



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	2 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 B-I-N-G-O	3 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME 	4 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 SING-A-LONG W/ TOM 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECT 3:00 BEADING	5 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 11:00 ART-CLASS W/ MELISSA 1:00 CONVERSATION W/ DOUG 1:45 MOSAICS ART W/ MARTHA	6 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 9:45 PAUL'S ONE MAN BAND 1:00 B-I-N-G-O 3:00 TRIVIA 																																																																																					
QUALITY FOR LIFE THERAPY <p>Exercise is important to improve the quality of your life.</p>	9 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 FITNESS W/ JESUS 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA W/ CATHY 	10 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 9:45 PET THERAPY VISIT 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ANAGRAMS	11 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:00 WAL MART SHOPPING 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECT 3:00 BEADING	12 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 PARTICIPANT COUNCIL 10:00 SOUND THERAPY 11:00 ART-CLASS W/ MELISSA 1:00 CONVERSATION W/ DOUG 1:45 MOSAICS ART W/ MARTHA	13 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 FITNESS W/ JESUS 10:30 RIKACHA GROUP 1:00 B-I-N-G-O 3:00 ARMCHAIR TRAVEL	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 619-677-3800</p>																																																																																				
	16 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 FITNESS W/ JESUS 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA W/ CATHY	17 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:00 BALBOA PARK 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME	18 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 SING-A-LONG W/ TOM 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECT 3:00 COLORING 	19 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 11:00 ART-CLASS W/ MELISSA 1:00 CONVERSATION W/ DOUG 1:45 MOSAICS ART W/ MARTHA	20 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 9:30 TRANS-INSERVICE 10:00 FALL PREVENTION 11:00 NUTRITION CLASS 1:00 B-I-N-G-O 3:00 MOVIE TIME	<p>Fall</p>																																																																																				
	23 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 HALLOWEEN ANAGRAMS	24 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 HALLOWEEN ANAGRAMS	25 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECT 3:00 BEADING 	26 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 PICNIC IN THE PARK 10:00 SOUND THERAPY 11:00 ART-CLASS W/ MELISSA 1:00 CONVERSATION W/ DOUG	27 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:30 PETER ON GUITAR 1:00 B-I-N-G-O																																																																																					
SEPTEMBER 2017 <table border="1"> <tr><td>SUNDAY</td><td>MONDAY</td><td>TUESDAY</td><td>WEDNESDAY</td><td>THURSDAY</td><td>FRIDAY</td><td>SATURDAY</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table> <p>September Holidays Labor Day - 4</p>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30 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 	31 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ARMCHAIR TRAVEL		<p>A total workout, combining all elements of fitness - Muscle conditioning, balance and flexibility</p>	<p>SOUND THERAPY EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCES</p>	NOVEMBER 2017 <table border="1"> <tr><td>SUNDAY</td><td>MONDAY</td><td>TUESDAY</td><td>WEDNESDAY</td><td>THURSDAY</td><td>FRIDAY</td><td>SATURDAY</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table> <p>November Holidays Veterans Day - 11 Thanksgiving - 23</p>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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