










SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>		<p>MUSIC</p> <p>EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p>	<p>1</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 SOUND THERAPY W/ JULIA 1:00 CRITICAL THINKING 2:00 DRUMS W/ GARY</p>	<p>2</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 MINDING MOTION CLASS 10:00 ART-CLASS W/ MELISSA 1:00 I-SAT /Coffee Chat w/CD 1:45 BALLET MVT W/ SONG 3:00</p>	<p>3</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:30 DANZA CALPULLI MEXIHCA 1:00 CINCO DE MAYO W/ RIKACHA 3:00 ARMCHAIR TRAVEL</p>	
	<p>6</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 MUSICAL MEMORIES</p>	<p>7</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 GLAM MAKEOVER</p>	<p>8</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:00 ROTARY C/ SOCIAL YOGURT 10:00 I-SAT /Coffee Chat w/CD 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION</p>	<p>9</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 10:00 SHOPPING TRIP 10:00 SOUND THERAPY W/ HALEY 1:00 ECUM. WORSHIP SERVICE 1:45 BALLET MVT W/ SONG 3:00 NAIL-CARE</p>	<p>10</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:00 MOTHER'S DAY TEA PARTY W/ GARY SINGS SINATRA 1:00 B-I-N-G-O 3:00 MOVIE TIME</p>	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 619-677-3800</p>
	<p>13</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 I-SAT /Coffee Chat w/CD 1:00 MINDING MOTION CLASS 2:00 NAIL-CARE</p>	<p>14</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 COMM. CLASS W/ ULDIS 9:45 PET THERAPY VISIT 10:00 PICNIC IN THE PARK 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 3:30 MEMORIAL W/ DOUG</p>	<p>15</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 SOUND THERAPY W/ JULIA 1:00 CRITICAL THINKING 2:00 DRUMS W/ GARY</p>	<p>16</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 10:00 ART-CLASS W/ MELISSA 1:00 ECUM. WORSHIP SERVICE 1:45 BALLET MVT W/ SONG 3:00 GLAM MAKEOVER</p>	<p>17</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 TRANS-INSERVICE 10:30 RIKACHA GROUP 1:00 I-SAT /Coffee Chat w/CD</p>	<p>for all you do you do with love you are so special a gift from above and with all my heart I want to say I LOVE YOU MOM happy mother's day</p> 
<p>"MEDITATION"</p> <p>IS NOT A WAY OF MAKING YOUR MIND QUIET IT'S A WAY OF ENTERING INTO THE QUIET THAT'S ALREADY THERE</p>	<p>20</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MINDING MOTION CLASS 2:00 BEADING</p>	<p>21</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 GLAM MAKEOVER</p>	<p>22</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:00 I-SAT /Coffee Chat w/CD 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION</p>	<p>23</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 10:30 SOUND THERAPY W/ HALEY 1:45 BALLET MVT W/ SONG 3:00 NAIL-CARE</p>	<p>24</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:00 PETER ON GUITAR 1:00 B-I-N-G-O 3:00 MOVIE TIME</p>	<p>"REMINISCE"</p> <p>INDULGE IN ENJOYABLE RECOLLECTION OF PAST EVENTS</p>
	 <p>MEMORIAL DAY</p>	<p>28</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 COLORING</p>	<p>29</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 RESOURCE FAIR/ PLAZA 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 SOUND THERAPY W/ JULIA 1:00 DRAW FOR SMILES 2:00 DRUMS W/ GARY</p> <p>BIRTHDAY CELEBRATION</p>	<p>30</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 10:00 ART-CLASS W/ MELISSA 1:00 ECUM. WORSHIP SERVICE 1:45 BALLET MVT W/ SONG 3:00 GLAM MAKEOVER</p>	<p>31</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 NUTRITION CLASS 10:00 I-SAT /Coffee Chat w/CD 11:00 FALL PREVENTION 1:00 PARTICIPANT COUNCIL 3:00 MOSAICS ART</p>	<p>"YOGA"</p> <p>MIND-BODY PRACTICE THAT COMBINE MOVEMENT BREATHING RELAXATION AND MEDITATION</p> 