



St. Paul's Villa First Floor Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please check the front desk for any changes to the calendar.</p> <p><b>License #</b> <b>370804823</b></p>		<p>9:00 Daily Chronicle  <u>9:30 Large Crossword</u>            10:15 New Year's Resolutions            10:45 Morning Walk  <u>2:30 New Year's Show:</u>            Bayou Brothers – W</p> <p><i>New Year's Day</i></p>	<p>9:00 Daily Chronicle  <u>9:30 News Headlines</u>  <u>9:30 Random Trivia</u>            10:00 Catholic Mass – C            10:15 Nature Walk            1:30 Live to be Healthy            2:30 Drama Club            2:30 Short Stories            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p>9:00 Daily Chronicle  <u>10:00 Outing to Balboa Park Imax Theater</u>            1:30 Live to be Healthy            2:30 Episcopal Service  <u>3:30 Health Talk – Flexibility Training &amp; Concerns</u>            3:30 Flexibility Test &amp; Exercise</p>	<p>9:00 Daily Chronicle  <u>9:15 Social Studies w/Dr. Tom</u>            10:00 Aerobic Exercise            10:15 Nature Walk  <u>1:00 Happy Hour w/Jocelyn</u>            2:30 Bingo            3:30 Snacks &amp; Social            3:30 Evening Walk</p>	<p>9:00 Daily Chronicle  <u>9:30 Word Puzzles</u>            10:30 Band Exercise            1:30 Shake Loose a Memory            2:30 Evening Walk            3:30 Sunshine &amp; Songs            6:00 Movie &amp; Popcorn</p>
<p>9:00 Daily Chronicle            9:30 Nature Walk            10:30 Inter-Faith Service - C            1:30 Ice Cream Social &amp; Afternoon TV Show  <u>2:30 Spa, Nails &amp; Style</u>            3:30 Evening Walk</p>	<p>9:00 Daily Chronicle  <u>9:15 Dr. Tom Social Studies</u>            10:00 Stretch &amp; Flex            10:15 Nature Walk  <u>1:30 Mind Fitness–Category</u>  <u>1:30 Find That Letter</u>  <u>2:15 New Year's Bowling</u>            3:00 Bowling Discussion            3:15 Household Art</p>	<p>9:00 Daily Chronicle  <u>9:30 Large Crossword</u>            10:00 Catholic Comm. – C            10:15 Bunco            12:45 Music Class w/ Ron – L            1:30 Live to Be Healthy  <u>2:30 When We Were Young</u>            “Early Childhood Memories”            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p>9:00 Daily Chronicle  <u>9:30 Write New Year's Resolutions</u>  <u>9:30 Missing Letters &amp; Spelling</u>            10:15 Stretch &amp; Flex            10:15 Nature Walk            1:30 Live to Be Healthy  <u>2:30 Spanish Class</u>  <u>2:30 Reading Fables</u>            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p>9:00 Daily Chronicle            9:30 Fitting Puzzles Together            10:00 Community Youth Visit Project – W            1:30 Live to be Healthy            2:30 Episcopal Service  <u>3:15 Yoga Talk &amp; Snacks</u>  <u>3:45 Yoga Meditation</u></p>	<p>9:00 Daily Chronicle  <u>9:15 Social Studies w/Dr. Tom</u>            10:00 Band Resist. Exercise            10:15 Nature Walk  <u>1:00 Happy Hour w/Zina</u>            2:30 Black Jack            3:30 Bean Bag Toss &amp; Snacks            3:30 Evening Walk</p>	<p>9:00 Daily Chronicle  <u>9:30 Word Puzzles</u>            10:30 Band Exercise            1:30 Laughter Yoga            2:30 Evening Walk            3:30 Sunshine &amp; Songs            6:00 Movie &amp; Popcorn</p>
<p>9:00 Daily Chronicle            9:30 Nature Walk            10:30 Inter-Faith Service - C            1:30 Ice Cream Social &amp; Afternoon TV Show            2:30 Bingo            3:30 Evening Walk</p>	<p>9:00 Daily Chronicle  <u>9:15 Dr. Tom Social Studies</u>            10:00 Stretch &amp; Flex            10:15 Nature Walk  <u>1:00 History Matters – W</u>            2:15 Spin to with Lacrosse            3:00 Lacrosse Discussion            3:15 Ballet Exercise &amp; Music w/ Tyrone            3:15 Laundry Folding</p>	<p>9:00 Daily Chronicle  <u>9:30 Large Crossword</u>            10:00 Catholic Comm. – C            10:15 Bunco            12:45 Music Class w/ Ron – L            1:30 Live to Be Healthy  <u>2:30 Music Therapy</u>            3:30 Evening Walk  <u>3:30 Afternoon Tea Toast</u></p>	<p>9:00 Daily Chronicle  <u>9:30 News Headlines</u>  <u>9:30 Random Trivia</u>            10:00 Stretch &amp; Flex            10:15 Nature Walk            1:30 Live to be Healthy  <u>2:30 Science Experiment</u>            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p><u>10:00 Outing to Julian for Lunch &amp; Scenic Drive</u>  <u>10:15 It's Puzzling</u>            10:45 Basketball Toss            1:30 Live to be Healthy            2:30 Episcopal Service  <u>3:15 January Talk/Snacks</u>            3:15 Evening Walk</p> <p><i>Resident Birthday Lunch</i></p>	<p>9:00 Daily Chronicle  <u>9:15 Social Studies w/Dr. Tom</u>            10:00 Aerobic Exercise            10:15 Nature Walk  <u>1:00 Happy Hour w/Jim</u>            2:30 Bingo            3:30 Snacks &amp; Social            3:30 Balloon Tennis &amp; Snacks</p>	<p>9:00 Daily Chronicle  <u>9:30 Word Puzzles</u>            10:30 Band Exercise            1:30 Laughter Yoga            2:30 SD Humane Society            3:30 Sunshine &amp; Songs            6:00 Movie &amp; Popcorn</p>
<p>9:00 Daily Chronicle            9:30 Nature Walk            10:30 Inter-Faith Service - C            1:30 Ice Cream Social &amp; Afternoon TV Show  <u>2:30 Spa, Nails &amp; Style</u>            3:30 Evening Walk</p>	<p>9:00 Daily Chronicle  <u>9:30 Martin Luther King Honoring &amp; Trivia</u>            10:15 Stretch &amp; Flex            10:15 Nature Walk  <u>1:30 Mind Fitness–Category</u>  <u>1:30 Find That Number</u>            2:15 Parachute Rumbling            3:00 Parachute Discussion            3:15 Arts &amp; Crafts  <u>Martin Luther King Jr. Day</u></p>	<p>9:00 Daily Chronicle  <u>9:30 Large Crossword</u>            10:00 Catholic Comm. – C            10:15 Laura on Guitar            12:45 Music Class w/ Ron – L            1:30 Live to Be Healthy  <u>2:30 Animal Exploration: Endangered Animals</u>            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p>9:00 Daily Chronicle  <u>9:30 You Be the Judge</u>  <u>9:30 Missing Letters &amp; Spelling</u>            10:00 Stretch &amp; Flex            10:15 Nature Walk            1:30 Live to Be Healthy  <u>2:30 Spanish Class</u>  <u>2:30 Reading Short Fables</u>            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p>9:00 Daily Chronicle            9:30 Fitting Puzzles Together  <u>10:40 Music Appreciation: Animals &amp; Classical Music-W</u>            1:30 Live to be Healthy            2:30 Episcopal Service            3:15 Yoga Talk &amp; Snacks            3:45 Yoga Meditation</p>	<p>9:00 Daily Chronicle  <u>9:15 Social Studies w/Dr. Tom</u>            10:00 Band Resist. Exercise            10:15 Nature Walk  <u>1:00 Happy Hour w/Trevor</u>  <u>2:30 Tasty Cooking Class</u>            3:30 Bean Bag Toss &amp; Snacks            3:30 Evening Walk</p>	<p>9:00 Daily Chronicle  <u>9:30 Word Puzzles</u>            10:30 Band Exercise            1:30 Laughter Yoga            2:15 Evening Walk  <u>3:00 Comedy Show</u>            “Perry Kurtz Live” – W            6:00 Movie &amp; Popcorn</p>
<p>9:00 Daily Chronicle            9:30 Nature Walk            10:30 Inter-Faith Service - C            1:30 Ice Cream Social &amp; Afternoon TV Show            2:30 Bingo            3:30 Evening Walk</p>	<p>9:00 Daily Chronicle  <u>9:15 Dr. Tom Social Studies</u>            10:15 Nature Walk  <u>1:30 Mind Fitness</u>            2:15 Golf Competition            2:45 Golf Discussion            3:15 Ballet Exercise &amp; Music w/ Tyrone</p>	<p>9:00 Daily Chronicle  <u>9:30 Large Crossword</u>            10:00 Catholic Comm. – C            10:15 Bunco            12:45 Music Class w/ Ron – L            1:30 Live to Be Healthy  <u>2:30 Music Therapy</u>            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p>9:00 Daily Chronicle  <u>9:30 Spelling Contest</u>  <u>9:30 Random Smiles</u>            10:00 Stretch &amp; Flex            10:15 Nature Walk            1:30 Live to be Healthy            2:30 Drama Club            2:30 Short Stories            3:30 Evening Walk            3:30 Snack &amp; Social Time</p>	<p>9:00 Daily Chronicle  <u>9:30 It's Puzzling</u>            9:30 Puzzle Sensory            10:15 Basketball Toss            1:30 Live to be Healthy            2:30 Episcopal Service  <u>3:30 Health Talk – Range of Motion Importance</u>            3:30 Range of Motion Test</p>	<p><b>2340 Fourth Ave</b>  <b>San Diego, CA 92101</b>  <b>(619) 232-2996</b>  <b>*Fax (619) 232-0451</b></p>	<p>L- Living Room            C- Chapel            W- Waterman Ballroom            SFC- 2<sup>nd</sup> floor conference            S- At your own expense            P- Patio</p>