












SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	<p>YOGA</p> 	<p><i>Music washes away from the soul The dust of everyday life</i></p> 	<p>SOME Heroes Super Don't have CAPES... They are called DAD</p>	<p>1 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 11:00 ART & CRAFTS 1:00 TRIVIA W/ CATHY 3:00 MANICURES W/ ELVIA</p>	<p>2 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 10:00 PAUL'S ONE MAN BAND 1:00 B-I-N-G-O W / CONSUELO 3:00 ARMCHAIR- TRAVEL</p>	
	<p>5 9:00 ZUMBA W/ RUTH 10:00 STEVE ZUILL 11:00 I-SAT INFORMATION/ DC 11:20 I-SAT INFORMATION/ REC. 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA W/ CATHY</p>	<p>6 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 ART-CLASS W/ MELISSA 10:30 YOGA W/ BOBBIE 1:00 B-I-N-G-O 2:30 MOSAICS W/ CRUZ</p>	<p>7 8:00 COFFEE & NEWS 9:30 NUTRITION CLASS 10:30 I-SAT INFORMATION/CLINIC 11:00 I-SAT INFORMATION/ SW 11:30 I-SAT INFORMATION/ RD 1:00 B-I-N-G-O</p>	<p>8 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 11:00 ART & CRAFTS 1:00 CONVERSATION W/ DOUG</p>	<p>9 8:00 COFFEE & NEWS 10:30 I-SAT INFORMATION/ TRANS. 10:30 RIKACHA GROUP 11:00 I-SAT INFORMATION/REHAB. 11:30 I-SAT INFORMATION / HC 1:00 B-I-N-G-O W/ CONSUELO</p>	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 (619) 677-3800</p>
<p>SHOPPING TRIP</p> 	<p>12 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA W/ CATHY</p>	<p>13 9:30 ART-CLASS W/ MELISSA 9:45 PET THERAPY VISIT 10:00 I-SAT INFORMATION / DC 10:30 I-SAT INFORMATION / REC. 11:00 I-SAT INFORMATION/ SW 11:30 I-SAT INFORMATION/ CLINIC 1:00 MUSIC W/ MARCIA</p>	<p>14 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:30 COMMUNITY CONNECT 1:00 REDISCOVERING SD</p>	<p>15 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 10:00 I-SAT INFORMATION/ HC 10:30 I-SAT INFORMATION/TRANS. 11:00 I-SAT INFORMATION/REHAB. 11:30 I-SAT INFORMATION /RD 1:00 CONVERSATION W/ DOUG</p>	<p>16 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 10:00 FATHER'S DAY "FLOAT YOUR BOAT" "BANNANA SPLITS" 1:00 B-I-N-G-O W/ CONSUELO 3:00 MOSAICS W/ CRUZ</p>	 <p>A total workout, combining all elements of fitness - Muscle conditioning balance and flexibility</p>
<p>HAPPY FATHERS DAY!</p> 	<p>19 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA W/ CATHY</p>	<p>20 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 ART-CLASS W/ MELISSA 10:00 BALBOA PARK 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA</p>	<p>21 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 SING-A-LONG W/ TOM 10:30 COMMUNITY CONNECT 1:00 REDISCOVERING SD</p>	<p>22 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 11:00 ART & CRAFTS 1:00 PARTICIPANT COUNCIL 3:00 CONVERSATION W/ DOUG</p>	<p>23 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 10:00 TALENT SHOW W/ PETER 1:00 B-I-N-G-O W/ CONSUELO 3:00 PAINTING</p>	
<p>BALBOA PARK</p> 	<p>26 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA W/ CATHY</p>	<p>27 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 ART-CLASS W/ MELISSA 10:00 PICNIC IN THE PARK 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA</p>	<p>28 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:30 COMMUNITY CONNECT 1:00 REDISCOVERING SD</p> <p>BIRTHDAY CELEBRATION</p>	<p>29 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 10:00 SHOPPING TRIP 11:00 ART & CRAFTS 1:00 CONVERSATION W/ DOUG 3:00 MANICURES W/ ELVIA</p>	<p>30 8:00 COFFEE & NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 10:00 FALL PREVENTION 11:00 TRANS-INSERVICE 1:00 B-I-N-G-O W/ CONSUELO 3:00 BEADING</p>	<p>SOUND HEALTH MUSIC EMPOWERS PEOPLE DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p>