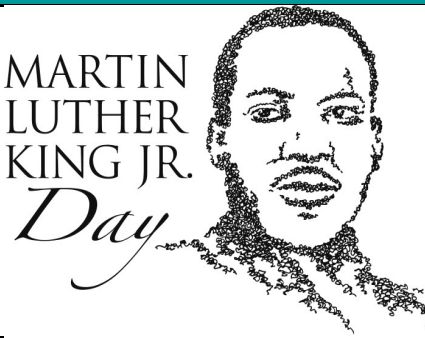
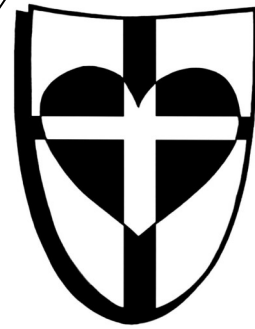


January 2018

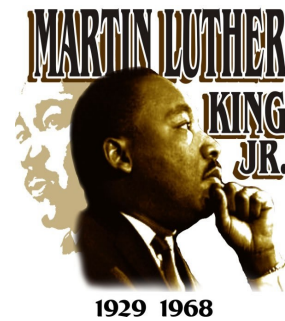
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|--|--|
|  <p>MARTIN LUTHER KING JR. Day</p> | <p>1</p> <p>10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of January -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR</p> | <p>2</p> <p>10am St. Paul Kids Visit-DR 1:30 Celebrity Chef-DR 10:45 Catholic Services –CH 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL</p> | <p>3</p> <p>10am Violin with John-DR 10:45 Catholic Mass — CH 1:30pm 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</p> | <p>4</p> <p>10:00 Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts - DR 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL</p> | <p>5</p> <p>10am Balloon Volley-DR 10:30am Morning News & Views-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>“Period of Adjustment ”TV/ 58</u></p> | <p>6</p> <p>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</p> |
| <p>7</p> <p>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</p> | <p>8</p> <p>10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of January -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR</p> | <p>8</p> <p>10am St. Paul Kids Visit-DR 10:15am Helen Woodward Pet-DR 10:45 Catholic Services –CH 1:30 Baking Club –DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL</p> | <p>10</p> <p>10am Music Worx-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)-</p> | <p>11</p> <p>10:00 Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts - DR 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL</p> | <p>12</p> <p>10am Balloon Volley-DR 10:30am Morning News & Views-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>“Christmas Carol TV/ 58</u></p> | <p>13</p> <p>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 4:00 Tea Board Dinner – 7:30pm Board Games & Puzzles –DR</p> |
| <p>14</p> <p>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</p> | <p>15</p> <p>10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of January -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR</p> | <p>16</p> <p>10am St. Paul Kids Visit-DR 10:45 Catholic Services –CH 1:30 Baking Club –DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL</p> | <p>17</p> <p>10am Violin with John-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 3pm Bingo-DR 6pm BBC World News (11)-DR 7:30pm Jeopardy Show-(TV/7)-DR</p> | <p>18</p> <p>9-11am Manor Room Bazaar RM 221 10:00 am Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts - DR 2:00 Resident Council - DR 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL</p> | <p>19</p> <p>10am Balloon Volley-DR 10:45am Eastern Orthodox Service-CH 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Class DR <u>“The Shop around the corner” TV/ 58</u></p> | <p>20</p> <p>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</p> |
| <p>21</p> <p>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</p> | <p>22</p> <p>10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of January -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR</p> | <p>23</p> <p>10am St. Paul Kids Visit-DR 10:45 Catholic Services –CH 1:30 Baking Club –DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL</p> | <p>24</p> <p>10am Violin with John-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 3pm Bingo-DR 6pm BBC World News (11)-DR 7:30pm Jeopardy Show-(TV/7)-DR</p> | <p>25</p> <p>10:00 Stretch to Music -DR 10:30 Self Expression –DR 12:00 Mellisa and Trevor XMas Carols-DR 1:30pm Arts and Crafts—thanksgiving - DR 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</p> | <p>26</p> <p>10am Balloon Volley-DR 10:30am Morning News & Views-DR 10:45am Roman Catholic Mass-CH 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>“Christmas in Connecticut” TV/ 58</u></p> | <p>27</p> <p>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</p> |
| <p>28</p> <p>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</p> | <p>29</p> <p>9:00 Disney Parade (TV/10) –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of January -DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR</p> | <p>30</p> <p>10am St. Paul Kids Visit-DR 10:45 Catholic Services –CH 1:30 Baking club 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL</p> | <p>31</p> <p>10am Violin with John-DR 1pm NETFLIX Movie & Snacks - DR(Residents select a movie of choice) 3pm Bingo-DR 6pm BBC World News (11)-DR 7:30pm Jeopardy Show-(TV/7)-DR</p> | <p>St. Paul's McColl Health Center 235 Nutmeg Street San Diego, CA 92103</p> | | <p>(DR= DINING AREA) (LL= LOBBY AREA) (CH= CHAPEL) (PA= PATIO) (RM= RESIDENTS ROOM) (TV/(#) = TV CHANNEL)</p> |

**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: January

January:

- (1) New Years Day**
- (2) Martin Luther King**

Fruits and Vegetables of the month: Tangerines, dried cranberries, sun dried tomatoes, Raisins, Jicama, Yucca Root, Water Chestnut, Taro Root, Quinoa

Flower: Carnation

Birth Stone : Garnet

Astrological Signs: Capricorn (till 19th) & Aquarius (20th)



Scenic Outing
Coronado Island
Monday January 15 2018
1:00pm –3:00pm
(scenic outing)



Special Outing
Plaza Bonita

Thursday January 4 2018
10:00 am –3:00pm



Scenic Outing
Old town
Monday January 29 2017
1:00pm –3:00pm
(scenic outing)

