

First Floor Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:00 Daily Chronicle 10:00 Nature Walk 10:30 Funny Resolutions 1:00 Spiritual Songs 2:00 Welcome January 3:30 Evening Walk 6:00 Music &amp; Relaxation</p>	<p>2</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 It's Puzzling 12:45 Guitar w/Greg 1:30 Live to be healthy 2:30 Music Therapy 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>3</p> <p>9:00 Daily Chronicle 9:30 Arts &amp; Crafts – L 10:00 Catholic Mass-C 1:30 Live to be healthy 2:30 Short Stories 3:30 Evening Walk 6:00 Educational Film</p>	<p>4</p> <p>9:00 Daily Chronicle 10:00 Episcopal Service – C 1:30 Live to be healthy 2:30 Balloon Volley 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>5</p> <p>9:00 Daily Chronicle 9:30 Exercise 10:00 Nature Walk 10:30 Name 10 1:00 Reading Club 2:00 Happy Hour Saint's Band – W 3:30 Evening Walk 6:00 Music &amp; Relaxation</p>	<p>6</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Pretty Nails 1:00 Men's Spa Day 2:00 Charlie Brown Day 3:00 Chair Sports 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>
<p>7</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service – C 1:30 Ice Cream social 3:00 Bingo 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>	<p>8</p> <p>9:00 Daily Chronicle 9:15 Current Events 10:00 Nature Walk 1:00 Spiritual Songs 2:00 Exercise &amp; Music with Kent – W 3:30 Evening Walk 6:00 Music &amp; Relaxation</p>	<p>9</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Catholic Communion – C 12:45 Guitar w/Greg 1:30 Live to be healthy 2:30 Bunco 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>10</p> <p>9:00 Daily Chronicle 9:30 Arts &amp; Crafts – L 1:30 Live to be healthy 2:30 Now that's funny 3:30 Evening Walk 6:00 Educational Film</p>	<p>11</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Episcopal Service – C 1:30 Live to be healthy 2:30 Pop Music 1930's 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>12</p> <p>9:00 Daily Chronicle 9:30 Exercise – W 10:00 Nature Walk 10:30 Tasty Treats 1:00 National Hot Tea Day 2:00 Happy Hour with The Saints Band &amp; Parasol Strutters – W 6:00 Music &amp; Relaxation</p>	<p>13</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Pretty Nails 1:00 Men's Spa Day 2:00 First Radio Broadcast 3:00 Chair Sports 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>
<p>14</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service – C 1:30 Ice Cream social 3:00 Bingo 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>	<p>15</p> <p>9:00 Daily Chronicle 10:00 Nature Walk 1:00 Spiritual Songs 2:00 Exercise &amp; Music with Kent – W 3:30 Evening Walk 6:00 Music &amp; Relaxation</p> <p>Martin Luther King Day</p>	<p>16</p> <p>9:00 Daily Chronicle 10:00 Scenic Drive 10:00 Catholic Communion – C 12:45 Guitar w/Greg 1:30 Live to be healthy 2:30 Music Therapy 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>17</p> <p>9:00 Daily Chronicle 9:30 Arts &amp; Crafts – L 1:30 Live to be healthy 2:30 Time Slips 3:30 Evening Walk 6:00 Educational Film</p>	<p>18</p> <p>9:00 Daily Chronicle 9:30 Watercolors 10:00 Episcopal Service – C 1:30 Live to be healthy 2:30 Pop Music 1940's 3:30 Evening Walk 6:00 Evening Bingo Resident Birthday Lunch</p>	<p>19</p> <p>9:00 Daily Chronicle 9:30 Exercise – W 10:00 Nature Walk 10:30 Tasty Treats 1:00 Music w/Browns 2:00 Happy Hour with The Saints Band – W 6:00 Music &amp; Relaxation</p>	<p>20</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Pretty Nails 1:00 Men's Spa Day 2:00 Cheese lover's day 3:00 Chair Sports 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>
<p>21</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service – C 1:30 Ice Cream social 3:00 Bingo 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>	<p>22</p> <p>9:00 Daily Chronicle 9:15 Current Events 10:00 Nature Walk 1:00 Spiritual Songs 2:00 Exercise &amp; Music with Kent – W 3:30 Evening Walk 6:00 Music &amp; Relaxation</p>	<p>23</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Catholic Communion – C 12:45 Guitar w/Greg 1:30 Live to be healthy 2:30 Bunco 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>24</p> <p>9:00 Daily Chronicle 9:30 Arts &amp; Crafts 1:30 Live to be healthy 2:30 Memory Magic 3:30 Evening Walk 6:00 Educational Film</p>	<p>25</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Episcopal Service – C 10:00 Picnic Outing 1:30 Live to be healthy 2:30 Pop Music 1950's 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>26</p> <p>9:00 Daily Chronicle 9:30 Exercise – W 10:00 Nature Walk 10:30 Name 10 1:00 About the Rockies 2:00 The Saints Band – W 6:00 Music &amp; Relaxation</p>	<p>27</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Pretty Nails 1:00 Men's Spa Day 2:00 Piano w/Jim 3:00 Chair Sports 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>
<p>28</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service – C 1:30 Ice Cream social 3:00 Bingo 3:30 Evening Walk 6:00 Movie &amp; Popcorn</p>	<p>29</p> <p>9:00 Daily Chronicle 9:15 Current Events 10:00 Nature Walk 1:00 Spiritual Songs 3:30 Evening Walk 6:00 Music &amp; Relaxation</p>	<p>30</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:00 Catholic Communion – C 12:45 Guitar w/Greg 1:30 Live to be healthy 2:30 Bunco 3:30 Evening Walk 6:00 Evening Bingo</p>	<p>31</p> <p>9:00 Daily Chronicle 9:30 Arts &amp; Crafts – L 10:00 Nature Walk 1:30 Live to be healthy 2:30 Time Slips 3:30 Evening Walk 6:00 Educational Film</p> <p>Tu B'Shevat</p>	<p>L- Living Room C- Chapel W- Waterman Ballroom</p>	<p>2340 Fourth Ave San Diego, CA 92101 (619) 232-2996 Fax (619) 232-0451</p>	<p>Please check the front desk for any changes to the calendar.</p> <p>License # 370804823</p>