


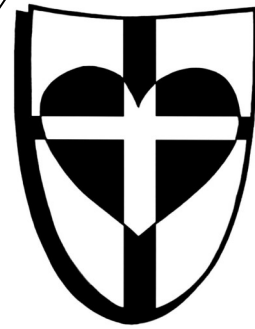
January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>St. Paul's McColl Health Center 235 Nutmeg Street San Diego, CA 92103</p>		<p>1 New Years Day 10am Memories of January-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>2 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>3 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>4 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"The Cain Mutiny "TV/ 58</u></p>	<p>5 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>6 Epiphany 9:30am Sunday Paper-DR 10 am Bizarre Foods (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>7 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:00 MHC Scenic Route (Del Mar) 1:30pm Laughter Yoga -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p>8 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>9 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>10 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>11 10am Music Worx-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"Young Mister Lincoln "TV/ 58</u></p>	<p>12 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>13 9:30am Sunday Paper-DR 10 am Bizarre Foods (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>14 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:30pm Memory's of January -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p>15 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 7:30pm Evening Board Games -LL</p>	<p>16 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>17 10:00 Grand Trip Outing (Plaza Bonita) 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>18 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"Séance on a Wet Afternoon "TV/ 58</u></p>	<p>19 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>20 9:30am Sunday Paper-DR 10 am Bizarre Foods (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>21 Martin Luther Kind Day 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:00 MHC Scenic Route (La Jolla) 1:30pm Memory's of January -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p>22 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>23 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>24 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>25 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"Strike me Prince "TV/ 58</u></p>	<p>26 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>27 9:30am Sunday Paper-DR 10 am Bizarre Foods (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>28 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:30pm Memory's of January -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p>29 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Baking Club xmas cookies 2:30pm Nail Care/ Hand Care-DR 6pm NBC News (7)-DR</p>	<p>30 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>31 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>MARTIN LUTHER KING JR. <i>Day</i></p> 	

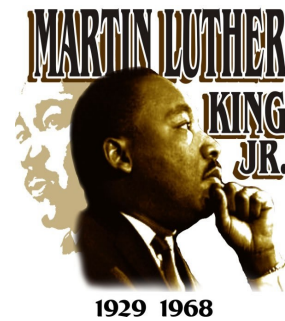
(DR= DINING AREA)
 (LL= LOBBY AREA)
 (CH= CHAPEL)
 (PA= PATIO)
 (RM= RESIDENTS ROOM)

*Activities are subject to change based upon our Residents preferences!

*Alternative activities material available upon Residents request .



St. Paul's McColl Health Center
235 Nutmeg Street
San Diego, CA 92103
(619) 239-8687



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

January:

- (1) New Years Day**
- (15) Martin Luther King**

Fruits and Vegetables of the month: Tangerines, dried cranberries, sun dried tomatoes, Raisins, Jicama, Yucca Root, Water Chestnut, Taro Root, Quinoa

Flower: Carnation

Birth Stone : Garnet

Astrological Signs: Capricorn (till 19th) & Aquarius (20th)



Scenic Outing
Coronado Island
Monday January 15 2018
1:00pm –3:00pm
(scenic outing)



Special Outing
Plaza Bonita

Thursday January 4 2018
10:00 am –3:00pm



Scenic Outing
Old town
Monday January 29 2017
1:00pm –3:00pm
(scenic outing)

