



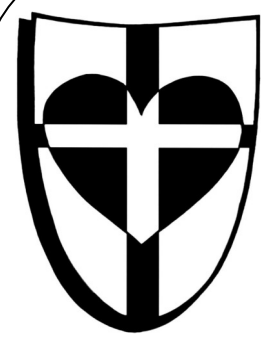
August 2017



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|---|
| St. Paul's McColl Health Center 235 Nutmeg Street San Diego, CA 92103 (619) 239-8687 | | 1 10am St. Paul Kids Visit-DR 11:30 4th of July lunch— DR 1:30 Celebrity chef Club DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL | 2 9:30am Episcopal Church Services-CH 10am Violin with John-DR 1pm Gift of Laughter—DR 2:30pm Coupon Clippers-DR 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)-DR | 3 10:00 Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL | 4 10am Balloon Volley-DR 10:30am Morning News & Views-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour w/ Dick & Don - DR 7:00 pm Friday Night TCM Classic –DR <u>“Murder, my sweet ”TV/ 58</u> | 5 9am Catholic Communion visit– RM 10am Feeling ‘Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 2:30pm Nail Care/ Hand Care-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles –DR |
| 6 9:30am Sunday Paper-DR 10 am Bizarre Foods (TV/60)-DR 10:30am Fitness Junction-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR 7:30 Board Games & Puzzles- LL | 7 10am Pet Therapy –DR 10:15am Helen Woodward Pet-DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of July -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR | 8 10am St. Paul Kids Visit-DR 1:30 Baking Club –DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL | 9 9:30am Episcopal Church Services-CH 10am Music Worx-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 2:30pm Coupon Clippers-DR 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)-DR | 10 10:00 Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts 2:00 Resident Counsel 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL | 11 10am Balloon Volley-DR 10:30am Morning News & Views-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour DR 7:00pm Friday Night TCM Classic –DR <u>“Top Hat ”TV/ 58</u> | 12 9am Catholic Communion visit– RM 10am Feeling ‘Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 2:30pm Nail Care/ Hand Care-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles –DR |
| 13 9:30am Sunday -DR 10 am Bizarre Foods (TV/60)-DR 10:30am Fitness Junction-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR 7:30 Board Games & Puzzles- LL | 14 10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of July -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR | 15 10am St. Paul Kids Visit-DR 1:30 Baking Club –DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL | 16 9:30am Episcopal Church Services-CH 10am Violin with John-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 2:30pm Coupon Clippers-DR 3pm Bingo-DR 6pm BBC World News (11)-DR 7:30pm Jeopardy Show-(TV/7)-DR | 17 9-11am Manor Room Bazaar RM 221 10:30 Self Expression –DR 10:00 am Stretch to Music -DR 1:30pm Arts and Crafts 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL | 18 10am Parachute Exercise - DR 10:45am Eastern Orthodox Service-CH 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour w/ Dick & Don - DR 7:15 pm Friday Night TCM Classic –DR <u>“Dark of the Sun” TV/ 58</u> | 19 9am Catholic Communion visit– RM 10am Feeling ‘Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 2:30pm Nail Care/ Hand Care-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles –DR |
| 20 9:30am Sunday Paper-DR 10 am Bizarre Foods (TV/60)-DR 10:30am Fitness Junction-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR | 21 10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of July -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR | 22 10am St. Paul Kids Visit-DR 1:30 Baking Club –DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL | 23 9:30am Episcopal Church Services-CH 10am Violin with John-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 2:30pm Coupon Clippers-DR 3pm Bingo-DR 6pm BBC World News (11)-DR 7:30pm Jeopardy Show-(TV/7)-DR | 24 10:00 am Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL | 25 10am Balloon Volley-DR 10:30am Morning News & Views-DR 10:45am Roman Catholic Mass-CH 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour DR 7:15 pm Friday Night TCM Classic –DR <u>“Diabolique” TV/ 58</u> | 26 9am Catholic Communion visit– RM 10am Feeling ‘Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 2:30pm Nail Care/ Hand Care-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles –DR |
| 27 9:30am Sunday Paper-DR 10 am Bizarre Foods (TV/60)-DR 10:30am Fitness Junction-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR 7:30 Board Games & Puzzles- LL | 28 10am Head-to-Toe Exercise –DR 10:30am Morning News & Views-DR 1:30pm Memory's of July -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR | 29 10am St. Paul Kids Visit-DR 1:30 Baking Club –DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL | 30 9:30am Episcopal Church Services-CH 10am Violin with John-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 2:30pm Coupon Clippers-DR 3pm Bingo-DR 6pm BBC World News (11)-DR 7:30pm Jeopardy Show-(TV/7)-DR | 31 10:00 am Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts 3pm Music Appreciation w/Marketa-DR 5pm St. Paul Birthday Dinner w/Trevor-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL | (DR= DINING AREA) (LL= LOBBY AREA) (CH= CHAPEL) (PA= PATIO) (RM= RESIDENTS ROOM) (TV/(#) = TV CHANNEL) | |

**Activities are subject to change based upon our Residents preferences!*

**Alternative activities material available upon Residents request .*



St. Paul's McColl Health Center
235 Nutmeg Street
San Diego, CA 92103
(619) 239-8687

Other Observances, Celebrations, or Event that occur this month: AUGUST

August : National Immunization Awareness Month

Fruits and Vegetables of the month: Peaches, Prickly Pear Celery, Nopales Cactus.

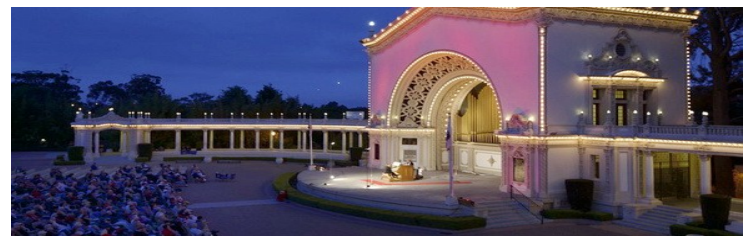
August Flower: Poppy and Gladiolus

Astrological Signs: Leo (till 22nd) & Virgo (beginning 23rd)



Scenic Outing
Twilight at the park concert
Balboa Park

Wednesday August 9 2017 (Elvis Tribute)
Wednesday August 23 2017(Tropical Rock and Roll)
At 4:45 pm



Special Outing
Plaza Bonita

3030 plaza Bonita Rd,
National city, ca 92150
Thursday, August 31, 2017



Scenic Outing
Coronado Island
Monday August 21 2017
1:00 pm
(scenic outing)

