

Sergio's Class & Strider's Club

Sergio's The Spirit of Agave was a wonderful success and a lot of fun! We invite you to join us for his next class on Friday, June 5th at 3:00 p.m. in the Bistro for another enjoyable afternoon together. The Striders Walking Club has officially received their T-shirts! Join us for a fun and active walk, and after your third walk, you will be eligible to receive your very own Striders T-shirt.



Harbor Tour & Painting Classes

Thanks to the sponsorship of the Residents Council, Manor residents enjoyed a wonderful tour around the harbor filled with beautiful views and great company. It was a truly enjoyable day for everyone involved. We also began our new painting classes sponsored by the Outreach Department, and participants had a fantastic time exploring their creativity. Please stay tuned, as we hope to continue these painting classes throughout June. In addition, our new meditation classes

have officially started. We invite you to join us every Monday at 2:30 p.m. in the LUV Lounge for a relaxing and peaceful experience.



Residents at the Harbor Tour

Soprano Recital by Julia

You are warmly invited to join us on Tuesday, June 9th at 6:00 PM in the LUV Lounge for an evening of music featuring a soprano recital by Julia. Enjoy a beautiful program of vocal artistry and timeless selections performed in an inspiring setting. This special performance promises an evening of artistry, expression, and memorable music shared among friends and guests.



Tuesday, June 9th at 6:00 PM

Virtual Reality Health Ventures

You are warmly invited to join us on Thursday, June 11th at 1:00 PM in the LUV Lounge as we welcome Carlos and his exciting project, VR Health Ventures. During this presentation, residents will have the opportunity to experience virtual reality in a fun and engaging way. Carlos will bring VR technology to enjoy immersive experiences designed to entertain, and create memorable moments.



Thursday, June 11th at 1:00 PM

June Concerts

This month of June, we are excited to present two special concerts for Manor residents. The first performance will feature The Believers Choir, who will perform at the SPCC on Friday, June 12th at 6:00 PM, our second concert will welcome the San Diego Choral Society, performing in the LUV Lounge on Friday, June 19th at 7:00 p.m. We hope you will join us for these wonderful evenings.



June Concerts

ST. PAUL'S MANOR Associates

Ronn Ellenich  
Executive Director

Blair Barnett  
Administrator in Training

Andrea Rojas  
Community Engagement

Ari Bejar  
Executive Chef

Anne-Marie Coman  
Community Relations Director

Scott Phillip  
Community Relations Director

Sergio Gutierrez  
Maintenance Supervisor



**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**



<p><b>7</b></p> <p>11:00 Holy Communion ServicesChapel 1:00 Bridge Game CR 5:45 Poker Lessons OP 6:15 Poker OP</p>	<p><b>1</b></p> <p>9:00 SU-Trader Joe's &amp; Ralphs Outing 10:00 SU-Trader Joe's &amp; Ralphs Outing 10:45 You Tube Balance Class LUV 1:00 Critical Thinking LUV 1:00 Bridge Game CR 2:30 Meditation Class LUV 4:00 Bingo OP</p>	<p><b>2</b></p> <p>7:30 Bazaar on Second 223 10:00 Qi Gong LUV 11:00 Spiritual Journey with LUV Joan Maher and Cristina 11:30 1:1 with Reverend Cristina LUV 1:00 Bridge Game CR 1:00 SU-Shopping Trip to Walmart Outing 2:00 Fiber Arts LUV 3:15 Chef Chat With Israel Martinez DRM</p>	<p><b>3</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 10:00 SU-YMCA Rides Outing 10:30 Holy Communion ServiceChapel 12:30 Loteria (Mexican Bingo) LUV 1:00 Bridge Game CR 2:30 Pride Month Ice Cream Social OP 6:15 Poker at the Manor OP</p>	<p><b>4</b></p> <p>10:00 Qi Gong LUV 10:45 Dance Class with Laura LUV 1:00 Bridge Game CR 3:15 St. Paul's Striders Outing Walking Club 7:00 Mystery Movie Night with David LUV</p>	<p><b>5</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 10:00 SU-YMCA Rides Outing 11:00 SU-Rest. Outing to Chill's Outing 1:00 Bridge Game CR 2:00 Meet &amp; Greet our new Residents DRM 6:30 Rummikub &amp; Games CR</p>	<p><b>6</b></p> <p>10:00 Qi Gong LUV 10:30 Catholic Holy CommunionChapel 1:00 Bridge Game CR 6:30 Saturday Night Movie LUV</p>
<p><b>14</b></p> <p>11:00 Holy Communion ServicesChapel 1:00 Bridge Game CR 2:30 The Gilded Age, HBO LUV Historical Drama 5:45 Poker Lessons OP 6:15 Poker OP 6:30 Resident Choice Movie Night LUV</p>	<p><b>8</b></p> <p>9:00 SU-Trader Joe's &amp; Ralphs Outing 10:00 SU-Trader Joe's &amp; Ralphs Outing 10:45 You Tube Balance Class LUV 1:00 Critical Thinking LUV 1:00 Bridge Game CR 2:30 Meditation Class LUV 4:00 Bingo OP</p>	<p><b>9</b></p> <p>10:00 Qi Gong LUV 12:00 SU-Balboa Park Ride Outing 1:00 Arts &amp; Crafts LUV 1:00 Bridge Game CR 1:00 SU-Shopping Trip to DollarTree Outing 2:00 Fiber Arts LUV 3:30 Singing Health Activity LUV 6:00 Julia Soprano Recital LUV 6:30 Intermediate Bridge with Lessons OP</p>	<p><b>10</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 10:00 SU-YMCA Rides Outing 10:30 Holy Communion ServiceChapel 12:30 Loteria (Mexican Bingo) LUV 1:00 Bridge Game CR 2:30 Prelude to the Hymn Sing LUV 3:00 Hymn Sing LUV 6:15 Poker at the Manor OP</p>	<p><b>11</b></p> <p>10:00 Qi Gong LUV 10:00 Tech Help with Mission Hills Knox Branch Library OP 10:00 SU-Outing to Coronado Outing 10:45 Dance Class with Laura LUV 1:00 Bridge Game CR 1:00 Virtual Reality Health Adventures LUV 3:15 St. Paul's Striders Outing Walking Club 4:00 Birthday Night DRM</p>	<p><b>12</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 10:00 SU-YMCA Rides Outing 11:00 SU-Rest. Outing to Jake's Outing 1:00 Bridge Game CR 6:00 The Believers Concert SPCC 6:30 Rummikub &amp; Games CR</p>	<p><b>13</b></p> <p>10:00 Qi Gong LUV 1:00 Opera with Liana LUV 1:00 Bridge Game CR 4:30 Live Music with Raymond atDinner DRM 6:30 Saturday Night Movie LUV</p>
<p><b>21</b></p> <p>11:00 Holy Communion ServicesChapel 11:00 Father's Day Brunch DRM 1:00 Bridge Game CR 5:45 Poker Lessons OP 6:15 Poker OP 6:30 Mystery Book Club LUV</p>	<p><b>15</b></p> <p>9:00 SU-Trader Joe's &amp; Ralphs Outing 10:00 SU-Trader Joe's &amp; Ralphs Outing 10:45 You Tube Balance Class LUV 1:00 Critical Thinking LUV 1:00 Bridge Game CR 2:30 Meditation Class LUV 4:00 Bingo OP</p>	<p><b>16</b></p> <p>7:30 Bazaar on Second 223 10:00 Qi Gong LUV 10:00 Bible as Library CR 1:00 Bridge Game CR 1:00 SU-Shopping Trip to Grossmont Center Outing 2:00 Fiber Arts LUV 6:30 Intermediate Bridge with Lessons OP</p>	<p><b>17</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 10:00 SU-YMCA Rides Outing 10:30 Holy Communion ServiceChapel 12:30 Loteria (Mexican Bingo) LUV 1:00 Bridge Game CR 2:00 Open Forum DRM 6:15 Poker at the Manor OP</p>	<p><b>18</b></p> <p>10:00 Qi Gong LUV 10:00 SU-Outing to The County Fair \$17 Outing 10:45 Dance Class with Laura LUV 1:00 Bridge Game CR 3:15 St. Paul's Striders Outing Walking Club 7:00 Mystery Movie Night LUV</p>	<p><b>19</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 10:00 SU-YMCA Rides Outing 11:00 SU-Outing to Liberty Station 1:00 Bridge Game CR 6:30 Rummikub &amp; Games CR 7:00 San Diego Choral Society Performance LUV</p>	<p><b>20</b></p> <p>10:00 Qi Gong LUV 10:30 Catholic Holy CommunionChapel Services 1:00 Bridge Game CR 2:30 SU-Watercolor Class with Sarah LUV 6:30 Saturday Night Movie LUV</p>
<p><b>28</b></p> <p>11:00 Holy Communion ServicesChapel 1:00 Bridge Game CR 2:30 The Gilded Age, HBO LUV Historical Drama 5:45 Poker Lessons OP 6:15 Poker OP</p>	<p><b>22</b></p> <p>9:00 SU-Trader Joe's &amp; Ralphs Outing 10:00 SU-Trader Joe's &amp; Ralphs Outing 10:45 You Tube Balance Class LUV 1:00 Critical Thinking LUV 1:00 Bridge Game CR 2:30 Meditation Class LUV 4:00 Bingo OP</p>	<p><b>23</b></p> <p>10:00 Qi Gong LUV 12:00 SU-Balboa Park Ride Outing 1:00 Arts &amp; Crafts LUV 1:00 Bridge Game CR 1:00 SU-Shopping Trip to TargetOuting 2:00 Fiber Arts LUV 6:30 Intermediate Bridge with Lessons OP</p>	<p><b>24</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 10:00 SU-YMCA Rides Outing 10:30 Holy Communion ServiceChapel 12:30 Loteria (Mexican Bingo) LUV 1:00 Bridge Game CR 2:30 Prelude to the Hymn Sing LUV 3:00 Hymn Sing LUV 6:15 Poker at the Manor OP</p>	<p><b>25</b></p> <p>10:00 Qi Gong LUV 10:45 Dance Class with Laura LUV 1:00 Bridge Game CR 3:15 St. Paul's Striders Outing Walking Club</p>	<p><b>26</b></p> <p>9:00 Exercises Senior Fitness LUV with Panos 9:15 SU-Rady Shell Rehearsal 10:00 SU-YMCA Rides Outing 1:00 Bridge Game CR 6:30 Rummikub &amp; Games CR</p>	<p><b>27</b></p> <p>10:00 Qi Gong LUV 1:00 Opera with Liana LUV 1:00 Bridge Game CR 4:30 Live Music with Raymond atDinner DRM 6:30 Saturday Night Movie LUV</p>
<p><b>29</b></p> <p>9:00 SU-Trader Joe's &amp; Ralphs Outing 10:00 SU-Trader Joe's &amp; Ralphs Outing 10:45 You Tube Balance Class LUV 1:00 Critical Thinking LUV 1:00 Bridge Game CR 2:30 Meditation Class LUV 4:00 Bingo OP</p>	<p><b>30</b></p> <p>10:00 Qi Gong LUV 1:00 Bridge Game CR 1:00 SU-Shopping Trip to UTC La Out Jolla Mall 2:00 Fiber Arts LUV 6:30 Intermediate Bridge with Lessons OP</p>					

## Associates Continue:

**David Valdez**  
Housekeeping Supervisor

**Karla Medina**  
Community Life Director

Activities are subject to change without prior notice. For the most accurate schedule please refer to the weekly calendar, if you have any suggestions feel free to contact Karla Medina the Community Life Director.

### LOCATION KEY

Outing	Outing
LUV Lounge	LUV
Club Room	CR
Opal Lounge	OP
Room #223	223
Dining Room	DRM
Chapel	Chapel
	SPCC
Sign Up	SU

## St. Paul's Manor

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