
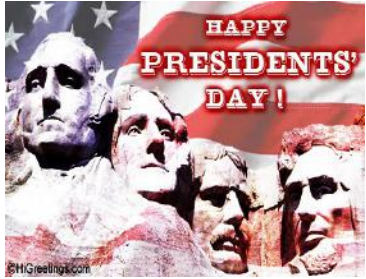



# February 2019

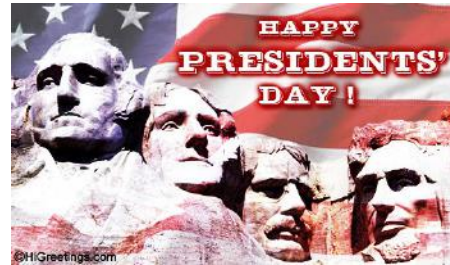
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>St. Paul's McColl Health Center</b> 235 Nutmeg Street San Diego, CA 92103</p>					<p><b>1</b> 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along &amp; Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"Sunrise "TV/ 58</u></p>	<p><b>2 Ground Hog Day</b> 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 &amp; Puzzles -DR</p>
<p><b>3 Super Bowl</b> 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><b>4</b> 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><b>5</b> 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><b>6</b> 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><b>7</b> 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><b>8</b> 10am Music Worx-DR 1pm Sing-Along &amp; Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"Now, Voyager "TV/ 58</u></p>	<p><b>9</b> 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 &amp; Puzzles -DR</p>
<p><b>10</b> 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><b>11</b> 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:30pm Memory's of February-DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p><b>12</b> 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><b>13</b> 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><b>14 Valentine's Day</b> 10:00 Grand Trip Outing (Lake Murray) 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><b>15</b> 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along &amp; Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"Titanic "TV/ 58</u></p>	<p><b>16</b> 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 &amp; Puzzles -DR</p>
<p><b>17</b> 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><b>18 Presidents Day</b> 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:00 MHC Scenic Route (Del Mar) 1:30pm Memory's of February-DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p><b>19</b> 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><b>20</b> 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><b>21</b> 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><b>22</b> 10am Head to Toe Exercise-DR 10:30am Sing along w/ Tyrone-DR 1pm Sing-Along &amp; Piano w/Marsha-DR 3pm Social Hour-cool breeze band-DR 5:00 pm Friday Night TCM Classic DR <u>"Strike me pink "TV/ 58</u></p>	<p><b>23</b> 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 &amp; Puzzles -DR</p>
<p><b>24</b> 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><b>25</b> 10am Pet Therapy -DR 10:00 Sing along with Craig -DR 1:30pm Memory's of February -DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR</p>	<p><b>26</b> 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Baking Club cookies 2:30 Sojern Pony-DR 2:30pm Nail Care/ Hand Care-DR 6pm NBC News (7)-DR</p>	<p><b>27</b> 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><b>28</b> 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><b>GROUNDHOG DAY</b> <i>February 2nd</i></p> <p>(DR= DINING AREA) (LL= LOBBY AREA ) (CH= CHAPEL ) ( PA= PATIO) (RM= RESIDENTS ROOM)</p>	

\*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: February**

**February:**  
**Groundhog day (2)**  
**Super Bowl (3)**  
**Valentine's Day (14)**  
**Presidents Day (18)**

**Fruits and Vegetables of the month:** Oranges, calabaza Squash, Bitter Melon, Fruit Star, Chayote Squash

**Flower: Violet**

**Astrological Signs: Aquarius (till 18th) & Pisces (19th)**



**Scenic Outing**  
**Point Loma**  
**Monday February 04 2019**  
**1:00pm –3:00pm**  
**(scenic outing)**



**Special Outing**  
**Lake Murray**

**Thursday February 14 2019**  
**10:00 am –3:00pm**



**Scenic Outing**  
**Del Mar**  
**Monday February 25 2019**  
**1:00pm –3:00pm**  
**(scenic outing)**

