






















FEBRUARY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	<p>Love..... Comforted Like sunshine After rain</p> 		<p>"LOVE"IS THE BEAUTY OF THE SOUL</p>		<p>1 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:45 STEVE ZUILL 10:45 CHINESE NEW YEAR 1:00 B-I-N-G-O</p>	
	<p>4 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA</p>	<p>5 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</p> 	<p>6 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 ART-CLASS W/ MELISSA 1:00 BALLET MVT W/ SONG</p>	<p>7 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 1:00 ECUM. WORSHIP SERVICE 2:00 DRUMS W/ GARY</p> 	<p>8 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:30 RIKACHA GROUP 1:00 B-I-N-G-O</p>	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 619-677-3800</p>
 <p>A total workout, combining all elements of fitness Muscle conditioning balance and flexibility</p>	<p>11 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 LAUGHTER YOGA 2:00 BEADING</p> 	<p>12 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 9:45 PET THERAPY VISIT 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ART & CRAFTS</p>	<p>13 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:00 SHOPPING TRIP 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION 2:00 BALLET MVT W/ SONG</p>	<p>14 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 1:00 ECUM. WORSHIP SERVICE 2:00 DRUMS W/ GARY</p>	<p>15 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 FALL PREVENTION 10:00 GARY SINGS SINATRA 11:00 NUTRITION CLASS 1:00 B-I-N-G-O</p> <p>"HAPPY VALENTINES DAY"</p> 	
	<p>IN HONOR OF PRESIDENT'S DAY PACE WILL BE CLOSED</p>	<p>19 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</p>	<p>20 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 ART-CLASS W/ MELISSA 1:00 BALLET MVT W/ SONG</p> 	<p>21 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 1:00 ECUM. WORSHIP SERVICE 2:00 DRUMS W/ GARY</p>	<p>22 8:00 COFFEE & NEWS 8:30 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:00 "TALENT SHOW" W/PETER 1:00 B-I-N-G-O</p> 	
<p>Yoga mind-body practice that combines movement, breathing, relaxation and meditation</p> 	<p>25 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 LAUGHTER YOGA 2:00 PARTICIPANT COUNCIL</p>	<p>26 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ART & CRAFTS</p> 	<p>27 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION 2:00 BALLET MVT W/ SONG</p> <p>BIRTHDAY CELEBRATION</p>	<p>28 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 1:00 ECUM. WORSHIP SERVICE 2:00 DRUMS W/ GARY</p> 	<p>SHOPPING TRIP</p> 	<p>SOUND HEALTH MUSIC</p> <p>EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p>