






















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	<p>Enjoy the greenery and burst of SPRING COLORS surrounding you</p> 			<p>YOGA</p> 	<p>1 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 9:30 ANAGRAMS 10:30 GARY SINGS SINATRA 1:00 B-I-N-G-O 2:30 MUSICAL MEMORIES</p> 	
<p>"COLORING"</p> <p>TRANSFORMATION OF MIND AND SPIRIT TO EXPRESS YOUR CREATIVITY</p>	<p>4 8:00 COFFEE & NEWS 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA</p> 	<p>5 8:00 COFFEE & NEWS 9:30 COMM. CLASS W/ ULDIS 10:30 "MARDI GRAS" W/ MADAME LEROUX 1:00 MUSIC W/ MARCIA 2:00 MOVIE TIME</p>	<p>6 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 ASH WEDNESDAY W/ DOUG 1:00 BALLET MVT W/ SONG 2:00 BEADING</p> 	<p>7 8:00 COFFEE & NEWS 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 ART & CRAFTS 1:00 ECUM. WORSHIP SERVICE 2:00 GAMES</p> 	<p>8 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 10:00 RIKACHA GROUP 1:00 B-I-N-G-O 2:30 SPRING FORWARD TRIVIA</p>	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 619-677-3800</p>
	<p>11 8:00 COFFEE & NEWS 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 PARTICIPANT COUNCIL 2:00 TRIVIA</p>	<p>12 8:00 COFFEE & NEWS 9:30 COMM. CLASS W/ ULDIS 9:45 PET THERAPY VISIT 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:00 NAIL CARE</p> 	<p>13 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION 2:00 MOVIE TIME</p> 	<p>14 8:00 COFFEE & NEWS 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 ART & CRAFTS 1:00 ST. PATRICK'S TRIVIA 2:00 ANAGRAMS</p>	<p>15 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 9:30 FALL PREVENTION 10:00 "ST. PATRICK'S DAY" W/ KATLHEEN & JIM 1:00 B-I-N-G-O 2:30 TABLE GAMES</p>	
<p>SHOPPING TRIP</p> 	<p>18 8:00 COFFEE & NEWS 9:00 YOGA W/ BOBBIE 10:00 MUSIC W/ MARCIA 1:00 DRUMS W/ GARY 2:00 TRIVIA</p> 	<p>19 8:00 COFFEE & NEWS 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:00 MOVIE TIME</p>	<p>20 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 SOUND THERAPY W/ JULIA 1:00 BALLET MVT W/ SONG 2:00 COLORING</p>	<p>21 8:00 COFFEE & NEWS 9:00 ZUMBA W/ RUTH 10:00 ART-CLASS W/ MELISSA 11:00 ART & CRAFTS 1:00 ECUM. WORSHIP SERVICE 2:00 BEADING</p>	<p>22 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 10:00 PETER ON GUITAR 10:30 ICE CREAM SOCIAL 1:00 B-I-N-G-O 2:30 NAIL-CARE</p> 	<p>MUSIC</p> <p>EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p> 
 <p>A total workout, combining all elements of fitness Muscle conditioning balance and flexibility</p>	<p>25 8:00 COFFEE & NEWS 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 DRUMS W/ GARY 2:00 TRIVIA</p>	<p>26 8:00 COFFEE & NEWS 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:00 ART & CRAFTS</p> 	<p>27 8:00 COFFEE & NEWS 9:00 COLORING 9:30 WELLNESS CARE 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION 2:00 NAIL CARE</p> <p>BIRTHDAY CELEBRATION</p>	<p>28 8:00 COFFEE & NEWS 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 10:00 SHOPPING TRIP 11:30 QLTY FOR LIFE THERAPY 1:00 ECUM. WORSHIP SERVICE 2:00 NAIL CARE</p>	<p>29 8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 9:30 GAMES 10:30 "THE WIZARD OF PACE" 1:00 B-I-N-G-O 2:00 COLORING</p>	