



## St. Paul's Villa Reflections Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2340 Fourth Ave San Diego, CA 92101 (619) 232-2996 *Fax (619) 232-0451 <b>License # 370804823</b></p>			<p>9:30 Daily Chronicle 10:00 <b>Happy Autumn Cards</b> 10:30 Nature Walk 1:30 Live 2 Be Healthy 1:30 Name that Tool 2:30 Wheel of Fortune 2:30 Drama Club 3:15 American Musical</p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 Christian Worship 12:45 <b>Scenic Drive</b> 1:30 <b>Joggin' Your Noggin</b> 2:15 Meditation &amp; Walk 3:00 <b>Health Talk – Organs</b> 3:00 Find Your Organs &amp; Get Your Smoothies</p>	<p>9:30 Daily Chronicle 10:15 Jean's Health Class 10:45 Band Resist. Exercise 1:00 Uno 1:00 Zumba w/ Ruth 2:00 Happy Hour – W "1950s Rock" 3:15 Music &amp; Relaxation</p>	<p>9:30 Daily Chronicle 10:00 <b>Mad Libs</b> 1:15 Sensory Exercises 2:30 Minding Motion – W 3:30 Psychology 101 6:00 Movie Time</p>
<p>9:30 Daily Chronicle 10:00 Nature Walk 10:30 Laugh it Off 1:30 Ice Cream Social &amp; Afternoon TV Show 1:30 Chaplain Visits 2:15 Board Games 3:15 Aroma Therapy</p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 <b>Labor Day History/Talk</b> 10:45 Nature Walk 1:30 Mind Fitness–Category 1:30 Find That Letter 2:15 <b>Kickball for Autumn</b> 3:00 Kickball Discussion 3:30 War Card Game</p>	<p>9:30 Daily Chronicle 10:00 <b>Large Crossword</b> 10:30 Catholic Mass 1:30 Bunco 2:30 Cardio Exercise  <b>3:00 The Wizard &amp; The Treasure of Time – W</b></p>	<p>9:30 Daily Chronicle 9:45 Missing Letters &amp; Spelling 10:00 You Be the Judge 10:30 Stretch &amp; Flex 10:30 Nature Walk 1:30 Live 2 Be Healthy 1:30 <b>Music w/Trevor – L</b> 2:30 Adult Coloring Time 3:15 <b>History &amp; Debate of Caring for the Aged – L</b></p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 Christian Worship 1:30 <b>Brain Count: "I's" &amp; "Y's"</b> 1:30 Puzzle Sensory 2:15 <b>Random Trivia</b> 2:15 Meditation &amp; Exercise 3:00 Table Manners &amp; Social Etiquette 3:15 Smoothies &amp; Social Time</p>	<p>9:30 Daily Chronicle 10:15 Jean's Health Class 10:15 Makeover Creations 10:45 Band Resist. Exercise 1:00 Uno 1:00 Zumba w/ Ruth 2:00 Happy Hour – W "Nathan &amp; Andy" 3:15 Math Division Contest</p>	<p>9:30 Daily Chronicle 10:00 <b>Stay Informed</b> 10:45 Stretch &amp; Flex 1:30 <b>Word Puzzles</b> 2:30 Sensory Exercises 3:30 Family Feud 6:00 Movie Time</p>
<p>9:30 Daily Chronicle 10:00 Nature Walk 10:30 Current Events 1:30 Ice Cream Social &amp; Afternoon TV Show 2:15 Documentary Showing &amp; Discussion 3:30 <b>Grandparents Rock &amp; Reminisce – L</b>  <b>Grandparent's Day</b></p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 War Card Game 10:45 Nature Walk 1:30 <b>English Grammar Crazy</b> 1:30 Short Stories 2:15 Hockey 3:00 Hockey Discussion 3:15 <b>Embracing All Matters of Age – L</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Writing Puzzles</b> 10:15 Morning Stroll 10:30 Catholic Comm. 1:30 Bingo 2:30 Cardio Exercise 2:30 Tyrone's Ballet Exercise – W 3:15 Smoothies &amp; Social Time 3:15 Afternoon Tea Toast</p>	<p>9:30 Daily Chronicle 9:45 <b>News &amp; Views</b> 10:00 <b>You Be the Judge</b> 10:45 Stretch &amp; Flex 10:45 Nature Walk 1:30 Name that Tool 1:30 Live 2 Be Healthy 2:30 Drama Club 2:30 Classic Concentration 3:15 Spelling Contest</p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 Christian Worship 11:30 <b>Picnic Outing to Mission Bay</b> 3:15 Smoothies &amp; Social Time  <i>Resident Birthday Lunch</i></p>	<p>9:30 Daily Chronicle 10:00 Nail Care &amp; Spa Day 10:15 Jean's Health Class 10:45 Band Resist. Exercise 1:00 Zumba w/ Ruth 2:00 Happy Hour – W "Gemini Duo" 3:15 <b>Young at Heart The Gift of Years – L</b></p>	<p>9:30 Daily Chronicle 10:00 <b>Mad Libs</b> 10:45 Stretch &amp; Flex 1:15 Sensory Exercises 2:30 Minding Motion – W 3:30 Wheel of Phrase 6:00 Movie Time</p>
<p>9:30 Daily Chronicle 10:00 Nature Walk 10:30 Laugh it Off 1:30 Ice Cream Social &amp; Afternoon TV Show 2:15 Flex &amp; Stretch 3:00 <b>Arts &amp; Crafts Prom Apparel – W</b></p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 Make Some Noise 10:30 Nature Walk 1:30 Hangman 1:30 <b>For Love of Art: National Gallery of Art Washington DC – L</b> 2:30 Arts &amp; Crafts 2:45 <b>Generations Collide: Modern Day Gifts – L</b></p>	<p>9:30 Daily Chronicle 10:00 <b>September Talk</b> 10:30 Catholic Comm. 1:15 Music Appreciation w/ Chris Burns – W 1:30 Bunco 2:30 Cardio Exercise 2:30 Tyrone's Ballet Exercise – W 3:15 Short Fables &amp; Legends 3:15 Smoothies &amp; Social Time</p>	<p>9:30 Daily Chronicle 10:00 Arts &amp; Crafts 10:30 Stretch &amp; Flex 10:30 Nature Walk 1:30 Live 2 Be Healthy 1:30 Ball Game Sensory 2:30 Story Reading 2:30 Wheel of Fortune 3:15 Strong &amp; Long Brain  <b>Fall Begins</b></p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 Christian Worship 1:30 <b>Brain Count: "I's" &amp; "Y's"</b> 1:30 Puzzle Sensory 2:15 <b>Random Trivia</b> 3:15 Smoothies &amp; Social Time  <b>6:00 Harvest Moon Prom Night – W</b></p>	<p>9:30 Daily Chronicle 10:00 Makeover Creations 10:15 Jean's Health Class 10:45 Nature Walk 1:00 Zumba w/ Ruth 1:00 Uno 2:00 Happy Hour – W "Blue Creek" 3:15 Music &amp; Relaxation</p>	<p>9:30 Daily Chronicle 10:00 <b>Stay Informed</b> 10:45 Stretch &amp; Flex 1:30 <b>Word Puzzles</b> 2:15 Connect 4 3:30 Family Feud 6:00 Movie Time</p>
<p>9:30 Daily Chronicle 10:00 Current Events 10:45 Nature Walk 1:30 Ice Cream Social &amp; Afternoon TV Show 2:15 Flex &amp; Stretch 3:15 Aroma Therapy 3:15 Animal Exploration Intelligent Elephants – L</p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 War Card Game 10:45 Nature Walk 1:30 <b>English Grammar Crazy</b> 1:30 Game Time 2:15 Parachute 3:00 Parachute Discussion 3:30 Historical Pictures 3:30 History Matters with Gary the History Guy – W</p>	<p>9:30 Daily Chronicle 10:00 Catholic Comm. 10:30 Music Therapy 10:30 <b>Write Out Loud "Theatrical Readings" – W</b> 1:15 Music Appreciation w/ Chris Burns – W 1:30 Bingo 2:30 Tyrone's Exercise – W 3:15 <b>Carnival on The Villa Hilltop – W</b></p>	<p>9:30 Daily Chronicle 9:45 <b>News &amp; Views</b> 10:00 <b>You Be the Judge</b> 10:45 Stretch &amp; Flex 10:45 Nature Walk 1:30 Name that Tool 1:30 Live 2 Be Healthy 2:30 Drama Club 2:30 Classic Concentration 3:15 Spelling Contest</p>	<p>9:30 Live 2 Be Healthy 10:15 Daily Chronicle 10:30 Christian Worship 1:30 Joggin' Your Noggin 2:15 <b>Rock Around the Clock</b> 2:15 Meditation &amp; Walk 3:00 <b>Jim on the Piano – W</b></p>		<p>L- Living Room C- Chapel W- Waterman Ballroom SFC- 2<sup>nd</sup> floor conference \$- At your expense P- Patio</p>