




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>10:00 Roman Catholic Service-MC 10:30 The Dialogue-MC 11:00 Color Therapy-L3 1:30 Craft Corner-A3 2:30 Chaplain John's Service-MC</p>	<p><b>GYM OPEN</b> <b>All Day Every Day!</b></p> <p><b>POOL OPEN</b> <b>Monday - Saturday</b> <b>8:30-10:30am</b></p>	<p><b>ACTIVITIES KEY:</b> <b>OUTINGS/ EVENTS</b> <b>SOCIAL</b> <b>FITNESS</b> <b>CREATIVE</b> <b>INTERGENERATIONAL</b> <b>EDUCATIONAL</b> <b>SPIRITUAL</b></p>	 <p><b>APRIL</b></p>	<p>Please Note: Subject to change. A Weekly Update is provided in your mailbox on Saturdays.</p> <p>St Paul's Plaza 1420 E Palomar St Chula Vista 91911 License # 3746036</p>	<p><b>ROOM KEY:</b> A3-Activities Room 3rd Floor CH-Chapel DS-Dance Studio L 2/ 3-Family Rooms L4S-4th Floor Solarium LB-Lobby by Reception MC-Mathes Center Community Room</p>	<p>1</p> <p>10:00-12:00 Tech Help-L3 11:15 Range of Motion, Posture &amp; Breath-MC 1:45 Joyful Sounds &amp; Music Appreciation-A3 3:00 Let's Discuss This: Why Joy is A State of Mind-A3</p>
<p>2</p> <p>10:00 Roman Catholic Church Service-CH 10:30 The Dialogue-CH 11:00 Color Therapy-L3 11:00 Shopping Event w/Hilda-MC 1:30 Craft Corner Easter-A3 2:30 Chaplain John's Church Service-CH</p>	<p>3</p> <p>10:00 Move with Music w/ Ruby-DS 11:00 Out to Lunch: Miguel's Brigantine LB 1:30 Strength &amp; Balance w/Theresa-DS 2:00 Bingo-A3 2:30 Balance Testing w/ Theresa-DS 3:00 Craft Corner Easter Surprise-A3</p>	<p>4</p> <p>10:00 Chaplain Chat-L2 10:00 Laura's Knitting-L3 10:00 Balance Testing w/ Theresa-DS 11:00 Strength Chair Exercise w/Theresa-DS 1:30 History: April-L2 1:30 Range of Motion-MC 2:00 Easter Tea Time w/ Special Guest-L3</p>	<p>5</p> <p>10:00 Shopping Trip: CVS/ Trader Joes/ Sprouts-LB 11:00 Balls, Bands &amp; Balance w/ Janet-DS 1:00 BrainHQ Help-A3 1:45 Get Up and Go w/ Mary Jo-A3 2:45 Yoga w/ Athena-MC</p>	<p>6</p> <p>9:15 Easter Event Kids at CCC 11:00 Balls, Bands &amp; Balance w/ Janet-DS 1:00 Shopping: Trader Joes/ Sprouts / CVS-LB 1:30 Balance Testing-DS 2:30 Balance Workshop w/ Janet &amp; Theresa-MC</p>	<p>7</p> <p>10:30 Good Friday Service w/ Chap John-CH 11:00 Strength &amp; Balance w/ Theresa-DS 11:00 Color Therapy-L3 1:30 Movie: Marry Me-MC 3:00 Catholic Good Friday Service w/ Ed-L4S 3:15 Range of Motion-A3</p>	<p>8</p> <p>10:00-12:00 Tech Help-L3 11:15 Range of Motion, Posture &amp; Breath-MC 1:45 Brainiac Fun w/ Janet-A3 3:00 Healing Hands Session-Learn and Practice-A3</p>
<p>9</p> <p>10:00 Roman Catholic Church Service-CH 10:30 The Dialogue-CH 2:30 Chaplain John's Church Service-CH</p> 	<p>10</p> <p>10:00 Move with Music w/ Ruby-DS 11:00 Scenic Drive: Harbor &amp; Shelter Island-LB 1:30 Strength &amp; Balance w/Theresa-DS 2:00 Bingo-A3 3:00 Trivia Game-A3</p>	<p>11</p> <p>10:00 Chaplain Chat-L2 10:00 Laura's Knitting-L3 11:00 Strength Chair Exercise w/ Theresa-DS 1:30 Movie: Return to Me-L2 2:00 GiGi Club-A3 3:15 Range of Motion-MC</p>	<p>12</p> <p>10:00 Shopping Trip: Ross/ Barons/ Home Goods-LB 11:00 Balls, Bands &amp; Balance w/ Janet-DS 1:00 BrainHQ Help-A3 1:45 Joyful Gospel Sounds w/ Janet-A3 2:45 Yoga w/Athena-MC</p>	<p>13</p> <p>11:00 Balls, Bands &amp; Balance w/ Janet-DS 10:30 Tech Help-L3 1:00 Shopping Trip: Ross/ Home Goods / Barons-LB 1:15 Brain Talk!-A3 2:30 Episcopalian Holy Communion-MC 2:30 Pub Trivia Special Wine &amp; Beer Prices-PUB</p>	<p>14</p> <p>9:00 Water Aerobics 11:00 Strength &amp; Balance w/ Theresa-DS 11:00 Color Therapy-L3 1:30 Entertainment : Sophisticats-MC 3:00 Movie: Easter Parade L2 3:15 Range of Motion-MC</p> 	<p>15</p> <p>10:00-12:00 Tech Help-L3 11:15 Range of Motion, Posture &amp; Breath-MC 1:45 Circle of Share-A3 3:00 Chair Yoga &amp; Meditation-MC</p>
<p>16</p> <p>10:00 Roman Catholic Church Service-CH 10:30 The Dialogue-CH 11:00 Shopping Event w/ Hilda-MC 11:00 Color Therapy-L3 1:30 Craft Corner-A3 2:30 Chaplain John's Church Service-CH</p>	<p>17</p> <p>10:00 Move with Music w/ Ruby-DS 11:00 Lunch: Out Back / Applebee's-LB 1:30 Strength &amp; Balance w/Theresa-DS 2:00 Bingo-A3 3:00 Trivia Game-A3</p>	<p>18</p> <p>10:00 Chaplain Chat-L2 10:00 Out to Breakfast: IHop-LB 10:00 Laura's Knitting-L3 11:00 Strength Chair Exercise w/ Theresa w/Theresa-DS 2:00 Chef Chat-MC 3:00 Trivia Fun-A3 3:15 Range Motion- MC</p>	<p>19</p> <p>10:00 Shopping Trip: CVS/ Ralphs/ Lolita's / Subway-LB 11:00 Balls, Bands &amp; Balance w/ Janet-DS 1:00 BrainHQ Help-A3 1:45 Get Up and Go w/ Mary Jo-A3 2:45 Yoga w/Athena-MC 3:30 Book Club-A3</p>	<p>20</p> <p>11:00 Balls, Bands &amp; Balance w/ Janet-DS 10:30 Tech Help-L3 1:00 Shopping Trip: CVS/ Ralphs/ Lolita/Subway-LB 2:00 Resident Council-MC 3:00 Card Writing Class-L3</p>	<p>21</p> <p>9:00 Water Aerobics 11:00 Strength &amp; Balance w/ Theresa-DS 11:00 Color Therapy-L3 1:30 Entertainment: John Clancy-MC 3:00 Movie: Suspect-L2 3:15 Range of Motion-MC</p>	<p>22</p> <p>10:00-12:00 Tech Help-L3 11:15 Range of Motion, Posture &amp; Breath-MC 1:45 Joyful Sounds &amp; Music Appreciation-A3 2:45 Trivia Wine &amp; Cheese Social-A3</p>
<p>23</p> <p>10:00 Roman Catholic Church Service-CH 10:30 The Dialogue-CH 11:00 Color Therapy-L3 1:30-3:30 Craft Corner-A3 2:30 Chaplain John's Church Service-CH</p>	<p>24</p> <p>10:00 Move with Music w/ Ruby-DS 11:00 Scenic Drive Mission Bay &amp; Beach-LB 1:30 Strength &amp; Balance w/Theresa-DS 2:00 Town Hall-MC 3:00 Rob The Table-A3</p>	<p>25</p> <p>10:00 Casino Trip Jamul-LB 10:00 Laura's Knitting-L3 10:00 Chaplain Chat-L2 11:00 Strength Chair Exercise w/ Theresa-DS 2:00 Justin Military Guest Speaker: Bingo-A3 3:15 Range of Motion-MC</p>	<p>26</p> <p>10:00 Shopping Trip: Marshalls /Smart Final / Bagel Shop /Subway-LB 11:00 Balls, Bands &amp; Balance w/ Janet-DS 1:00 BrainHQ Help-A3 1:30 Gary History Guy-A3 2:45 Yoga w/ Athena-MC</p>	<p>27</p> <p>11:00 Balls, Bands &amp; Balance w/ Janet-DS 10:30 Tech Help-L3 1:00 Shopping Trip: Marshalls/ Smart Final/ Bagel Shop/ Taco Bell-LB 2:00-3:30 Resident &amp; Staff Mingle-L3 2:30 Episcopalian Holy Communion-MC</p>	<p>28</p> <p>9:00 Water Aerobics 11:00 Strength &amp; Balance w/ Theresa-DS 11:00 Color Therapy-L3 1:30 Entertainment:- Amazing Mini's-MC 3:00 Movie: Easter Parade-L2 3:15 Range of Motion-MC</p>	<p>29</p> <p>10:00-12:00 Tech Help-L3 11:15 Range of Motion, Posture &amp; Breath-MC 1:30 Entertainment: Stoney B Blues-MC 3:00 Chair Yoga &amp; Meditation-MC</p>