


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Schedule subject to change - Please refer to weekly and daily updates. St Pauls Plaza 1420 E Palomar CV 91913 license # 374603643</p>	<p>8:00 – 10:30 Tournament of Roses Parade (PB) 10:00 Pool Therapy (PL) 11:00 Balboa Park (LB) 1:30 Travel Video (L2) 3:00 Scrabble Club (L4) 3:00 Gentle Stretch Class (DS)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Shopping Trip (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:00 Jamul Casino (LB) 2:45 Afternoon Tea (L2) 3:00 Veterans Group (L3)</p>	<p>10:00 Pool Therapy (PL) 10:30 Hand Spa (L2) 11:00 Janet's Exercise (DS) 1:00 Line Dancing w/Ruby (DS) 2:00 History Lady (MC) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy (PL) 6:30 Evening Movie (L2)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Birch Aquarium (LB) 11:00 Swim Independent (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 1:30 Circle of Share (L2) 2:30 Gentle Stretch Class (DS) 3:15 Resident Happy Hour & Trivia (L2)</p>	<p>10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 1:30 Karaoke w/Janet (L2) 2:30 Bunco w/ Janet (L2) 2:30 Humane Society (REF) 4:30 Outing Catholic Mass (LB) 6:00 Evening Movie (L2)</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Earl Vaults Saxophone (REF)</p>	<p>9:00 Walk to Park (LB) 10:00 Swim Independent 11:00 Spanish Class (LIB) 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)</p>	<p>10:00 Pool Therapy (PL) 11:00 Regal Movie Theater (LB) 11:00 Zumba with Miguel (DS) 1:00 Episcopal Service (CH) 1:30 Jewelry Class (A3) 1:30 Chair Tap Dance (REF) 2:15 Trevor's Sing-a-long (REF) 3:00 Scrabble Club (L4) 3:00 Gentle Stretch Class (DS) 3:00 Poker (TR4)</p>	<p>8:30 Shopping Trip (LB) 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Lunch Outing (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Danny Lopez (MC) 2:45 Afternoon Tea (L2) 3:00 Hatha Yoga (REF)</p>	<p>10:00 Pool Therapy (PL) 10:00 Kids Depot (LIB) 10:30 Music Therapy (REF) 10:30 Hand Spa (L2) 11:00 Janet's Exercise (DS) 1:30 Town Hall (MC) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy (PL) 6:30 Evening Movie (L2)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 1:30 Flower Arranging (A3) 2:30 Gentle Stretch Class (DS) 3:15 Resident Happy Hour & Trivia (L2)</p>	<p>10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 1:30 Karaoke w/Bob Spencer (L2) 4:30 Outing Catholic Mass (LB) 6:00 Evening Movie (L2)</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Danny Lopez Entertainer (REF)</p>	<p>9:00 Walk to Park (LB) 10:00 Swim Independent 11:00 Hand Spa (L2) 2:00 Bingo with Sharon (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)</p>	<p>10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 11:00 Balboa Park (LB) 1:30 Chair Tap Dance (PR) 2:15 Trevor's Sing-a-long (PR) 1:30 Travel Video (L2) 3:00 Scrabble Club (L4) 3:00 Gentle Stretch Class (DS) 3:00 Darts (TR4)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Shopping Trip (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Ballroom Dancers (MC) 2:45 Afternoon Tea (L3) 3:00 Hatha Yoga (REF)</p>	<p>10:00 Pool Therapy (PL) 10:30 Hand Spa (L2) 11:00 Janet's Exercise (DS) 1:00 Line Dancing w/Ruby (DS) 2:00 Cooking w/ Ana (L3) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy (PL) 4:30 Birthday Dinner (DR) 6:30 Evening Movie (L2)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Bonita Mall (LB) 11:00 Swim Independent (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 1:30 Resident Council (A3) 2:30 Gentle Stretch Class (DS) 3:15 Resident Happy Hour & Trivia (L2) 6:00 Zorbas Restaurant (LB)</p>	<p>10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 1:30 Karaoke w/Janet (L2) 2:30 Card Game w/ Janet (L2) 4:30 Outing Catholic Mass (LB) 6:00 Evening Movie (L2)</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Trevor Gibson Piano Extraordinaire (REF)</p>	<p>9:00 Walk to Park (LB) 10:00 Swim Independent 11:00 Spanish Class (LIB) 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201) Martin Luther King Day</p>	<p>10:00 Pool Therapy (PL) 11:00 Regal Movie Theater (LB) 11:00 Zumba with Miguel (DS) 1:00 Episcopal Service (CH) 1:30 Chair Tap Dance (REF) 2:15 Trevor's Sing-a-long (REF) 2:30 Chefs Chat (PB) 3:00 Scrabble Club (L4) 3:00 Gentle Stretch Class (DS) 3:00 Poker (TR4)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Shopping Trip (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Paul Nichols (MC) 2:45 Afternoon Tea (L2) 3:00 Hatha Yoga (REF)</p>	<p>10:00 Pool Therapy (PL) 10:30 Hand Spa (L2) 10:00 Kids Depot (LIB) 10:30 Music Therapy (REF) 11:00 Janet's Exercise (DS) 2:00 Cooking w/ Ana (L3) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy (PL) 6:30 Evening Movie (L2)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 1:30 Flower Arranging (A3) 2:30 Gentle Stretch Class (DS) 3:15 Resident Happy Hour & Trivia (L2)</p>	<p>10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 11:30 Aussie BBQ (PB) 2:00 Australia Slide Show w/Janet (MC) 4:30 Outing Catholic Mass (LB) 6:00 Evening Movie (L2) AUSTRALIA DAY</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Steve & Diane Gospel (REF) 3:00 Outing Israel Community Orchestra (LB)</p>	<p>9:00 Walk to the Park 11:00 Hand Spa (L2) 10:00 Swim Independent 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)</p>	<p>8:30 Shopping Trip (LB) 10:00 Pool Therapy (PL) 11:00 Scenic Drive (LB) 11:00 Zumba with Miguel (DS) 1:30 Travel Video (L2) 1:30 Chair Tap Dance (PR) 2:15 Trevor's Sing-a-long (PR) 3:00 Scrabble Club (L4) 3:00 Gentle Stretch Class (DS) 3:00 Darts (TR4)</p>	<p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Lunch Outing (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Pacific Coast Choir (REF) 2:45 Afternoon Tea (L3) 3:00 Hatha Yoga (REF)</p>	<p>10:00 Pool Therapy (PL) 10:30 Hand Spa (L2) 11:00 Janet's Exercise (DS) 1:00 Line Dancing w/Ruby (DS) 2:00 Cooking w/ Ana (L3) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy (PL) 6:30 Evening Movie (L2)</p>	<p>KEY: 1st Floor MC Mathes Center PR Pre Function Room L1 Living Room LB Lobby at Reception; PB Pub; PL Pool; DS Dance Studio; PG Playground</p>	<p>LIB Library 2nd Floor; TR2 Terrace 2nd Floor TR4 Terrace 4th Floor A3 Activities 3rd Floor; L1 Living Room L2 PRADO - 2nd Floor; L3 CROWN - 3rd Floor; L4 BRIDGE - 4th Floor; REF Reflections Solarium</p>