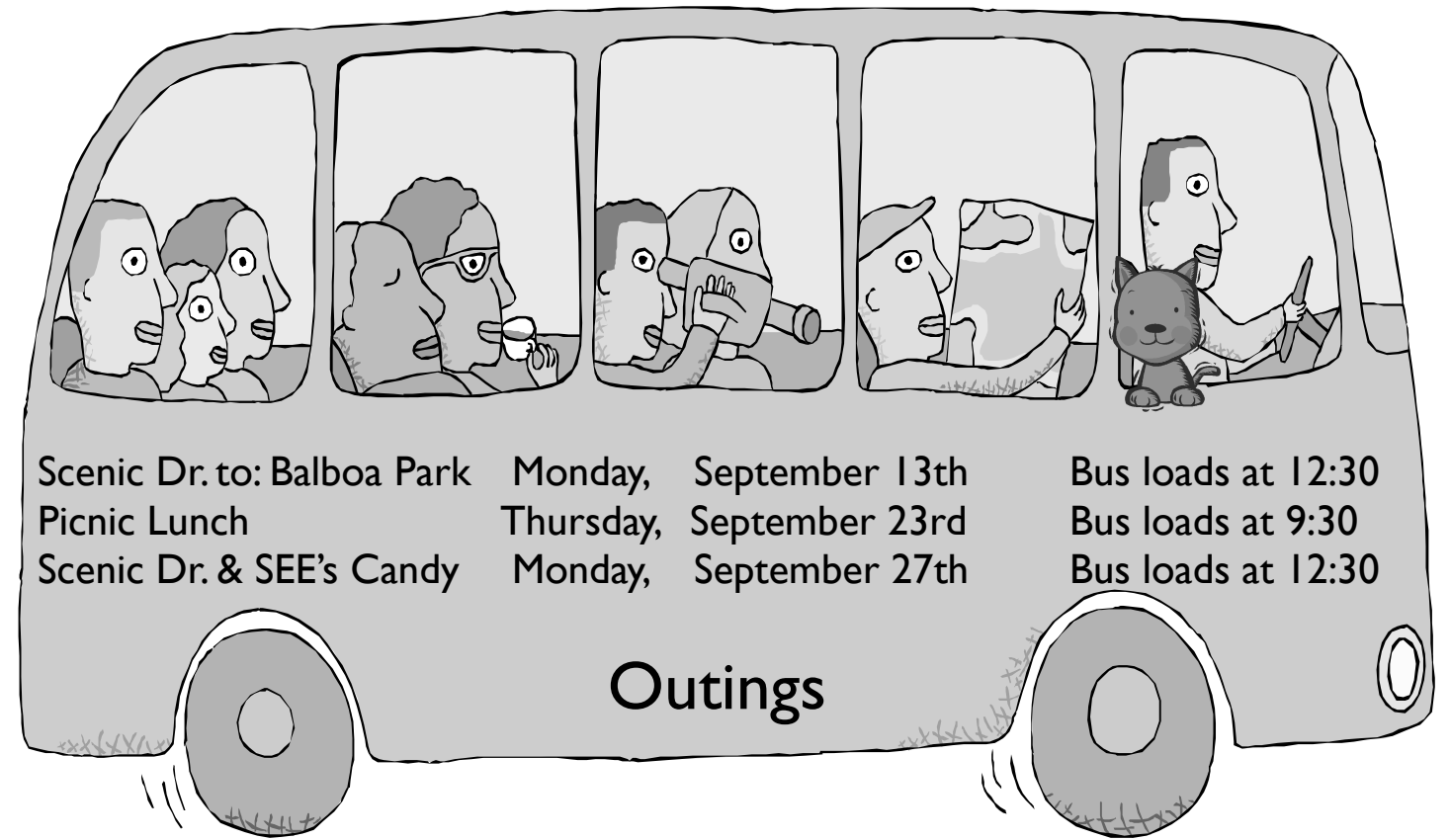

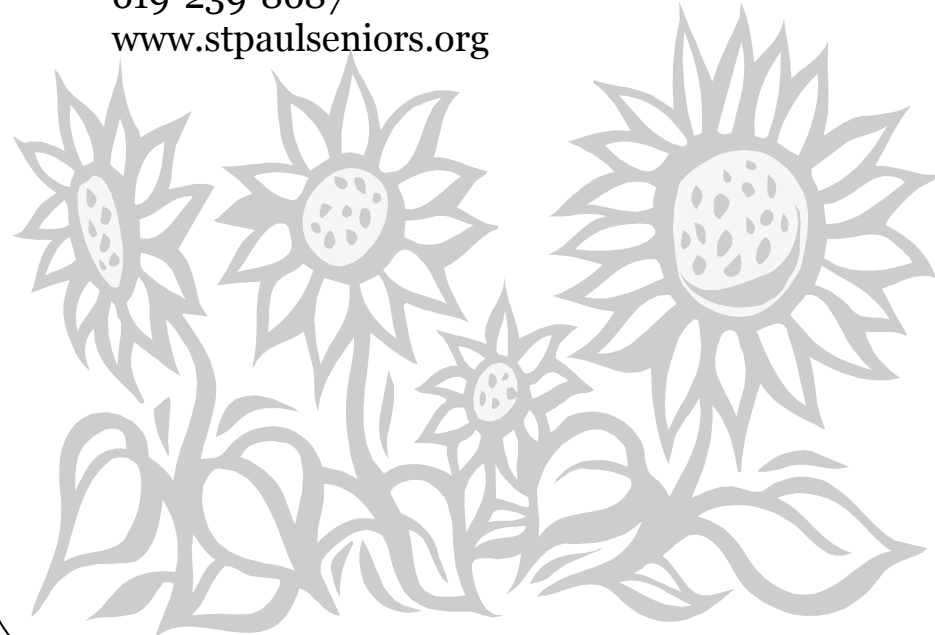


A Little Reminder From Administration

- Just a reminder to All,
- Please be aware of the importance of marking personal items of your loved ones for purposes of identification of belongings. As you know community living can cause many items, such as clothing, to be misplaced. The only way that we may be able to recover certain items is if they are properly marked with the resident's name.
- Our staff will do their very best to protect and properly care for resident's belongings, however at times personal items will be brought in without our knowledge. Please notify nursing staff when new items are brought in so that we may record them on the inventory sheet and help ensure accountability.
- We will help tag and mark items other than clothing if we are aware of their presence. Also, any money that is brought in should be communicated to the nurses. We do have a safe we use for resident's valuables if necessary.
- Thank you so much for your attention to this matter and all of your support.
- Sincerely,
- Alan Shigley, Administrator



 St. Paul's John A. McColl Family Health Center
235 Nutmeg St.
San Diego, CA, 92103
619-239-8687
www.stpaulseniors.org



Family Council Meeting

Thursday, September 16th, 2010
@ 12:00 noon



In the Activity Room, downstairs
across from the Chapel

Refreshments are available

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>St. Paul's McColl Family Health Center</p> <h1>September 2010</h1> <p>235 Nutmeg Street, San Diego, CA. 92103 619-239-8687</p>			<p>1</p> <p>10:00 Exercise w/ San Diego City College students - DR 10:45 Daily Horoscopes - DR 1:00 Mail Delivery 1:30 Catholic Communion - RV 3:00 Crossword Puzzle - DR</p>	<p>2</p> <p>10:00 Bingo - DR 10:45 Daily Horoscopes - DR 12:00 Lunch on the patio 1:00 Mail Delivery 3:00 Gardening - DR</p>	<p>3</p> <p>10:00 Ball Toss - DR 10:45 Daily Horoscopes - DR 1:00 Mail Delivery 2:00 Splash Featuring Ice Cream Sandwiches - DR 3:00 Sing-A-Long - DR 6:00 Netflix Film: To Be Announced - DR</p>	<p>4</p> <p>9:30 Netflix Film: To Be Announced - DR 2:00 Netflix Film: To Be Announced - DR 6:00 The Laurence Welk Show Ch. 11</p> <p>MIAL WILL BE DELIVERED BY A STAFF MEMBER</p>
<p>5</p> <p>9:15 Worship Service - CH 3:30 St. John's Fellowship - DR</p>	<p>Labor Day 6</p> <p>10:00 Bingo - DR 11:30 Holiday BBQ Lunch 3:00 Movie: To Be Announced - DR</p>	<p>7</p> <p>9:30 Music & More - DR 10:00 Catholic Mass - CH 1:00 Food Committee - DR 1:30 Mail Delivery 3:00 World Affairs - DR</p>	<p>8</p> <p>10:15 Body Dynamics w/ Mary - DR 11:00 Trivia - DR 1:00 Mail Delivery 1:30 Catholic Communion - RV 3:00 News & View - DR 6:00 Judicial Harmony - DR </p>	<p>9</p> <p>9:30 Violin w/John Q. - DR 10:00 Morning Stretch - DR 10:30 The Interview - DR 1:00 Mail Delivery 2:00 Resident Council - DR 3:00 Active Games - DR</p>	<p>The Foot Dr. Is In 10</p> <p>9:30 Crossword Puzzle - DR 1:00 Mail Delivery 2:00 Splash Featuring Popsicles - DR 3:00 This Day In History - DR 6:00 Netflix Film: To Be Announced - DR</p>	<p>11</p> <p>9:30 Netflix Film: To Be Announced - DR 2:30 Netflix Film: To Be Announced - DR 6:00 The Laurence Welk Show Ch. 11</p> <p>MIAL WILL BE DELIVERED BY A STAFF MEMBER</p>
<p>Grandparents Day 12</p> <p>9:15 Worship Service - CH 2:00 Netflix Film: To Be Announced - DR</p>	<p>13</p> <p>10:15 Body Dynamics w/ Mary - DR 11:00 Trivia - DR 12:30 Scenic Drive 3:00 Historical Spotlight - DR</p> 	<p>14</p> <p>9:30 Music & More - DR 1:00 Mail Delivery 1:45 Happy Hour w/ Matt Performing - DR  3:00 World Affairs - DR</p> 	<p>Happy Birthday Adelaide Mazorlig 15</p> <p>10:15 Body Dynamics w/ Mary - DR 11:00 Trivia - DR 12:00 Lunch on the patio 1:00 Mail Delivery 1:30 Catholic Communion - RV 3:00 News & Views - DR</p>	<p>16</p> <p>9:30 Violin w/John Q. - DR 10:00 Morning Stretch - DR 10:30 The Interview - DR 1:00 Mail Delivery 1:30 Piano w/ Sonia - DR 3:00 Active Games - DR</p>	<p>Happy Birthday Kay Shultz 17</p> <p>9:30 Crossword Puzzle - DR 1:00 Mail Delivery 2:00 Splash Featuring "Peanut Butter Blizzard" - DR 3:00 This Day In History - DR 6:00 Netflix Film: To Be Announced - DR</p>	<p>18</p> <p>9:30 Netflix Film: To Be Announced - DR 2:30 Netflix Film: To Be Announced - DR 6:00 The Laurence Welk Show Ch. 11</p> <p>MIAL WILL BE DELIVERED BY A STAFF MEMBER</p>
<p>19</p> <p>9:15 Worship Service - CH 2:00 Netflix Film: To Be Announced - DR</p>	<p>Happy Birthday Bernie Hernandez 20</p> <p>10:15 Body Dynamics w/ Mary - DR 11:00 Trivia - DR 3:00 Historical Spotlight - DR</p>	<p>Happy Birthday Leela McCormick 21</p> <p>9:30 Music & More - DR 1:00 Activity Planning Committee - DR 1:30 Mail Delivery 3:00 World Affairs - DR</p>	<p>22</p> <p>10:15 Body Dynamics w/ Mary - DR 11:00 Trivia - DR 1:00 Mail Delivery 1:30 Catholic Communion - RV 3:00 News & Views - DR</p>	<p>9:30 Violin w/John Q. - DR 23</p> <p>10:00 Picnic Lunch  10:00 Morning Stretch - DR 10:30 The Interview - DR 1:00 Mail Delivery 3:00 Active Games - DR 5:00 Birthday Dinner w/ Anona - DR </p> 	<p>24</p> <p>9:30 Crossword Puzzle - DR 1:00 Mail Delivery 2:00 Splash Featuring "Peach Dream" - DR 3:00 This Day In History - DR 6:00 Netflix Film: To Be Announced - DR</p>	<p>25</p> <p>9:30 Netflix Film: To Be Announced - DR 2:30 Netflix Film: To Be Announced - DR 6:00 The Laurence Welk Show Ch. 11</p> <p>MIAL WILL BE DELIVERED BY A STAFF MEMBER</p>
<p>26</p> <p>9:15 Worship Service - CH 2:30 St. Peter's Episcopal Church - DR</p>	<p>27</p> <p>10:15 Body Dynamics w/ Mary - DR 11:00 Trivia - DR 12:30 Outing: See's Candy 3:00 Historical Spotlight - DR</p> 	<p>28</p> <p>9:30 Music & More - DR 1:00 Mail Delivery 3:00 World Affairs - DR</p>	<p>29</p> <p>10:15 Body Dynamics w/ Mary - DR 11:00 Trivia - DR 1:00 Mail Delivery 1:30 Catholic Communion - RV 3:00 News & Views - DR</p>	<p>30</p> <p>9:30 Violin w/John Q. - DR 10:00 Morning Stretch - DR 10:30 The Interview - DR 1:00 Mail Delivery 3:00 Active Games - DR</p>	<p>DR - Dining Room CH - Chapel LP - Lahodny Patio L - Lobby RV - Room Visits AR - Activity Room (Downstairs)</p> <p>All activities are subject to change. Activities can occur at anytime and are not limited to formal activities provided by the activity staff. Please contact the Activity Department with any questions. Pet, Music Therapy's, and Religious visits are available.</p>	