

SEPTEMBER 2010
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 – Sept 9
 Exec. Com. Mtg.- Sept 10
 Open Forum and Acty General Mtg- Sept 17
 Food Forum – Sept 28

Podiatrist – Sept 10
Start Floor - Floor 9

WHAT NOT - WHY NOT
Sept- store schedule 9:00am – 11:00am Room # 313
Open: Thursday, Sept 9
Thursday, Sept 23
Support the Resident Association

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	PIZZA PARTY SEPTEMBER 5 TAI CHI MON, WED, FRI	SCENIC TOUR SEPTEMBER 16 ICE CREAM SOCIAL SEPTEMBER 17	1 8:45 – Tai Chi – LL 9:30 - Episcopal Svc.- C 11:00 – Saints Bowl- LL 11:30 – Fire House/Coronado 2:30 – Sharing Memories-CR 7:00-Resident Sing-a-Long-LL	2 9:00-12:00-Vol. Driver 9:00-Laurels Bowl-LL 10:00-2:00 - Medical Appts 10:15- Fit-tastic! -LL 12:30-2 – Quarter Sales – L 2:30-Bereavement Class-LL 7:00- Cards/Bd/Games– LL	3 8:45 - Tai Chi – LL 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 3 :00 – Meet & Greet – LL (Sponsored by Res. Assoc.) 7:00 – Movie - LL	4 10:00-Catholic Communion Service – C 10:00 – Open Bowling-LL 5-6:30-Social Hour(BYO)-LL	
	5 7:45 - 8:30 – Sunday Breakfast 9:15 - Worship – MHC 10:00 – Open Bowling-LL 11:30 & 1:00 -Dinner Open Seating/Box Lunch 2:30- Music Worship Svc.- LL 4:30 – Sunday Sack Supper-LL	6 LABOR DAY 8:45 - Tai Chi – LL <i>No transportation for shopping today</i> 10:15- Fit-tastic! -LL 11:00-Nutmegs Bowl-LL 7:00-Line Dancing - LL	7 9:15-10:30-Stamps – L 9:30 –Walking w/ Anna- SL 9:45 - Albertsons/ Ralphs 10:00 -Rosary Service - C 10:15- Fit-tastic! -LL 11:00-Maples Bowl-LL 1:00 - Rite Aid-Hillcrest 2:30 - Laughter Yoga-LL 7:00 - Bingo – LL	8 8:45 – Tai Chi – LL 9:30 - Episcopal Svc.- C 11:00 – Saints Bowl- LL 11:30 – PF Chang’s/Otay Ranch 7:00-Resident Sing-a-Long-LL	9 9:00-9:30-BloodPressur-LL 9:00-Laurels Bowl-LL 9:00-11-WhatNotShop-#313 9:00-12:00-Vol. Driver 10:00-2:00 - Medical Appts 10:15- Fit-tastic! -LL 2:00 – Activity Planning Mtg – CR 2:30-Bereavement Class-LL 7:00- Cards/Bd/Games– LL	10 8:45 - Tai Chi - LL 9:00-Podiatrist (start floor 8) 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 10:00 – Resident Association Meeting- LL 1:30 – Health Topic - LL 3:00 – Creative Expressions-LL 7:00 – Movie - LL	11 10:00- Memorial Service-CCC 10:00-Catholic Communion Service – C 10:00 – Open Bowling-LL 5-6:30-Social Hour(BYO)-LL
	12 7:45 - 8:30 - Sunday Breakfast 9:15 - Worship – MHC 10:00 – Open Bowling-LL 11:30 & 1:00 -Dinner Open Seating/Box Lunch 2:30-Music Worship Svc. – LL 4:30 – Sunday Sack Supper- LP	13 8:45 - Tai Chi – LL 9:45 – Walmart 10:15- Fit-tastic! -LL 11:00-Nutmegs Bowl-LL 1-3:00-Current Topics-LL 7:00-Line Dancing - LL	14 9:15-10:30-Stamps – L 9:30 –Walking w/ Anna- SL 9:45 - Albertsons/Ralphs 10:00 -Rosary Service - C 10:15- Fit-tastic! -LL 11:00-Maples Bowl-LL 1:00 – CVS/Henry’s 2:30 - Laughter Yoga-LL 7:00 - Bingo – LL	15 8:45 - Tai Chi - LL 9:30 - Episcopal Svc. C 10:00 - Communications - LL 11:00 – Saints Bowl- LL 11:30- Anthony’s/Chula Vista 1:00- Music w/Greg-LL 7:00-Resident Sing-a-Long-	16 9:00-12:00-Vol. Driver 9:00-Laurels Bowl-LL 10:00-2:00 - Medical Appts 10:00-2:00 – Scenic Tour 10:15- Fit-tastic! -LL 1:00 Ballroom Dancing – Villa 2:00 – Book Club – CR 2:30-Bereavement Class-LL 7:00- Cards/Bd/Games– LL	17 8:45 - Tai Chi – LL 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 1:00-Open Forum/Activity Meeting – LL 3:00-Ice Cream Social- Villa 7:00 – Movie - LL	18 10:00-Catholic Communion Service – C 10:00 – Open Bowling-LL 10:30- Mystery Trip 5-6:30-Social Hour(BYO)-
	19 7:45 - 8:30- Sunday Breakfast 9:15 - Worship – MHC 10:00 – Open Bowling-LL 11:30 & 1:00 - Dinner Open Seating/Box Lunch 2:30-Music Worship Svc. – LL 4:30 – Sunday Sack Supper- LP	20 8:45 - Tai Chi – LL 9:45 – Target/Ralphs 10:15- Fit-tastic! -LL 11:00-Nutmegs Bowl-LL 1-3:00-Current Topics-LL 7:00-Line Dancing - LL	21 9:15-10:30-Stamps – L 9:30 –Walking w/ Anna- SL 9:45 Albertsons / Ralphs 10:00 -Rosary Service - C 10:15- Fit-tastic! -LL 11:00-Maples Bowl-LL 1:00 – 99¢ Store 2:30 - Laughter Yoga-LL 7:00 - Bingo – LL	22 8:45 - Tai Chi - LL 9:30 - Episcopal Svc.- C 11:00 – Saints Bowl- LL 11:30 – Bali Hai/Pt. Loma 1:00- Music w/Greg-LL 7:00 -Resident Sing-a-Long-LL	23 9:00-12:00-Vol. Driver 9:00-11-WhatNotShop-#313 9:00-Laurels Bowl-LL 10:00-2:00 - Medical Appts 10:15- Fit-tastic! -LL 2:00- Planet Earth – LL 4:30&6-B-Day Dinner-DR 7:00- Cards/Bd/Games– LL	24 8:45 - Tai Chi – LL 9:00 -Prayer Time-Rm 1023 10:00-2:00 - Medical Appts 3:00 – Creative Expressions-LL 7:00 – Movie - LL	25 10:00-Catholic Communion Service – C 10:00 – Open Bowling-LL 3:00- Soirée-LL 5-6:30-Social Hour(BYO)-LL
	26 7:45 - 8:30- Sunday Breakfast 9:15 - Worship – MHC 10:00 – Open Bowling-LL 11:30 & 1:00 - Dinner Open Seating/Box Lunch 2:30-Music Worship Svc. - LL	27 8:45 - Tai Chi – LL 9:45 – Walmart 10:15- Fit-tastic! -LL 11:00-Nutmegs Bowl-LL 1-3:00-Current Topics-LL 7:00-Line Dancing – LL	28 9:15-10:30-Stamps – L 9:30 –Walking w/ Anna- SL 9:45 - Albertsons/Ralphs 10:00 -Rosary Service - C 10:15- Fit-tastic! -LL 11:00-Maples Bowl-LL 1:00 – CVS/Henry’s 1:15 – Food Forum - CR 2:30 - Laughter Yoga-LL 7:00 - Bingo – LL	29 8:45 - Tai Chi - LL 9:30 - Episcopal Svc.- C 11:00 – Saints Bowl- LL 11:30 – Cheesecake Factory 1:00- Music w/Greg-LL 7:00 -Resident Sing-a-Long-LL	30 9:00-9:30-BloodPressur-LL 9:00-Laurels Bowl-LL 9:00-11-WhatNotShop-#313 9:00-12:00-Vol. Driver 10:00-2:00 - Medical Appts 10:15- Fit-tastic! -LL 2:30-Laura Michaels Trio-LL 7:00- Cards/Bd/Games– LL	SOIRÉE SEPTEMBER 25 LAURA MICHAELS SEPTEMBER 30	LINE DANCING EVERY TUESDAY CARDS/BOARD GAMES EVERY THURSDAY