



A huge thank you to our very generous residents who donated to Lost But Not Forgotten, Adopt a Family, Toys For Tots, and the Employee Holiday Fund last month!



The Power of the Resolution

It's the beginning of the New Year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This raises the question: why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you. Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well. Instead, focus on the positive and resolve to use your natural gifts in powerful ways.



January 2023
Sonrisa Senior Living
 1031 Roseville Parkway
 Roseville, CA 95678

- Jan 4 - Moonraker Brewing Co. \$-Please Sign Up*
- Jan 4 - Musical Performance with Rick*
- Jan 6 - Delta King - Pilothouse Restaurant \$ - Please Sign Up*
- Jan 10 - Chef's Corner*
- Jan 11 - Crocker Art Museum \$-Please Sign Up*
- Jan 11 - Trader Joe's \$-Please Sign Up*
- Jan 13 - The Chef's Table \$--Please Sign Up*
- Jan 13 - Happy Hour and Music with Beny*
- Jan 18 - State Capitol Museum Tour & Statehouse Café \$-Please Sign Up*
- Jan 18 - Health and Wellness Presentation*
- Jan 20 - Thunder Valley Trip \$-Please Sign Up*
- Jan 20 - The Lincoln Highway Trio Performance/Happy Hour*
- Jan 23 - Lunar New Year Celebration Dinner*
- Jan 25 - Four Sister's Cafe \$-Please Sign Up*
- Jan 25 - The Sofia-Tickets Required*
- Jan 27 - Bed, Bath, & Beyond \$-Please Sign Up*
- Jan 27 - Siino's \$-Please Sign Up*
- Jan 27 - Michael's \$-Please Sign Up*
- Jan 30 - Resident Art Showcase -Please Sign Up*

“Yesterday was not your defining moment. The calendar moved forward; why not you?”
- Dr. Steve Maraboli



Resident Spotlight! Get to Know Carlene N.

Where were you born/raised?

Carlene was born in San Francisco, California but raised in California. Her favorite place to go in SF is Union Square.

Favorite Job and your Career?

Carlene's Career was accounting. Her favorite part of working for banks was working in the Fraud Department. She found that it was like playing detective while helping others.

Favorite Hobbies past or present?

Carlene loves to do paper crafts like cardmaking, and jewelry making. She's always enjoyed playing Mahjong and is helping start the Sonrisa Mahjong meet ups!

Interesting facts about yourself?

Carlene was a Ballet Dancer for 17 years before she married and traveled the world. One place she reminisces about living in was the Philippines.

One thing you'd like others to know?


Carlene is like an open book and loves to have conversations with new people!

Why did you choose Sonrisa Senior Living?

Carlene has family in the Roseville area and her decision to move was one step forward on her search for self-identity during this new chapter in her life. She shopped around other communities and found that Sonrisa was the best!

January 2023 Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
New Year's Day 1 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group A: Floral and Fruit Bookmarks - Please Sign Up [MR] 10:30 LL Resident Led Mahjong [BI] 10:45 SS Online Church Service [TH] 2:00 LL BINGO! [BI] 3:30 PE Chair Exercises [YS] 6:15 LL Hand and Foot Club [BI]	2 9:00 PE Resident Walking Group [FL] 9:30 CE Is Yoga For You? [YS] 10:00 AE Artistic Expression Group B: Fruit and Floral Bookmarks - Please Sign Up [MR] 10:30 PE Resident Exercises [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 3:30 PE Chair Exercises [YS]	3 Transportation by Appointment 9:30 PE Sunrise Stretches [YS] 10:30 CE Brain Fitness [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 3:30 CE Afternoon Tea Time [BI] 6:00 LL Movie-Uncharted [TH] 6:15 LL Saskatchewan Rummy [BI]	4 8:30 LL Safeway \$-Please Sign Up [FL] 9:30 LL Morning Coffee and Conversation [BI] 10:00 CC Holy Communion [TH] 10:30 PE Sunrise Stretches [YS] 10:30 Walmart \$-Please Sign Up [FL] 11:15 PE Weight Room Equipment Tutorial/ Questions [WR] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 1:45 Moonraker Brewing Co. \$-Please Sign Up [FL] 2:00 LL Blackjack [BI] 3:00 PE Chair Exercises [YS] 3:30 Musical Performance with Rick [FL]	5 Transportation by Appointment 9:00 PE Resident Walking Group [FL] 9:30 CE Brain Fitness [TH] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 10:45 CE Cubigo Resident Training [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 3:00 LL Monthly Activity Meeting with Nicole [BI] 6:00 LL Movie-Dolly Parton: Here I Am [TH] 6:00 LL Resident Led - Hearts Card Game [BI]	6 8:30 Whole Foods \$-Please Sign Up [FL] 9:30 PE Exercise with Select Rehab [YS] 9:30 LL Jenga [BI] 10:30 PE Line Dancing! [YS] 11:15 Delta King - Pilothouse Restaurant \$ - Please Sign Up [FL] 1:30 AE First Friday Craft Time [MR] 2:00 LL Blackjack [BI] 2:45 CVS \$-Please Sign Up [FL] 3:30 LL Happy Hour!	7 9:00 PE Resident Walking Group [FL] 9:30 CE Rendevers Travel- Please Sign Up [TH] 10:00 PE Fitness with Christine [YS] 10:00 PE Weight Room Equipment Tutorial [WR] 10:15 LL Mexican Train! [BI] 2:00 PE Resident Lead Tai Chi [YS] 2:00 CC Variety Games and Warm Beverages 3:00 PE Indoor Cornhole 6:00 LL Movie-Wont You Be My Neighbor [TH] 6:00 LL Resident Lead - Hearts Card Game	
8 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group A: Acrylic Fluid Pour -Please Sign Up [MR] 10:30 LL Resident Led Mahjong [BI] 10:45 SS Online Church Service [TH] 2:00 LL LCR [BI] 3:30 PE Chair Exercises [YS] 6:15 LL Hand and Foot Club [BI]	9 9:00 PE Resident Walking Group [FL] 10:00 CE Andy's iPhone Class- Please Sign Up [TH] 10:00 AE Artistic Expression Group B: Acrylic Fluid Pour - Please Sign Up [MR] 10:30 PE Resident Exercises [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 3:30 PE Chair Exercises [YS] 4:00 CC Get Involved! Local Volunteer Opportunities Info [MR]	10 Transportation by Appointment 9:30 PE Sunrise Stretches [YS] 10:30 CE Brain Fitness [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 2:30 CE Chef's Corner [DR] 3:30 CE Afternoon Tea Time [BI] 6:00 LL Movie-The Age of Adaline [TH] 6:15 LL Saskatchewan Rummy [BI]	11 9:30 Crocker Art Museum \$- Please Sign Up [FL] 9:30 LL Morning Coffee and Conversation [BI] 10:00 CC Holy Communion [TH] 10:30 PE Sunrise Stretches [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 1:45 Trader Joe's \$-Please Sign Up [FL] 2:00 LL Blackjack [BI] 3:00 PE Chair Exercises [YS]	12 Transportation by Appointment 9:00 PE Resident Walking Group [FL] 9:30 CE Brain Fitness [TH] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 3:30 AE Sonrisa Singers 6:00 LL Movie-Red Notice [TH] 6:00 LL Resident Led - Hearts Card Game [BI]	13 9:00 Trader Joe's \$-Please Sign Up [FL] 9:30 PE Exercise with Select Rehab [YS] 9:30 LL Jenga [BI] 10:30 PE Line Dancing! [YS] 11:45 The Chef's Table \$-Please Sign Up [FL] 2:00 LL Blackjack [BI] 2:30 Target \$-Please Sign Up [FL] 3:30 LL Happy Hour and Music with Beny	14 9:00 PE Resident Walking Group [FL] 9:30 CE Rendevers Travel- Please Sign Up [TH] 10:00 PE Fitness with Christine [YS] 10:15 LL Mexican Train! [BI] 2:00 PE Resident Lead Tai Chi [YS] 2:00 CC Variety Games and Warm Beverages 3:30 PE Chair Exercises [YS] 6:00 LL Movie-The Best of Me [TH] 6:00 LL Resident Lead - Hearts Card Game	
15 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group A: Birthday Cardmaking- Please Sign Up by 1/9 [MR] 10:30 LL Resident Led Mahjong [BI] 10:45 SS Online Church Service [TH] 2:00 LL BINGO! [BI] 3:30 PE Chair Exercises [YS] 6:15 LL Hand and Foot Club [BI]	Martin Luther King, Jr. Day 16 Transportation by Appointment 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group B: Birthday Cardmaking - Please Sign Up by 1/9 [MR] 10:30 PE Resident Exercises [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 3:30 PE Chair Exercises [YS]	17 Transportation by Appointment 9:30 PE Sunrise Stretches [YS] 10:30 CE Brain Fitness [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 3:30 CE Afternoon Tea Time [BI] 6:00 LL Movie-Travelin' Band: Creedence Clearwater Revival at the Royal Albert Hall [TH] 6:15 LL Saskatchewan Rummy [BI]	18 9:30 LL Morning Coffee and Conversation [BI] 9:45 State Capitol Museum Tour & Statehouse Café \$- Please Sign Up [FL] 10:00 CC Holy Communion [TH] 10:30 PE Sunrise Stretches [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 1:30 LL Blackjack [BI] 2:00 CE Health and Wellness Presentation [TH] 2:30 Safeway \$-Please Sign Up [FL] 3:00 PE Chair Exercises [YS]	19 Transportation by Appointment 9:00 PE Resident Walking Group [FL] 9:30 CE Brain Fitness [TH] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 10:45 CE Cubigo Resident Training [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 1:00 CE Senior Health & Skincare 101 [TH] 2:00 LL BINGO! [MR] 3:30 AE Sonrisa Singers 6:00 LL Movie-Love and Gelato [TH] 6:00 LL Resident Led - Hearts Card Game [BI]	20 9:30 PE Exercise with Select Rehab [YS] 9:30 LL Jenga [BI] 10-2 Thunder Valley Trip \$-Please Sign Up [FL] 10:30 PE Line Dancing! [YS] 2:00 LL Blackjack [BI] 2:45 Nugget Market \$-Please Sign Up [FL] 3:00 LL The Lincoln Highway Trio Performance/Happy Hour 3:30 LL Happy Hour!	21 9:00 PE Resident Walking Group [FL] 9:30 CE Rendevers Travel- Please Sign Up [TH] 10:00 PE Fitness with Christine [YS] 10:15 LL Mexican Train! [BI] 2:00 PE Resident Lead Tai Chi [YS] 2:00 CC Variety Games and Warm Beverages 3:00 PE Indoor Cornhole 6:00 LL Movie-Misha and the Wolves [TH] 6:00 LL Resident Lead - Hearts Card Game	
22 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group A: Cherry Blossom Painting -Please Sign Up by 1/9 [MR] 10:30 LL Resident Led Mahjong [BI] 10:45 SS Online Church Service [TH] 2:00 LL LCR [BI] 3:30 PE Chair Exercises [YS] 6:15 LL Hand and Foot Club [BI]	23 Transportation by Appointment 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group B: Cherry Blossom Painting - Please Sign Up by 1/9 [MR] 10:30 PE Resident Exercises [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 3:30 PE Chair Exercises [YS] 4:30 Lunar New Year Celebration Dinner [DR]	24 Transportation by Appointment 9:30 PE Sunrise Stretches [YS] 10:30 CE Brain Fitness [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 3:30 CE Afternoon Tea Time [BI] 6:00 LL Movie-Les Misérables [TH] 6:15 LL Saskatchewan Rummy [BI]	25 9:00 LL Four Sister's Cafe \$- Please Sign Up [FL] 9:30 LL Morning Coffee and Conversation [BI] 10:00 CC Holy Communion [TH] 10:30 PE Sunrise Stretches [YS] 12:30 The Sofia-Tickets Required [FL] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL Blackjack [BI] 3:00 PE Chair Exercises [YS]	26 Transportation by Appointment 9:00 PE Resident Walking Group [FL] 9:30 CE Brain Fitness [TH] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 11:00 CE Cubigo Training- New Resident Orientation [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 3:30 AE Sonrisa Singers 6:00 LL Movie-Audrey [TH] 6:00 LL Resident Led - Hearts Card Game [BI]	27 8:30 Whole Foods \$-Please Sign Up [FL] 9:30 PE Exercise with Select Rehab [YS] 9:30 LL Jenga [BI] 10:00 Bed, Bath, & Beyond \$-Please Sign Up [FL] 10:30 PE Line Dancing! [YS] 11:30 Siino's \$-Please Sign Up [FL] 2:00 LL Blackjack [BI] 2:30 Michael's \$-Please Sign Up [FL] 3:30 LL Happy Hour!	28 9:00 PE Resident Walking Group [FL] 9:30 CE Rendevers Travel- Please Sign Up [TH] 10:00 PE Fitness with Christine [YS] 10:15 LL Mexican Train! [BI] 2:00 PE Resident Lead Tai Chi [YS] 2:00 CC Variety Games and Warm Beverages 3:30 PE Chair Exercises [YS] 6:00 LL Movie- David Foster: Off the Record [TH] 6:00 LL Resident Lead - Hearts Card Game	
29 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group A: Polymer Clay Earrings-Please Sign Up by 1/9 [MR] 10:30 LL Resident Led Mahjong [BI] 10:45 SS Online Church Service [TH] 2:00 LL BINGO! [BI] 3:30 PE Chair Exercises [YS] 6:15 LL Hand and Foot Club [BI]	30 Transportation by Appointment 9:00 PE Resident Walking Group [FL] 10:00 AE Artistic Expression Group B: Polymer Clay Earrings - Please Sign Up by 1/9 [MR] 10:30 PE Resident Exercises [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 2:30 AE Resident Art Showcase -Please Sign Up [BI] 3:30 PE Chair Exercises [YS]	31 Transportation by Appointment 9:30 PE Sunrise Stretches [YS] 10:30 CE Brain Fitness [TH] 1:00 PE Balance & Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 3:30 CE Afternoon Tea Time [BI] 6:00 LL Movie-Inceptor [TH] 6:15 LL Saskatchewan Rummy [BI]	 1031 Roseville Parkway Roseville, CA 95678 (279) 999-1800			Location Keys Bistro BI Dining Room DR Meet in front lobby FL Multipurpose Room MR Theater TH Weight Room WR Yoga Studio YS	