

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>KEY: MC - Mathes Center Community Room CH – Chapel PB – Pub PR – Pre Function Room All other activities are in Reflections Solarium</p>		<p>9:30 Chaplain Chat <b>10:15 Zumba w/Andrea</b> 10:45 Soccer Game 11:00 Choir Practice 1:30 Word Puzzles 2:00 Sing-along 3:00 Garden Walk 3:30 Exercise club</p>	<p>9:00 Walk to the Park 9:30 Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Word Search 1:00 Art Therapy 1:30 Ball Toss 2:30 Puzzle Mania 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>9:30 The Daily Chronicle 10:00 Intergenerational Program 10:30 Puzzles &amp; Games 11:30 Jeopardy 1:00 Neighborhood Walk <b>2:00 History Lady (MC)</b> 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Choir Practice</p>	<p>9:00 Walk To the Park 9:30 The Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Laugh Lines 1:00 Music n' Motion 2:00 Beading &amp; Sorting 3:00 Bingo 4:00 Puzzle Mania</p>	<p>9:00 The Daily Chronicle 9:30 Ball Toss 10:00 A.M. Stretch 10:30 Art Therapy 11:30 Soccer Game 1:30 PM Stretch <b>2:30 Humane Society</b> 3:30 Calming Colors</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – Earl Vaults Saxophone (REF)</b></p>	<p>9:00 Walk to the Park 9:30 Jeopardy 10:45 Arts &amp; Crafts 1:00 Bowling w/ Ana <b>2:00 Live 2 Be Healthy Chair Exercise</b> 3:00 Neighborhood Walk 3:30 Gardening Projects</p>	<p>9:30 Chaplain Chat <b>10:15 Zumba w/Miguel</b> 10:45 Soccer Game 11:00 Choir Practice 1:00 Puzzles 1:30 Chair Tap Dance 3:00 Trevor's Sing-a-long 3:00 Garden Walk 3:30 Balloon Volleyball</p>	<p>9:00 Walk to the Park 9:30 Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Word Search 11:30 Ball Toss 1:00 Neighborhood Walk <b>1:30 Danny Lopez (MC)</b> 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>9:30 The Daily Chronicle 10:00 Morning Stretch <b>10:30 Music Therapy w/Emma</b> 11:30 Jeopardy 1:00 Art Class 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Choir Practice</p>	<p>9:00 Walk To the Park 9:30 The Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Laugh Lines 11:30 Bean Bag Toss 2:00 Loteria 3:00 PM Stretch</p>	<p>9:00 The Daily Chronicle 9:30 Ball Toss 10:00 A.M. Stretch 10:30 Calming Colors 11:30 Soccer Game 1:30 Fitness Club 2:30 Puzzle Mania 3:30 Tea Social</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – Danny Lopez Entertainer (REF)</b></p>	<p>9:00 Walk to the Park 9:30 Jeopardy 10:00 Balloon Volleyball 10:45 Arts &amp; Crafts 1:00 Bowling w/ Ana <b>2:00 Live 2 Be Healthy Chair Exercise</b> 3:00 Neighborhood Walk 3:30 Gardening Projects</p>	<p>9:30 Chaplain Chat <b>10:15 Zumba w/Miguel</b> 10:45 Soccer Game 11:00 Choir Practice 1:00 Neighborhood Walk 1:30 Chair Tap Dance (PR) 2:15 Trevor's Sing-a-long (PR) 3:00 Garden Walk 3:30 PM Stretch</p>	<p>9:00 Walk to the Park 9:30 Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Word Search 11:30 Ball Toss 1:00 Neighborhood Walk <b>1:30 Tom &amp; Sandra Ballroom (MC)</b> 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>9:30 The Daily Chronicle 10:00 Intergenerational Program 10:30 Puzzles &amp; Games 11:30 Jeopardy 1:00 Art Class 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Choir Practice</p>	<p>9:00 Walk To the Park 9:30 The Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Laugh Lines 11:30 Bean Bag Toss 1:00 PM Stretch 2:00 Aromatherapy 3:00 Board Games</p>	<p>9:00 The Daily Chronicle 9:30 Ball Toss 10:00 A.M. Stretch 10:30 Art Class 11:30 Soccer Game 1:30 Chair Exercise 2:30 Puzzle Challenge 3:30 SPA Day</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – Trevor Gibson Piano Extraordinaire (REF)</b></p>	<p>9:00 Walk to the Park 9:30 Jeopardy 10:45 Arts &amp; Crafts 1:00 Bowling w/ Ana <b>2:00 Live 2 Be Healthy Chair Exercise</b> 3:00 Neighborhood Walk 3:30 Gardening Projects</p>	<p>9:30 Chaplain Chat <b>10:15 Zumba w/Miguel</b> 10:45 Soccer Game 11:00 Choir Practice 1:00 Word Puzzles 1:30 Chair Tap Dance 2:15 Trevor's Sing-a-long 3:00 Garden Walk 3:30 Balloon Volleyball</p>	<p>9:00 Walk to the Park 9:30 Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Word Search 11:30 Ball Toss 1:00 Neighborhood Walk <b>1:30 Paul Nichols (MC)</b> 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>9:30 The Daily Chronicle 10:00 In Motion <b>10:30 Music Therapy w/Emma</b> 11:30 Jeopardy 1:00 Art Class 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Choir Practice</p>	<p>9:00 Walk To the Park 9:30 The Daily Chronicle <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Laugh Lines 11:30 Bean Bag Toss 1:00 Ageless Fitness 2:00 Bingo 3:00 Collage Work</p>	<p>9:00 Daily Chronicle 9:30 Ball Toss 10:00 A.M. Stretch 11:00 Mandala Art Work 1:30 PM Stretch 2:30 Puzzle Challenge 3:30 Gardening Project</p>
<p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – Steve &amp; Diane Gospel (REF)</b></p>	<p>9:00 Walk to the Park 9:30 Jeopardy 10:45 Seasonal Crafts 1:00 Bowling w/ Ana <b>2:00 Live 2 Be Healthy Chair Exercise</b> 3:00 Neighborhood Walk 3:30 Gardening Projects</p>	<p>9:30 Chaplain Chat <b>10:15 Zumba w/Miguel</b> 10:45 Soccer Game 11:00 Choir Practice 1:00 Neighborhood Walk 1:30 Chair Tap Dance (PR) 2:15 Trevor's Sing-a-long (PR) 3:00 Garden Walk 3:30 Puzzles with Friends</p>	<p>9:00 Walk to the Park <b>10:00 Live 2 Be Healthy Chair Exercise</b> 11:00 Word Search 11:30 Ball Toss 1:00 Chair Exercise <b>1:30 Pacific Coast Choir</b> 2:30 Balloon Volleyball 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>9:30 The Daily Chronicle 10:00 Morning Stretch 10:30 Puzzles &amp; Games 11:30 Jeopardy 1:00 Ageless Fitness 2:30 Pet Therapy 3:00 Art Therapy 3:30 Puzzle Mania</p>		<p>Schedule subject to change - Please refer to the daily updates. St Paul's Plaza 1420 E Palomar CV 91913 License # 374603643</p>