

# August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 9:00 Laurels Bowling LL 9:45 <b>Ralphs / Trader Joe's</b> 10:00 Maples Bowling LL 11:00 Nutmegs Bowling LL 1:00 <b>CVS/Sprouts/ Dollar Tree</b> 2:00 Friendly Bridge Club LL 7:10 Bingo LL	<b>2</b> 8:30 Live to be Healthy LL 8:45 YMCA 10:00 Exploring Spirituality C 11:00 Chair Yoga LL 11:15 <b>Benihana</b> 1:15 Moment from LL Classical Music 7:10 Karaoke Sing Along LL	<b>3</b> 9:00 Qi Gong LL 10:00 Painting with Friends Rm328 10-1 Medical Appointments 11:00 Zumba Gold LL 1:00 Writers Group LL 7:10 Poker Night CR	<b>4</b> 8:30 Live to be Healthy LL 8:45 YMCA 10-1 Medical Appointments 2:00 <b>Meet &amp; Greet</b> LL 7:10 Movie Night C	<b>5</b> 9:00 Qi Gong LL 10:00 Catholic Service Communion C 5:00 Social Hour (BYO) LL
<b>6</b> <i>Sunday Dining Hours</i> <b>From 7:30am-5:30pm</b>  3:00 Music Worship Service LL	<b>7</b> 8:30 Live to be Healthy LL 9:45 <b>Target / Ralphs</b> 11:00 Towers Bowling LL <b>Luau Lunch Buffet &amp; Music</b> 1-3 Current Events LL 2:00 Beginners Bridge Players Rm328 3:00 <b>California Ballet School Jr. Performance</b> LL 7:10 Movie Night CR	<b>8</b> 9:00 Laurels Bowling LL 9:45 <b>Ralphs / Trader Joe's</b> 10:00 Maples Bowling LL 10:45 Catholic Communion Service 11:00 Nutmegs Bowling LL 1:00 <b>Rite Aid</b> 1:00 Podiatrist 2:00 Friendly Bridge Club LL 3:00 Spanish Class Rm328 7:00 <b>Improvational Comedy</b> LL	<b>9</b> 8:30 Live to be Healthy LL 8:45 YMCA 9-11 What-Not-Shop Rm313 10:00 Exploring Spirituality C 11:00 Chair Yoga LL 1:00 Moment from LL Classical Music 6:30 <b>Banker Hills Community Group Meet &amp; Greet Social</b> LL	<b>10</b> 9:00 Qi Gong LL 10:00 Painting with Friends Rm328 10-1 Medical Appointments 11:00 Zumba Gold LL 1:00 Writers Group LL 7:10 Poker Night CR	<b>11</b> 8:30 Live to be Healthy LL 8:45 YMCA 10-1 Medical Appointments 10:00 Executive Board Mtg LL 3:00 <b>Cocktail Hour</b> LL 7:10 Movie Night CR	<b>12</b> 9:00 Qi Gong LL 10:00 Catholic Service Communion C 11:00 Stories with Walter LL 5:00 Social Hour (BYO) LL
<b>13</b> <i>Sunday Dining Hours</i> <b>From 7:30am-5:30pm</b>  3:00 Music Worship Service LL	<b>14</b> 8:30 Live to be Healthy LL 9:45 <b>Walmart</b> 11:00 Towers Bowling LL 1-3 Current Events LL 2:00 Beginners Bridge Players Rm328 <b>Taste Around the World South Pacific Island Dinner</b> 7:10 Movie Night CR	<b>15</b> 9:00 Laurels Bowling LL 9:45 <b>Ralphs / Trader Joe's</b> 10:00 Maples Bowling LL 10:45 Catholic Communion Service 11:00 Nutmegs Bowling LL 1:00 <b>99 Cent Store</b> 2:00 Friendly Bridge Club LL 3:00 Spanish Class Rm328 5:00 <b>Twilight in the Park Navy Brass-New Orleans Style</b> LL 7:10 Bingo LL	<b>16</b> 8:30 Live to be Healthy LL 8:45 YMCA 10:00 Exploring Spirituality C 11:00 Chair Yoga LL 11:15 <b>Phil's BBQ</b> 1:00 Moment from LL Classical Music 7:10 Trivia Night LL	<b>17</b> 8-10 Room Bazaar Rm221 9:00 Qi Gong LL 10-1 Medical Appointments 11:00 Zumba Gold LL 11:15 <b>Del Mar Race Track</b> 1-4 Room Bazaar Rm221 1:00 Writers Group LL 2:00 Book Club LL 7:10 Poker Night CR	<b>18</b> 8:30 Live to be Healthy LL 8:45 YMCA 10-1 Medical Appointments 2:00 <b>Open Forum &amp; Activity Meeting</b> LL 7:10 <i>Movie Night</i> C	<b>19</b> 9:00 Qi Gong LL 10:00 Catholic Service Communion C 2:00 Old Fashioned Hymn Sing LL 5:00 Social Hour (BYO) LL
<b>20</b> <i>Sunday Dining Hours</i> <b>From 7:30am-5:30pm</b>  3:00 Music Worship Service LL	<b>21</b> 8:30 Live to be Healthy LL 9:45 <b>Target / Ralphs</b> 11:00 Towers Bowling LL 1-3 Current Events LL 2:00 Beginners Bridge Players Rm328 6:00 <b>Silent Movie "Seven Chances"</b> 7:10 Movie Night CR	<b>22</b> 9:00 Laurels Bowling LL 9:45 <b>Ralphs / Trader Joe's</b> 10:00 Maples Bowling LL 10:45 Catholic Communion Service 11:00 Nutmegs Bowling LL 1:00 <b>CVS/Sprouts/ Dollar Tree</b> 2:00 Friendly Bridge Club LL 5:00 <b>Twilight in the Park</b> 7:10 Bingo LL	<b>23</b> 8:30 Live to be Healthy LL 8:45 YMCA 9-11 What-Not-Shop Rm313 10:00 Exploring Spirituality C 11:00 Chair Yoga LL 11:15 <b>Tio Leo's Mexican</b> 1:00 Moment from LL Classical Music 7:00 Sing Along LL	<b>24</b> 9:00 Qi Gong LL 10-1 Medical Appointments 10:00 Painting with Friends Rm328 11:00 Zumba Gold LL 1:00 Writers Group LL 4:30 and 6:00 <b>Birthday Dinner</b> 7:10 Poker Night CR	<b>25</b> 8:30 Live to be Healthy LL 8:45 YMCA 10-1 Medical Appointments 10:30 Ukrainian Mass Service C 2:00 <b>Manor Chat</b> LL 7:10 Movie Night CR	<b>26</b> 9:00 Qi Gong LL 10:00 Catholic Service Communion C 11:00 Stories with Walter LL 5:00 Social Hour (BYO) LL
<b>27</b> <i>Sunday Dining Hours</i> <b>From 7:30am-5:30pm</b>  3:00 Music Worship Service LL  7:00 <b>Improvational Comedy With The Non-Sequiturs</b> LL	<b>28</b> 8:30 Live to be Healthy LL 9:45 <b>Walmart</b> 11:00 Towers Bowling LL 2:00 Beginners Bridge Players Rm328 1-3 Current Events LL <b>Formal Candle Light Dinner John Violinist</b> 7:10 Movie Night CR	<b>29</b> 9:00 Laurels Bowling LL 9:45 <b>Ralphs / Trader Joe's</b> 10:00 Maples Bowling LL 10:45 Catholic Communion Service 11:00 Nutmegs Bowling LL 1:00 <b>Mission Valley Mall Stamp Sales</b> L 3:00 <b>Green Team Mtg</b> 2:00 Friendly Bridge Club LL 3:00 <b>Health Talk By Therapy Specialist</b> LL 7:10 Bingo LL	<b>30</b> 8:30 Live to be Healthy LL 8:45 YMCA 10:00 Exploring Spirituality C 11:00 Chair Yoga LL 11:15 <b>The Patio on Goldfinch</b> 1:00 Moment from LL Classical Music 7:10 Karaoke Sing Along LL	<b>31</b> 9:00 Qi Gong LL 10-1 Medical Appointments 10:00 Painting with Friends Rm328 11:00 Zumba Gold LL 1:00 Writers Group LL 3:00 SPLOC Rehearsal LL 7:10 Poker Night CR	 	