




# May 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>St. Paul's McColl Health Center</b> <b>235 Nutmeg Street</b> <b>San Diego, CA 92103</b> <b>(619) 239-8687</b>		(DR= DINING AREA) (LL= LOBBY AREA ) (CH= CHAPEL ) ( PA= PATIO) (RM= RESIDENTS ROOM) (TV/(#) = TV CHANNEL)	<b>1</b> 10am Violin with John-DR 1:30pm Minding Motion - DR 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)	<b>2</b> 10:00 am 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 7:30pm Evening Puzzling -LL	<b>3</b> 10:00 Head-to-Toe Exercise -DR 10:30am Sing Along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-DR 3:15 Virgin Margarita Hour 4:30 pm Friday Night TCM Classic DR <u>"The black book"TV/ 58</u>	<b>4</b> 10:45am Catholic Communion visit-RM 10:30 am Current Events- DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR
<b>5 Cinco de Mayo</b> 10 am Sunday Paper - DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR	<b>6 National Nurses Day</b> 9:30 am Pet Therapy -DR 10:00 am Sing Along with Craig-DR 1:00 Scenic outing 1:30 pm Laughter Yoga - DR 2:30 pm Jewelry Making-DR 3:30 pm Bingo-DR 6:30 pm ABC World News (TV/10)DR	<b>7 Tourism Day</b> 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Celebrity Chef -DR 3pm Arm Chair Travel -DR 5:00 Piano w/Trevor-DR 6pm NBC News (7)-DR	<b>8</b> 10am Violin with John-DR 1:30pm Minding Motion - DR 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)	<b>9</b> 10:00 am 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 7:30pm Evening Puzzling -LL	<b>10</b> 10:00 Music Worx -DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour -DR 3:15 Mothers Day Social 4:45pm Friday Night TCM Classic DR <u>"Born Reckless "TV/ 58</u>	<b>11</b> 10:45am Catholic Communion visit-RM 10:30 am Current Events- DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR
<b>12 Mothers Day</b> 10 am Sunday Paper - DR 11:15 Mothers Day Lunch 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR	<b>13</b> 9:30am Pet Therapy -DR 10:00am Sing Along with Craig-DR 1:30pm Memory's of May - DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR	<b>14 Chocolate lovers day</b> 10am St. Paul Kids Visit-DR 10:15am Helen Woodward Pet-DR 10:45 Catholic Services -CH 1:30 Baking Club (chocolate)-DR 3pm Nail care / Hand care -DR 5:00 Piano w/Trevor-DR 6pm NBC News (7)-DR	<b>15</b> 1:30pm Minding Motion - DR 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)	<b>16</b> 10:00 Grand Trip Outing ( flower Field) 10:00 am 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 7:30pm Evening Puzzling -LL	<b>17</b> 10:00 Head-to-Toe Exercise -DR 10:30am Sing Along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour- Ice cream Social-DR 4:00pm Friday Night TCM Class DR <u>"David Copperfield" TV/ 58</u>	<b>18 Armed Forces Day</b> 10:45am Catholic Communion visit-RM 10:30 am Current Events- DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR
<b>19</b> 10 am Sunday Paper - DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR	<b>20</b> 9:30am Pet Therapy -DR 10:00am Sing Along with Craig-DR 1:00 Scenic outing 1:30pm Memory's of May - DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR	<b>21</b> 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Baking Club -DR 3pm Nail care / Hand care -DR 5:00 Piano w/Trevor-DR 6pm NBC News (7)-DR	<b>22</b> 10am Violin with John-DR 1:30pm Minding Motion - DR 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)	<b>23 S'mores Day</b> 10:00 am 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 7:30pm Evening Puzzling -LL	<b>24</b> 10:00 Head-to-Toe Exercise -DR 10:30am Sing Along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-DR 4:30 pm Friday Night TCM Classic DR <u>"The night of the Hunter "TV/ 58</u>	<b>25</b> 10:45am Catholic Communion visit-RM 10:30 am Current Events- DR 1:30pm Weekend Bingo-DR 3pm Piano w/Trevor-DR 7:30pm Board Games & Puzzles -DR
<b>26</b> 10 am Sunday Paper - DR 1pm Worship Services-DR 2:00pm Weekend Bingo-DR 3pm Nature-(TV/11)DR 6:30pm Evening News(8)-DR	<b>27 Memorial Day</b> 9:30am Pet Therapy -DR 10:00am Sing Along with Craig-DR 1:30pm Remember them - DR 2pm Jewelry Making-DR 3pm Bingo-DR 6:30pm ABC World News (TV/10)DR	<b>28</b> 10am St. Paul Kids Visit-DR 10:45 Catholic Services -CH 1:30 Baking Club -DR 3pm Bowling -DR 5:00 Piano w/Trevor-DR 6pm NBC News (7)-DR	<b>29</b> 10am Violin with John-DR 1:30pm Minding Motion - DR 3pm Bingo-DR 6pm BBC World News (TV/11)-DR 7:30pm Jeopardy Show-(TV/7)	<b>30</b> 10:00 am 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 7:30pm Evening Puzzling -LL	<b>31</b> 10:00 Head-to-Toe Exercise -DR 10:30am Sing Along w/ Tyrone-DR 1pm Sing-Along & Piano w/Marsha-DR 3pm Social Hour-DR 4:45 pm Friday Night TCM Classic DR <u>"The return of doctor"TV/ 58</u>	



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**235 Nutmeg Street**  
**San Diego, CA 92103**  
**(619) 239-8687**



**Other Observances, Celebrations, or Event that occur this month: MAY**

**May 2019 is Observed as: Nat'l Bike Month / Nat'l Mental Health Awareness / Lupus Awareness Month**

**May Birthstone: Emerald**

**Fruits and Vegetables of the month: Mangos /Potatoes/ Limes**

**Flower: Lily of the Valley and Hawthorn**

**Astrological Signs: Taurus (till 20th) & Gemini (21th)**



**Scenic Outing**  
**Del mar**  
**Monday May 7 2019**  
**1:00pm –3:00pm**  
**(scenic outing)**



**Special Outing**  
**Balboa Park**

**Thursday May 17 2019**  
**10:00 am –3:00pm**



**Scenic Outing**  
**Old Town**  
**Monday May 21 2019**  
**1:00pm –3:00pm**  
**(scenic outing)**

