

**February 2012**  
**St. Paul's Manor**

**Events Calendar**  
**Check the bulletin boards for special event flyers!**


- AR - Activity Room**
- McColl Health Center**
- C - Chapel**
- CR - Conference Room**
- DR - Dining Room**
- FR - Frampton Room**
- L - Library**
- LP - Lahodny Patio**
- LL - Mitchell LUV Lounge**
- MHC-McColl Health Center Dining Rm**
- SL - Shattuck Lounge**
- CCC- Community Care Center**

**WHAT NOT**  
**February- store schedule**  
**9:00am - 11:00am**  
**Room # 313**

**Open:**  
**Thursday- February 9<sup>th</sup> & 23rd**  
**Support the Resident Association**

**WHAT NOT**  
**February- store schedule**  
**9:00am - 11:00am**  
**Room # 313**

**Open:**  
**Thursday- February 9<sup>th</sup> & 23rd**  
**Support the Resident Association**

SUNDAY SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>SCENIC TOUR &amp; LUNCH</b> <b>FEBRUARY 2</b>  <b>OLD FASHIONED</b>	<b>99 CENT STORE</b> <b>FEBRUARY 7 &amp; 21</b>  <b>VALENTINE'S SOCIAL</b> <b>FEBRUARY 9</b>	<b>1</b> 8:40 - Tai Chi - LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 - Fit-tastic! - LL 11:30- Café Coyote/ Old Town	<b>2</b> 10:00-2:00 - Medical Appts 10:00- Scenic Tour & Lunch 11:00 - Towers Bowl - LL  1-2:00 - Quarter & Stamp Sales - L	<b>3</b> 8:40 - Tai Chi - LL 8:45 - YMCA 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 3:00-Meet & Greet - LL	<b>4</b> 10:00-Catholic Communion Service - C  2:00-Old Fashioned Hymn Sing- -#1023
<b>5</b> 7:45 - 8:30 - Sunday Breakfast 9:15 - Worship - MHC 11:30 & 1:00 -Dinner Open Seating/Box Lunch  2:30- Music Worship Svc.- LL	<b>6</b> 8:40 - Tai Chi - LL  9:45 - Wal-Mart 11:00 - Nutmegs Bowl - LL 1-3:00-Current Events-LL	<b>7</b> 9:00 - Saints Bowl - LL 9:45 - Albertsons/Ralphs 10:00 - Laurels Bowl - LL 11:00 - Maples Bowl -LL 1:00 - 99 Cent Store 2:30 - Laughter Yoga-LL 7:00 - Bingo - LL	<b>8</b> 8:40 - Tai Chi - LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 - Fit-tastic! - LL 11:30- South Bay Fish and Grill / Chula Vista 1:00 - Music w/ Greg 2:00- Kerygma Bible Study-CR  7:00-Resident Sing-a-Long-LL	<b>9</b> 9:00 - Blood Pressure - CR 9:00-11-WhatNotShop-#313 10:00-2:00 - Medical Appts 11:00 - Towers Bowl - LL  2:00 - Valentine's Cookie & Candy Exchange Social- LL  3:00- Art Matters-CR  7:00- Cards/Games- LL	<b>10</b> 8:40 - Tai Chi - LL 8:45 - YMCA 9:00 -Prayer Time-Rm 1023 9:00-Podiatrist 10:00- Res. Assoc. Mtg.- LL 10:00-2:00 - Medical Appts 1:30-Health Topic-LL 2:30 - Cocktail Hour- SL 7:00 -Movie - LL	<b>11</b> 10:00-Catholic Communion Service - C  5-6:30-Social Hour(BYO)-LL  7:00 - Charades - LL
<b>12</b> 7:45 - 8:30 - Sunday Breakfast 9:15 - Worship - MHC 11:30 & 1:00 -Dinner Open Seating/Box Lunch  2:30-Music Worship Svc. - LL	<b>13</b> 8:40 - Tai Chi - LL 9:45 - Target/Ralph's 11:00 - Nutmegs Bowl - LL 1-3:00-Current Events-LL	<b>14 Valentines Day</b> 9:00 - Saints Bowl - LL 9:45 - Albertsons/Ralphs 10:00 - Laurels Bowl - LL 11:00 - Maples Bowl -LL 1:00 - Rite Aid 2:30 - Laughter Yoga-LL 7:00 - Bingo - LL	<b>15</b> 8:40 - Tai Chi - LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 - Fit-tastic! - LL 11:30 - The Prado/ Balboa Park 1:00 - Music w/ Greg 2:00- Kerygma Bible Study-CR  7:00-Resident Sing-a-Long-LL	<b>16</b> 10:00-2:00 - Medical Appts  11:00 - Towers Bowl - LL  2:00 - Book Club - CR 3:00 - Emma's Gut Bucket Band - LL 7:00- Cards/Games- LL	<b>17</b> 8:40 - Tai Chi - LL 8:45 - YMCA 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 10:00 - Fit-tastic! - LL  2:00- Open Forum/Activity Meeting- LL 7:00 - Movie - LL	<b>18</b> 10:00-Catholic Communion Service - C  2:00-Old Fashioned Hymn Sing- -#1023  5-6:30-Social Hour(BYO)-LL
<b>19</b> 7:45 - 8:30- Sunday Breakfast 9:15 - Worship - MHC 11:30 & 1:00 - Dinner Open Seating/Box Lunch  2:30-Music Worship Svc. - LL	<b>20 Presidents Day</b> 8:40 - Tai Chi - LL <i>No Transportation</i>  11:00 - Nutmegs Bowl - LL  <i>No Current Events</i>	<b>21 Mardi Gras</b> 9:00 - Saints Bowl - LL 9:45 - Albertsons/Ralphs 10:00 - Laurels Bowl - LL 11:00 - Maples Bowl -LL 1:00 - 99 Cent Store 2:30 - Laughter Yoga-LL 4:30 & 6- Mari Gras Dinner-DR 7:00 - Bingo - LL	<b>22</b> 8:40 - Tai Chi - LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 - Fit-tastic! - LL 11:30 - Peohe's / Coronado 1:00 - Music w/ Greg 2:00-Kerygma Bible Study-CR 2:15-Food Forum-LL	<b>23</b> 9:00-11-WhatNotShop-#313 10:00-2:00 - Medical Appts- 11:00 - Towers Bowl - LL  2:00- Richard Thompson/ Pianist-LL  4:30 & 6- B-Day Dinner-DR 7:00- Cards/Games-LL	<b>24</b> 8:40 - Tai Chi - LL 8:45 - YMCA 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 10:00 - Fit-tastic! - LL 1:00 - Travelogue - LL 2:00 - Cocktail Hour- SL 7:00 - Movie - LL	<b>25</b> 10:00-Catholic Communion Service - C 10:30 - Open Bowling-LL  3:00- Soirée - LL  5-6:30-Social Hour(BYO)-LL
<b>26</b> 7:45 - 8:30- Sunday Breakfast 9:15 - Worship - MHC 11:30 & 1:00 - Dinner Open Seating/Box Lunch  2:30-Music Worship Svc. - LL	<b>27</b> 8:40 - Tai Chi - LL  9:45 - Wal-Mart 11:00 - Nutmegs Bowl - LL 1-3:00-Current Events-LL	<b>28</b> 9:00 - Saints Bowl - LL 9:45 - Albertsons/Ralphs 10:00 - Laurels Bowl - LL 11:00 - Maples Bowl -LL 1:00 - CVS/Henry's 2:30 - Laughter Yoga-LL 7:00 - Bingo - LL	<b>29</b> 8:40 - Tai Chi - LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 - Fit-tastic! - LL 10:00 - Top of the Park 1:00 - Music w/ Greg 2:00-Kerygma Bible Study-CR 7:00-Resident Sing-a-Long-LL	<b>EMMA'S GUT BUCKET BAND</b> <b>FEBRUARY 16</b>  <b>MARI GRAS DINNER</b> <b>FEBRUARY 21</b>	<b>RICHARD THOMPSON/ PIANIST</b> <b>FEBRUARY 23</b>  <b>SOIRÉE</b> <b>FEBRUARY 25</b>	