-AR

9:00 Morning Walk **6**
9:30 Art Class w/Richard-B
10:00 Sunshine News Pres.-B
10:30 Total Body Yoga Stretch & Balance- with Tai-Chi- AR
11:00 Meditation & Star Gaze.-T
1:30 Poker Club-AR
2:00 Ladder Golf-AT
3:00 Margarita Monday-B
3:30 Crochet/Knitting club-LB
3:30 Puzzle Club-L
6:00 Bingo- AR

9:00 Morning Walk **7**
10:30 Catholic Communion-CH
11:00 Walk the Line-AR
12:30 Pet Therapy Playdate-AT
2:00 Music w/Linda Marie-AT
3:15 Nerve Stretch w/Aroma therapy-AR
3:00 Billiards Club- GR
6:00 Bingo- AR
2:00/7:00 Movie-T

9:00 Morning Walk **8**
10:30 Strength & Weights-AR
10:30 AB Lounge Fitness-AR
11:00 Outing-- group
12:30 Pet therapy w/Lisa and her mini Doodles-AT
2:00 Billiards Club- GR
3:00 Puzzle Club-L
3:00 Spring Craft-AR
6:00 Bingo-AR

9:00 Morning Walk **9**
10:30 Pilates/Yoga & Resistance Band Workout-AR
11:00 Meditation & Star Gaze-T
2:00 Billiards Club-GR
2:00 Music W/Robert Mapp-AT
3:00 Beanbag baseball-AT
3:00 Kings In The Corner w/ Jack-GR
6:00 Bingo-AR

9:00 Morning Walk **10**
10:30 Bands & Balance-AR
11:00 Ab Lounge Fitness-AR
1:00 Meditation & Star Gaze-T
1:30 Poker Club-GR
2:00 **Music w/Linda Marie-AT**
3:00 Cocktail Hour-AT
6:00 Bingo-AR
2:00/7:00 Movie-T

9:00 Morning Walk **11**
10:00 Bocce Ball-BC
1:00 Puzzle Club-LB
2:00 Billiards Club-GR
2:30 Tend the Garden
3:00 Card Games w/Linda-AR
6:00 Bingo-AR

9:00 Morning Walk **12**
10:00 Coffee Klatch-B
10:00 Bocce Ball-BC
10:30 Catholic Communion-CH
1:00 Puzzle Club-LB
2:00 Billiards Club-GR
2:00 Scrabble- LB
3:00 Card Games w/Linda-AR
6:00 Bingo-AR

9:00 Morning Walk **13**
9:30 Art Class w/Richard-B
10:00 Sunshine News Pres.-B
10:30 Total Body Yoga Stretch & Balance- with Tai-Chi- AR
11:00 Meditation & Star Gaze.-T
1:30 Poker Club-AR
2:00 Ladder Golf-AT
3:00 Margarita Monday-B
3:30 Crochet/Knitting club-LB
3:30 Puzzle Club-L
6:00 Bingo- AR

Flag Day 14
9:00 Morning Walk
10:30 Catholic Communion-CH
11:00 Walk the Line-AR
12:30 Pet Therapy Playdate-AT
2:00 Surprise Music Hour-AT
3:15 Nerve Stretch w/Aroma therapy-AR
3:00 Billiards Club- GR
6:00 Bingo- AR
2:00/7:00 Movie-T

9:00 Morning Walk **15**
10:30 Strength & Weights-AR
11:00 Ab Lounge Fitness-AR
11:00 Outing-- group 2
2:00 Billiards Club- GR
2:00 Town Hall-DR
3:30 Ab Lounge Fitness-AR
3:00 Puzzle Club-L
6:00 Bingo-AR
2:00/7:00 Movie-T

9:00 Morning Walk **16**
10:30 Pilates/Yoga & Resistance Band Workout-AR
11:00 Meditation & Star Gaze-T
2:00 Billiards Club-GR
2:00 Bean Bag Baseball-AT
3:00 Kings In The Corner w/ Jack-GR
6:00 Bingo-AR
7:00 Movie-T

9:00 Morning Walk **17**
10:30 Bands & Balance-AR
11:00 Ab Lounge Fitness-AR
12:30 **Early Fathers day Celebration-Luau**
1:00 Meditation & Star Gaze-T
1:30 Poker Club-GR
3:00 Cocktail Hour-AT
6:00 Bingo-AR

9:00 Morning Walk **18**
10:00 Bocce Ball-BC
1:00 Puzzle Club-LB
2:00 Billiards Club-GR
2:30 Tend the Garden
3:00 Card Games w/Linda-AR
6:00 Bingo-AR

Happy Father's Day 19
9:00 Morning Walk
10:00 Coffee Klatch-B
10:00 Bocce Ball-BC
10:30 Catholic Communion-CH
1:00 Puzzle Club-LB
11:30 Father's Day Brunch
2:00 Billiards Club-GR
2:00 Scrabble- LB
3:00 Card Games w/Linda-AR

9:00 Morning Walk **20**
9:30 Art Class w/Richard-B
10:00 Sunshine News Pres.-B
10:30 Total Body Yoga Stretch & Balance- with Tai-Chi- AR
11:00 Meditation & Star Gaze.-T
1:30 Poker Club-AR
2:00 Ladder Golf-AT
3:00 Margarita Monday-B
3:30 Crochet/Knitting club-LB
3:30 Puzzle Club-L
6:00 Bingo- AR

9:00 Morning Walk **21**
10:30 Catholic Communion-CH
11:00 Walk the Line-AR
12:30 Pet Therapy Playdate-AT
2:00 Music w/Rick T.-AT
3:15 Nerve Stretch w/Aroma therapy-AR
3:00 Billiards Club- GR
6:00 Bingo- AR
2:00/7:00 Movie-T

National Pink Day-Dress up 22
9:00 Morning Walk
10:30 Strength & Weights-AR
11:00 Ab Lounge Fitness-AR
11:00 Outing-- group 3
2:00 Ice-Cream Social-B
2:00 Billiards Club- GR
3:00 Puzzle Club-L
3:00 Spring Craft-AR
6:00 Bingo-AR
2:00/7:00 Movie-T

9:00 Morning Walk **23**
10:30 Pilates/Yoga & Resistance Band workout-AR
11:00 Meditation & Star Gaze-T
2:00 Billiards Club-GR
2:00 Bean Bag Baseball-AT
3:00 Kings In The Corner w/ Jack- GR
6:00 Bingo-AR
7:00 Movie-T

9:00 Morning Walk **24**
10:30 Bands & Balance-AR
11:00 Ab Lounge Fitness-AR
1:00 Meditation & Star Gaze-T
1:30 Poker Club-GR
3:00 Cocktail Hour-AT
6:00 Bingo-AR
2:00/7:00 Movie-T

9:00 Morning Walk **25**
10:00 Bocce Ball-BC
1:00 Puzzle Club-LB
2:00 Billiards Club-GR
2:30 Tend the Garden
3:00 Card Games w/Linda-AR
6:00 Bingo-AR

9:00 Morning Walk **26**
10:00 Coffee Klatch-B
10:00 Bocce Ball-BC
10:30 Catholic Communion-CH
1:00 Puzzle Club-LB
2:00 Billiards Club-GR
2:00 Scrabble- LB
3:00 Card Games w/Linda-AR
6:00 Bingo-AR

9:00 Morning Walk **27**
9:30 Art Class w/Richard-B
10:00 Sunshine News Pres.-B
10:30 Total Body Yoga Stretch & Balance- with Tai-Chi- AR
11:00 Meditation & Star Gaze.-T
1:30 Poker Club-AR
2:00 Ladder Golf-AT
3:00 Margarita Monday-B
3:30 Crochet/Knitting club-LB
3:30 Puzzle Club-L
6:00 Bingo- AR

9:00 Morning Walk **28**
10:30 Catholic Communion-CH
11:00 Walk the Line-AR
12:30 Pet Therapy Playdate-AT
2:00 Music w/Russel-AT
3:15 Nerve Stretch w/Aroma therapy-AR
3:00 Billiards Club- GR
6:00 Bingo- AR
2:00/7:00 Movie-T

9:00 Morning Walk **29**
10:30 Strength & Weights-AR
11:00 Ab Lounge Fitness-AR
11:00 Outing-- group 4
2:00 Trivia w/Charles- AR
2:00 Billiards Club- GR
3:00 Puzzle Club-L
3:00 Spring Craft Cont-AR
6:00 Bingo-AR
2:00/7:00 Movie-T

9:00 Morning Walk **30**
10:30 Pilates/Yoga & Resistance Band Workout-AR
11:00 Meditation & Star Gaze-T
11:15 Ambassador meeting-AR
2:00 Billiards Club-GR
2:00 Bean Bag Baseball-AT
3:00 Kings In The Corner w Jack -GR
6:00 Bingo-AR
7:00 Movie-T