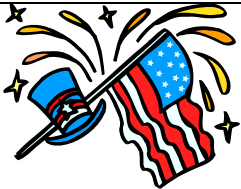


St. Paul's Adult Day Center – 328 Maple Street, San Diego, CA 92103 – July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>^A Current Events, Dear Abby, etc.: to stimulate mental activity and engage in conversations ^B Exercise Class: led by a Senior Exercise Specialist ^C Music, Music, & More: led by a Master Level Music Therapist ^D Crafts: designed for self-expression and self-esteem</p> <p>Lunch & Snacks at 11:30, 2:30, 4:30 Additional Activities scheduled for morning and late afternoon hours</p>			<p>9:30- Coffee Social 1 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Trivia 1:30- Exercise 3:00- Dominoes 4:00- Puzzle Group</p>	<p>9:15- Exercise w/Mary 2 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Comedy Skits 1:00- Dance 3:00- Shuffleboard 4:00- Outside Gardening</p>
 <p>5</p> <p>Independence Day Observed</p>	<p>9:30- Coffee Social 6 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Table Games/Reading 1:30- Exercise 3:00- Arts & Crafts</p>	<p>9:15- Exercise w/Mary 7 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Movie & Popcorn 3:00- Shuffleboard 4:00- Puzzle Group</p>	<p>9:30- Coffee Social 8 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Table Games/Reading 1:30- Exercise 3:00- Penny Ante</p>	<p>9:15- Exercise w/Mary 9 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Trivia 1:00- Dance 3:00- Musical B-I-N-G-O</p>
<p>9:30- Exercise w/Mary 12 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Active Games 2:00- Piano Entertainment 3:00- Cutting Coupons 4:00- Outside Gardening</p>	<p>9:30- Coffee Social 13 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Laughter Yoga 2:00- Arts & Crafts 3:00- Shuffleboard 4:00- Puzzle Group</p>	<p>9:15- Exercise w/Mary 14 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Movie & Popcorn 3:00- Arts & Crafts 4:00- Animal Planet</p>	<p>9:30- Coffee Social 15 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 11:30-2:00- Sizzlers 3:00- B-I-N-G-O 4:00- Puzzle Group</p>	<p>9:15- Exercise w/Mary 16 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 12:30- "Joke of the Day" 1:00- Dance 3:00- Penny Ante 4:00- Outside Gardening</p>
<p>9:15- Exercise w/Mary 19 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 11:30-2:00- Burgers & Shakes 3:00- Cutting Coupons 4:00- Outside Gardening</p>	<p>9:30- Coffee Social 20 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Table Games/Reading 1:30- Exercise 3:00- Penny Ante 4:00- Animal Planet</p>	<p>9:15- Exercise w/Mary 21 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Movie & Popcorn 3:00- B-I-N-G-O 4:00- Puzzle Group</p>	<p>9:30- Coffee Social 22 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Trivia 1:30- Exercise 3:00- Dominoes</p>	<p>9:15- Exercise w/Mary 23 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 12:30- Trivia 1:00- Dance 3:00- Shuffleboard 4:00- Outside Gardening</p>
<p>9:15- Exercise w/Mary 26 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Active Games 2:00- Piano Entertainment 3:00- Crossword 4:00- Outside Gardening</p>	<p>9:30- Coffee Social 27 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Laughter Yoga 2:00- Arts & Crafts 3:00- B-I-N-G-O 4:00- Animal Planet</p>	<p>9:15- Exercise w/Mary 28 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 12:30- Movie & Popcorn 3:00- Musical Trivia 4:00- Puzzle Group</p>	<p>9:30- Coffee Social 29 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 10:40- Intg'l Activities 11:30-2:00- Picnic at Mission Valley 3:00- Arts & Crafts 4:00- Animal Planet</p>	<p>9:15- Exercise w/Mary 30 10:00- Current Events ^A 10:30- Flag Salute w/Hornets 12:30- Sing-A-Long 1:00- Dance 3:00- Dominoes 4:00- Outside Gardening</p>

