

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2012

Assisted Living Activities at St. Paul's Villa

			<p>1</p> <p>9:30 Exercise - W 10:00 Catholic Mass - C 10:30 Chair Stretch Fitness - L 11:15 Lunch Trip: Café Coyote \$*! 1:30 Swing St. Band - W# 3:00 Travelogue - L</p>	<p>2</p> <p>9:00 Villa Store - W\$ 9:30 Exercise - W 10:00 -2:00 Medical Appts.* 10:00 Groundhog Day Movie 1:00 Ballroom Dancing - W# 2:00 Bingo - L¢ 3:00 Piano Concert w/ Sonia -W# 6:30 Paragon Band - W</p> <p style="text-align: center;">Groundhog Day</p>	<p>3</p> <p>9:30 Exercise - W 10:00-2:00 Medical Appts* 10:00 Word Games/Puzzles -W 10:30 Name That Song Bingo -L 12:45 Chair Strength - L 2:00 Happy Hour with The Saints Band W#</p>	<p>4</p> <p>10:30 Chair Stretch - L 1:00 Bridge - W* 2:00 Oscar Nominated Movie Matinee-L 6:30 Saturday Night Cinema-L</p>
<p>5</p> <p>10:30 Interdenominational Service- C 1:00 Card Games - W 1:00 Oscar Nominated Movie Matinee-L 3:30 Super Bowl - L 4:30 Super Bowl Dinner</p> <p style="text-align: center;">Super Bowl Sunday</p>	<p>6</p> <p>9:30 Exercise - W 9:30 Walmart - \$* 10:00 Social Studies w/Uldis - L 1:00 Bridge - W* 2:00 Bible Study - L</p>	<p>7</p> <p>9:30 Exercise - W 9:30 Albertsons / Ralps - \$* 10:00 Catholic Communion - C 12:45 99 Cent Store - \$* 12:45 Concert w/Greg -W# 2:00 Bingo - L¢ 3:15 Arts Appreciation - L</p>	<p>8</p> <p>9:30 Exercise - W 10:30 Chair Stretch Fitness-L 11:15 Lunch Trip: South Bay Fish and Grill \$*! 2:00 Sing Along with Alison - W 3:00 Resident Spotlight Lecture: <i>Aristotle on Happiness</i> - L</p>	<p>9</p> <p>9:00 Villa Store - W\$ 9:30 Exercise - W 10:00 -2:00 Medical Appts.* 10:00 Episcopal Service - C 10:30 Coffee w/Chaplain -L 1:00 Balboa Park Dance \$*! 2:00 Bingo - L¢ 3:15 Arts Appreciation - L</p>	<p>10</p> <p>9:30 Exercise - W 10:00-2:00 Medical Appts* 10:00 Word Games/Puzzles -W 10:30 Jingo Bingo - L 12:30 Pet Therapy/Riley the Dog 12:45 Chair Strength - L 2:00 Happy Hour/Saints Band and The Parasol Strutters W#</p>	<p>11</p> <p>10:30 Chair Stretch - L 1:00 Bridge - W* 2:00 Oscar Nominated Movie Matinee-L 6:30 Saturday Night Cinema-L</p>
<p>12</p> <p>10:30 Interdenominational Service- C 1:00 Card Games - W 2:00 Oscar Nominated Movie Matinee-L 3:00 Board Games - W</p>	<p>13</p> <p>9:30 Exercise - W 9:30 Target/Ralph's - \$* 10:00 Social Studies w/Uldis - L 1:00 Bridge - W* 2:00 Bible Study - L</p>	<p>14</p> <p>9:30 Exercise - W 9:30 Albertsons / Ralps - \$* 10:00 Catholic Communion - C 10:30 Valentine's Word Search-L 11:30 Valentine's Luncheon 12:45 Rite Aid - \$* 12:45 Concert w/Greg - W# 2:00 Cupid Bingo - L¢ 3:15 Name That Love Tune - W Valentine's Day</p>	<p>15</p> <p style="text-align: center;">Town Hall</p> <p>9:30 Exercise - W 10:00 Town Hall - W 10:30 Chair Stretch Fitness-L 11:15 Lunch Trip: The Prado \$*! 1:30 Swing St. Band - W# 3:00 Travelogue - L</p>	<p>16</p> <p style="text-align: center;">Birthday Lunch</p> <p>9:00 Villa Store - W\$ 9:30 Exercise - W 10:00 -2:00 Medical Appts.* 10:00 Episcopal Service - C 10:30 Coffee w/Chaplain -L 1:00 Ballroom Dancing - W# 2:00 Bingo - L¢ 3:00 Piano Concert w/ Sonia -W#</p>	<p>17</p> <p>9:30 Exercise - W 10:00-2:00 Medical Appts* 10:00 Word Games/Puzzles -W 10:30 Name That Song Bingo -L 12:45 Chair Strength - L 2:00 Happy Hour with The Saints Band W#</p>	<p>18</p> <p>10:30 Chair Stretch - L 1:00 Bridge - L* 2:30 Dixieland Band Concert - W 6:30 Oscar Nominated Saturday Night Cinema -L</p>
<p>19</p> <p>10:30 Interdenominational Service- C 1:00 Card Games - W 2:00 Oscar Nominated Movie Matinee-L 3:00 Board Games - W</p>	<p>20</p> <p style="text-align: center;">No Transportation</p> <p>9:30 Exercise - W 10:30 Presidential Bingo -L 11:00 Presidential Discussion-L 1:00 Concert w/Leroy -W 2:00 Bible Study - L 6:00 Movie: The American President Presidents' Day (US)</p>	<p>21</p> <p>9:30 Exercise - W 9:30 Albertsons / Ralps - \$* 10:00 Catholic Communion - C 10:30 Mardi Gras Crafts - L 12:45 Rite Aid - \$* 12:45 Concert w/Greg -W# 2:00 Mardi Gras Concert and Party - W Mardi Gras</p>	<p>22</p> <p>9:30 Exercise - W 10:30 Chair Stretch Fitness-L 11:15 Lunch Trip: Peohe's/Coronado \$*! 2:00 Sing Along with Alison - W 3:00 Travelogue - L</p> <p style="text-align: center;">Ash Wednesday Washington's Birthday</p>	<p>23</p> <p>9:00 Villa Store - W\$ 9:30 Exercise - W 10:00 -2:00 Medical Appts.* 10:00 Episcopal Service - C 10:30 Coffee w/Chaplain -L 2:00 Bingo - L¢ 3:15 Arts Appreciation - L 6:30 Paragon Band - W#</p>	<p>24</p> <p>9:30 Exercise - W 10:00-2:00 Medical Appts* 10:00 Word Games/Puzzles -W 10:30 Jingo Bingo - W 12:30 Pet Therapy/Riley the Dog 12:45 Chair Strength - L 2:00 Happy Hour with The Saints Band W#</p>	<p>25</p> <p>10:30 Chair Stretch - L 1:00 Bridge - W 2:00 Oscar Nominated Movie Matinee-L 6:30 Saturday Night Cinema-L</p>
<p>26</p> <p>10:30 Interdenominational Service- C 1:00 Card Games - W 2:00 Oscar Nominated Movie Matinee-L 3:00 Board Games - W 4:00 The Academy Awards - L</p> <p style="text-align: center;">Academy Awards Night</p>	<p>27</p> <p>9:30 Exercise - W 9:30 Walmart - \$* 10:00 Social Studies w/Uldis - L 1:00 Bridge - W* 2:00 Bible Study - L</p>	<p>28</p> <p>9:30 Exercise - W 9:30 Albertsons / Ralps - \$* 10:00 Catholic Communion - C 10:30 Share and Chat - L 12:45 Rite Aid - \$* 12:45 Concert w/Greg -W# 2:15 Music Concert - W</p>	<p>29</p> <p>9:30 Exercise - W 10:00 Food Committee - W 10:30 Chair Stretch Fitness - L 11:15 Lunch Trip: Top of the Park Restaurant\$*! 3:00 Travelogue - L</p> <p style="text-align: center;">Leap Day</p>	<p style="text-align: center;">St. Paul's Villa 2340 Fourth Avenue San Diego, CA 92101</p> <p style="text-align: center;">Any calendar changes or additions will be posted at the front desk. W - Waterman Ballroom, L - Living Room, C - Chapel. # - Open To The Public, \$ - At Your Own Expense, ¢ - Bring Change To Play, ! - Requires 2 Bus Tickets</p> <p style="text-align: center;">www.StPaulSeniors.org (619) 232-2996 License # 370804823</p> 		