

January 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

MEETINGS
Acty Planning Mtg – Jan 12
Res. Assoc. Mtg.- Jan 13
Open Forum and Acty General Mtg.- Jan 20
Food Forum – Jan 25

Podiatrist – Jan 13 Manor Matters
Deadline- Jan 18 Distribution- Jan 26

WHAT NOT
January - store schedule 9:00am – 11:00am Room # 313

Open: Thursday- January 12th & 26th

Support the Resident Association

| SUNDAY SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|--|
| <p>1 Happy New Year! 7:45 - 8:30 – Sunday Break-fast 9:15 - Worship – MHC 11:30 & 1:00 -Dinner Open Seating/Box Lunch</p> | <p>2 8:40 - Tai Chi – LL <i>No Transportation</i> 11:00 – Nutmegs Bowl – LL</p> | <p>3 9:00 – Saints Bowl - LL 9:15-10:30-Stamps – L 9:45 - Albertsons/Ralphs 10:00 – Laurels Bowl – LL 11:00 – Maples Bowl -LL</p> | <p>4 8:30 – Tai Chi – LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 – Fit-tastic! – LL 11:30- Olive Garden</p> | <p>5 9:00- Dr. Murphy’s Low Back Fitness Class- LL 10:00-2:00 - Medical Appts 10:00- Trip to Viejas Casino 11:00 – Towers Bowl - LL</p> | <p>6 8:30 - Tai Chi – LL 8:45 - YMCA 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 3:00-Meet & Greet – LL</p> | <p>7 10:00-Catholic Communion Service – C 2:00-Old Fashioned Hymn Sing- -#1023</p> |
| <p>8 7:45 - 8:30 – Sunday Break-fast 9:15 - Worship – MHC 11:30 & 1:00 -Dinner Open Seating/Box Lunch 2:30- Music Worship Svc.- LL</p> | <p>9 8:40 - Tai Chi – LL 9:45 – Wal-Mart 11:00 – Nutmegs Bowl – LL 1-3:00-Current Events-LL</p> | <p>10 9:00 – Saints Bowl - LL 9:15-10:30-Stamps – L 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</p> | <p>11 8:30 – Tai Chi – LL 9:00 - YMCA 9:30 – Episcopal Svc.- C 10:00 – Fit-tastic! – LL 11:30- 94th Aero Squadron 1:00 – Music w/ Greg 2:00– Kerygma Bible Study-CR 7:00-Resident Sing-a-Long-LL</p> | <p>12 Port of Call China 9:00 – Blood Pressure - CR 9:00-11-WhatNotShop-#313 11:00 – Towers Bowl - LL 10:00-2:00 - Medical Appts 1:00- Activity Plan Mtg.- CR 3:00- Art Matters-CR 4:30 & 6- Port of Call China-DR 7:00- Cards/Games– LL</p> | <p>13 8:30 - 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 2:00 – Cocktail Hour- SL 7:00 –Movie – LL</p> | <p>14 10:00-Catholic Communion Service – C 5-6:30-Social Hour(BYO)-LL 7:00 – Charades - LL</p> |
| <p>15 7:45 - 8:30 - Sunday Break-fast 9:15 - Worship – MHC 11:30 & 1:00 -Dinner Open Seating/Box Lunch 2:30-Music Worship Svc. – LL 5:00- Pizza Party- LL</p> | <p>16 Martin Luther King Jr. Day 8:40 - Tai Chi – LL 9:45 – Target. Ralph’s 11:00 – Nutmegs Bowl – LL 1-3:00-Current Events-LL</p> | <p>17 9:00 – Saints Bowl - LL 9:15-10:30-Stamps – L 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</p> | <p>18 8:30 – Tai Chi – LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 – Fit-tastic! – LL 11:30 – Bay Beach Cafe 1:00 – Music w/ Greg 2:00– Kerygma Bible Study-CR 7:00-Resident Sing-a-Long-LL</p> | <p>19 9:00- Dr. Murphy’s Low Back Fitness Class- LL 10:00-2:00 - Medical Appts 11:00 – Towers Bowl - LL 2:00 – Book Club – CR 7:00- Cards/Games– LL</p> | <p>20 8:30 - 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</p> | <p>21 10:00-Catholic Communion Service – C 2:00-Old Fashioned Hymn Sing- -#1023 5-6:30-Social Hour(BYO)-LL</p> |
| <p>22 7:45 - 8:30- Sunday Break-fast 9:15 - Worship – MHC 11:30 & 1:00 - Dinner Open Seating/Box Lunch 2:30-Music Worship Svc. – LL</p> | <p>23 8:40 - Tai Chi – LL 9:45 – Wal-Mart 11:00 – Nutmegs Bowl – LL 1-3:00-Current Events-LL</p> | <p>24 9:00 – Saints Bowl - LL 9:15-10:30-Stamps – L 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</p> | <p>25 8:30 – Tai Chi – LL 9:00 - YMCA 9:30 - Episcopal Svc.- C 10:00 – Fit-tastic! – LL 10:00 – Fashion Valley Mall 1:00 – Music w/ Greg 2:00–Kerygma Bible Study-CR 2:15-Food Forum-LL</p> | <p>26 9:00- Dr. Murphy’s Low Back Fitness Class- LL 9:00-11-WhatNotShop-#313 10:00-2:00 - Medical Appts- 11:00 – Towers Bowl - LL 2:00- Emma’s Gut Bucket Band - LL 4:30 & 6- B-Day Dinner-DR 7:00- Cards/Games–LL</p> | <p>27 8:30 - 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</p> | <p>28 10:00-Catholic Communion Service – C 10:30 – Open Bowling-LL 3:00- Soirée – LL 5-6:30-Social Hour(BYO)-LL</p> |
| <p>29 7:45 - 8:30- Sunday Break-fast 9:15 - Worship – MHC 11:30 & 1:00 - Dinner Open Seating/Box Lunch 2:30-Music Worship Svc. - LL</p> | <p>30 8:40 - Tai Chi – LL 9:45 – Target/ Ralph’s 11:00 – Nutmegs Bowl – LL 1-3:00-Current Events-LL</p> | <p>31 9:00 – Saints Bowl - LL 9:15-10:30-Stamps – L 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</p> | <p><u>VIEJAS CASINO</u> JANUARY 5</p> <p><u>99 CENT STORE</u> JANUARY 3&17</p> | <p><u>PORT OF CALL CHINA</u> JANUARY 12</p> <p><u>COCKTAIL HOUR</u> JANUARY 13 & 27</p> | <p><u>EMMA’S GUT BUCKET BAND</u> JANUARY 26</p> <p><u>SOIRÉE</u> JANUARY 28</p> |  |