
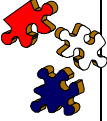




St. Paul's Adult Day Center – 328 Maple Street, San Diego, CA 92103 – September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>^A Current Events, Dear Abby, etc.: to stimulate mental activity and engage in conversations</p> <p>^B Exercise Class: led by a Senior Exercise Specialist</p> <p>^C Music, Music, & More: led by a Master Level Music Therapist</p> <p>^D Crafts: designed for self-expression and self-esteem</p> <p>Lunch & Snacks at 11:30, 2:30, 4:30 Additional Activities scheduled morning & late afternoon hours</p>		<p>9:15- Exercise w/Mary 1</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Movie & Popcorn</p> <p>3:00- Shuffleboard</p> <p>4:00- Puzzle Group </p>	<p>9:30- Coffee Social 2</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- "Comedy Skit"</p> <p>1:30- Exercise</p> <p>3:00- Arts & Crafts</p> <p>4:00- Animal Planet</p>	<p>9:15- Exercise w/Mary 3</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Trivia</p> <p>1:00- Dance</p> <p>3:00- Dominoes</p> <p>4:00- Outside Games</p>
 Closed	<p>9:30- Coffee Social 7</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Table Games/Reading</p> <p>1:30- Exercise</p> <p>3:00- Arts & Crafts</p> <p>4:00- Outside Gardening</p>	<p>9:15- Exercise w/Mary 8</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Active Games</p> <p>3:00- Coupon Cutting</p> <p>4:00- Dominoes</p>	<p>9:30- Coffee Social 9</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>11:30-2:00- Chicken Pie Shop</p> <p>3:00- B-I-N-G-O</p> <p>4:00- Puzzle Group </p>	<p>9:15- Exercise w/Mary 10</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Music Trivia</p> <p>1:00- Dance</p> <p>3:00- Arts & Crafts</p> <p>4:00- Outside Gardening</p>
<p>9:30- Exercise w/Mary 13</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Trivia</p> <p>2:00- Piano Entertainment</p> <p>3:00- Coupon Cutting</p> <p>4:00- Outside Gardening</p>	<p>9:30- Coffee Social 14</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Laughter Yoga</p> <p>2:00- B-I-N-G-O</p> <p>3:00- Dominoes</p> <p>4:00- Animal Planet</p>	<p>9:15- Exercise w/Mary 15</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Movie & Popcorn</p> <p>3:00- Arts & Crafts</p> <p>4:00- Puzzle Group</p>	<p>9:30- Coffee Social 16</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- "Joke of the Day"</p> <p>1:30- Exercise</p> <p>3:00- Penny Ante </p> <p>4:00- Animal Planet</p>	<p>9:15- Exercise w/Mary 17</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Dance Trivia</p> <p>1:00- Dance</p> <p>2:00- Shuffleboard</p> <p>4:00- Outside Gardening</p>
<p>9:15- Exercise w/Mary 20</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>11:30-2:00- BBQ Pit</p> <p>3:00- Cutting Coupons</p> <p>4:00- Outside Gardening</p>	<p>9:30- Coffee Social 21</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- "Crossword" </p> <p>1:30- Exercise</p> <p>3:00- Arts & Crafts</p> <p>4:00- Puzzle Group</p>	<p>9:15- Exercise w/Mary 22</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Active Games</p> <p>2:00- B-I-N-G-O</p> <p>3:00- Shuffleboard</p> <p>4:00- Animal Planet</p>	<p>9:30- Coffee Social 23</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>12:30- "Comedy Skits"</p> <p>1:30- Exercise</p> <p>3:00- "Tell All"</p> <p>4:00- Puzzle Group</p>	<p>9:15- Exercise w/Mary 24</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Trivia</p> <p>1:00- Dance</p> <p>3:00- Dominoes</p> <p>4:00- Outside Gardening</p>
<p>9:15- Exercise w/Mary 27</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- B-I-N-G-O</p> <p>2:00- Piano Entertainment</p> <p>3:00- Coupon Cutting</p> <p>4:00- Outside Gardening</p>	<p>9:30- Coffee Social 28</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Laughter Yoga</p> <p>2:00- B-I-N-G-O</p> <p>3:00- Coupon Cutting</p> <p>4:00- Animal Planet</p>	<p>9:15- Exercise w/Mary 29</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>10:40- Intg'l Activities</p> <p>12:30- Movie & Popcorn</p> <p>3:00- Arts & Crafts</p> <p>4:00- Puzzle Group</p>	<p>9:30- Coffee Social 30</p> <p>10:00- Current Events ^A</p> <p>10:30- Flag Salute w/Hornets</p> <p>11:30-2:00 – Fuddruckers</p> <p>3:00- Shuffleboard</p> <p>4:00- Animal Planet </p>	

