










SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>St. Paul's McColl Health Center 235 Nutmeg Street San Diego, CA 92103 (619) 239-8687</p>		<p>(DR= DINING AREA) (LL= LOBBY AREA) (CH= CHAPEL) (PA= PATIO) (RM= RESIDENTS ROOM) (TV/(#) = TV CHANNEL)</p>				<p>1 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour/ Piano Music- DR 5:00 pm Friday Night TCM Classic DR <u>"Hugo "TV/ 58</u></p>	<p>2 9am Catholic Communion visit- RM 10am Feeling 'Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR</p>
<p>3 9:30am Sunday Paper-DR 10 am Banjo Music (TV/60)-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR</p>	<p>4 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:00 MHC Scenic Route (Point Loma) 1:30pm Laughter Yoga -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p>5 Mardi Gras 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Celebrity Chef -DR 2:30pm Nail Care/ Hand Care-DR 6pm NBC News (7)-DR</p> 	<p>6 Ash Wednesday 10am Violin with John-DR 1:30pm Minding Motion -DR 3pm Bingo-DR 5:00 Music w/ Trevor-DR 6pm BBC World News (TV/11)-DR</p> 	<p>7 10:00 Live Piano music w/ Shirley-DR 10:30 Group Exercise-DR 1:30pm Arts and Crafts - DR 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR</p>	<p>8 Intl'l Woman's Day 10am Music Worx-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour/ Piano Music- DR 5:00 pm Friday Night TCM Classic DR <u>"Now, Voyager "TV/ 58</u></p> 	<p>9 9am Catholic Communion visit- RM 10am Feeling 'Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR</p>	
<p>10 Daylight Savings Begins 9:30am Sunday Paper-DR 10 am Banjo Music (TV/60)-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR</p> 	<p>11 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:30pm Memory's of March-DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)</p>	<p>12 10am St. Paul Kids Visit-DR 10:15am Helen Woodward Pet-DR 10:45 Catholic Services -CH 1:30 Baking Club -DR 2:30pm Nail Care/ Hand Care-DR 6pm NBC News (7)-DR</p>	<p>13 10am Violin with John-DR 1:30pm Minding Motion -DR 3pm Bingo-DR 5:00 Music w/ Trevor-DR 6pm BBC World News (TV/11)-DR</p>	<p>14 10:00 Grand Trip Outing (Chollas Lake) 10:00 Live Piano music w/ Shirley-DR 10:30 Group Exercise-DR 1:30pm Arts and Crafts - DR 2:00 Resident Council - Dr 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR</p>	<p>15 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour/ Piano Music- DR 5:00 pm Friday Night TCM Classic DR <u>"Young Frankenstein "TV/ 58</u></p>	<p>16 9am Catholic Communion visit- RM 10am Feeling 'Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR</p>	
<p>17 St Patrick's Day 9:30am Sunday Paper-DR 10 am Banjo Music (TV/60)-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR</p> 	<p>18 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:00 MHC Scenic Route (La Jolla) 1:30pm Memory's of March-DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p>19 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Baking Club -DR 2:30pm Nail Care/ Hand Care-DR 6pm NBC News (7)-DR</p>	<p>20 Spring Begins 10am Violin with John-DR 1:30pm Minding Motion -DR 3pm Bingo-DR 5:00 Music w/ Trevor-DR 6pm BBC World News (TV/11)-DR</p> 	<p>21 10:00 Live Piano music w/ Shirley-DR 10:30 Group Exercise-DR 1:30pm Arts and Crafts - DR 3pm Music Appreciation w/Marketa-DR 5pm St. Paul Birthday Dinner w/Trevor-DR 6pm CBS News (TV/8)-DR</p>	<p>22 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR Social Hour/ Piano Music- DR 5:00 pm Friday Night TCM Classic DR <u>"Morituri"TV/ 58</u></p>	<p>23 9am Catholic Communion visit- RM 10am Feeling 'Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR</p>	
<p>24 / 31 Palm Sunday 9:30am Sunday Paper-DR 10 am Banjo Music (TV/60)-DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR</p>	<p>25 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:30pm Memory's of March-DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)</p>	<p>26 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Baking Club -DR 2:30pm Nail Care/ Hand Care-DR 6pm NBC News (7)-DR</p>	<p>27 10am Violin with John-DR 1:30pm Minding Motion -DR 3pm Bingo-DR 5:00 Music w/ Trevor-DR 6pm BBC World News (TV/11)-DR</p>	<p>28 Holy Thursday 10:00 Live Piano music w/ Shirley-DR 10:30 Group Exercise-DR 1:30pm Arts and Crafts - DR 3pm Music Appreciation w/Marketa-DR 6pm CBS News (TV/8)-DR</p>	<p>29 Good Friday 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour/ Piano Music- DR 5:00 pm Friday Night TCM Classic DR <u>"Dial M for murder "TV/ 58</u></p>	<p>30 9am Catholic Communion visit- RM 10am Feeling 'Fit-DR 10:30am Current Events -DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR</p>	



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Other Observances, Celebrations, or Event that occur this month: March

March 2019 is Observed as: Woman's history month / Nat'l Nutrition Month.

March Birthstone: Aquamarine, Bloodstone and Jade

Fruits and Vegetables of the month: Asparagus, Canistel, Grapefruit, Kiwano Melon, Kiwi, Guava, Tamarillo, Red Banana

Flower: Daffodil

Astrological Signs: Pisces (till 20th) & Aries (21th)



Scenic Outing
Point Loma
Monday March 4 2019
1:00pm –3:00pm
(scenic outing)



Special Outing
Chollas Lake

Thursday March 14 2019
10:00 am –3:00pm



Scenic Outing
La Jolla
Monday March 18 2019
1:00pm –3:00pm
(scenic outing)

