

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 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	2 10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:00 MHC Scenic Route 1:30pm Memory's of October –DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR	3 10am St. Paul Kids Visit-DR 10:45 Catholic Services –CH 1:30 Celebrity Chef –DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL	4 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	5 10:00 Stretch to Music -DR 10:30 Self Expression –DR 12:00 Music w/ Sister Karla—DR 1:30pm Arts and Crafts - DR 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL	6 10am Balloon Volley-DR 10:30am Morning News & Views-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 7:00 pm Friday Night TCM Classic DR <u>“Murder, my sweet ”TV/ 58</u>	7 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		
8 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	9 10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of October –DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR	10 10am St. Paul Kids Visit-DR 10:15am Helen Woodward Pet-DR 10:45 Catholic Services-CH 1:30 - Petting Zoo-DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL	11 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)-DR	12 10:00 Stretch to Music -DR 10:00 Grand Trip Outing 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	13 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>	14 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		
15 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	16 10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:00 MHC Scenic Route 1:30pm Memory's of October –DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR	17 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	18 10am Violin with John-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)-DR	19 9-11am Manor Room Bazaar RM 221 10:30 Self Expression –DR 10:00 am Stretch to Music -DR 1:30pm Arts and Crafts - DR 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR 7:30pm Evening Puzzling –LL	20 10am Balloon Volley-DR 10:45am Eastern Orthodox Service-CH 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 7:15 pm Friday Night TCM Classic DR <u>“Dark of the Sun” TV/ 58</u>	21 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		
22 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	23 10am Pet Therapy –DR 10:30am Head-to-Toe Exercise –DR 1:30pm Memory's of October –DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR	24 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	25 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	26 10:00 am Stretch to Music -DR 10:30 Self Expression –DR 1:30pm Arts and Crafts - 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	27 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-cool breeze band-DR 7:15 pm Friday Night TCM Classic DR <u>“Diabolique” TV/ 58</u>	28 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		
29 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	30 10am Pet Therapy –DR 10:30am Morning News & Views-DR 1:30pm Memory's of October –DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)-DR 7pm Wheel of Fortune Show-(7) DR	31 Halloween 10am St. Paul Kids Visit-DR 10:45 Catholic Services –CH 1:30 Baking Club Halloween Cookies-DR 3pm Bowling Time DR 6pm NBC News (7)-DR 7:30pm Evening Board Games –LL				St. Paul's McColl Health Center 235 Nutmeg Street San Diego, CA 92103 (619) 239-8687		(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!*

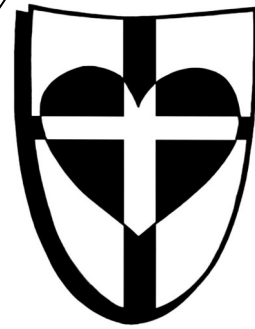
**Alternative activities material available upon Residents request .*



Halloween



Halloween



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: October

October : (9) Columbus Day
(31) Halloween

Fruits and Vegetables of the month: Pears, Apples, Ginger, Persimmons

Flower: Calendula

Astrological Signs: Libra (till 22nd) & Scorpio (23rd)



Scenic Outing
Mission Beach
Monday October 02 2017
1:00 pm
(scenic outing)



Special Outing
Bates Nut Farm
15954 Woods Valley Road
Valley Center Ca
Thursday, October 12, 2017



Scenic Outing
Coronado Island
Monday October 16 2017
1:00 pm
(scenic outing)

