

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>		<p>3</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 COLORING</p>	<p>4</p> <p>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/ ANNA 1:00 MUSIC THERAPY W/JULIA 2:00 ART & CRAFTS </p>	<p>5</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 MOVIE TIME</p>	<p>6</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:30 RIKACHA GROUP 1:00 B-I-N-G-O 2:00 COLORING </p>	
<p>GRANDPARENTS DAY CELEBRATION WESTERN STYLE</p>	<p>9</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 MINDING MOTION CLASS 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 REMINISCING</p>	<p>10</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 9:30 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</p>	<p>11</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 ART-CLASS W/ ANNA 1:00 DRUMS W/ GARY 1:45 REMINISCING</p>	<p>12</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 10:00 MUSIC THERAPY W/HALEY 1:00 RISA ON THE PIANO 1:45 BALLET MVT W/ SONG 3:00 NAIL CARE</p>	<p>13</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 TRANS IN -SERVICE 10:30 MUSIC W/ "SOPHISTICATS" 1:00 B-I-N-G-O 2:00 FABULOUS 50s REMINISCING</p>	<p>St. Paul's PACE</p> <p>111 Elm Street San Diego, CA 92101 619-677-3800</p>
<p><u>"MUSIC THERAPY"</u> EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p>	<p>16</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 MINDING MOTION CLASS 10:00 MUSIC W/ MARCIA 1:00 MUSIC THERAPY W/ HALEY 2:00 FABULOUS 50s TRIVIA</p>	<p>17</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 3:00 COLORING</p>	<p>18</p> <p>8:00 COFFEE & NEWS 9:00 FITNESS 9:30 SING-A-LONG W/ TOM 10:30 ART-CLASS W/ ANNA 1:00 MUSIC THERAPY W/JULIA 2:00 ANAGRAMS</p>	<p>19</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 10:00 ART-CLASS W/ ME 1:30 SPARKLING PROM W/ GARY 3:00 MOVIE TIME</p>	<p>20</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 FITNESS 9:30 NUTRITION CLASS 10:30 FALL PREVENTION JEOPARDY 1:00 B-I-N-G-O 2:00 COLORING</p>	<p><u>"YOGA"</u> MIND-BODY PRACTICE THAT COMBINE MOVEMENT BREATHING RELAXATION AND MEDITATION</p>
<p>GRANDPARENTS fill the world with LOVE</p>	<p>23</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 MINDING MOTION CLASS 10:00 MUSIC W/ MARCIA 1:00 QLTY FOR LIFE THERAPY 1:30 PARTICIPANT COUNCIL 2:00 TRIVIA</p>	<p>24</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ARMCHAIR TRAVEL</p>	<p>25</p> <p>8:00 COFFEE & NEWS 9:00 QLTY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 ART-CLASS W/ ANNA 1:00 DRUMS W/ GARY 2:00 MUSICAL MEMORIES</p> <p>BIRTHDAY CELEBRATION</p>	<p>26</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 10:00 SHOPPING TRIP 10:00 MUSIC THERAPY W/HALEY 1:00 ECUM. WORSHIP SERVICE 1:45 BALLET MVT W/ SONG 3:00 NAIL CARE</p>	<p>27</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLTY FOR LIFE THERAPY 10:00 TALENT SHOW & PETER 1:00 B-I-N-G-O 2:00 ANAGRAMS </p>	<p>Show Us YOUR TALENT</p>
<p><u>"REMINISCE"</u> INDULGE IN ENJOYABLE RECOLLECTION OF PAST EVENTS</p>	<p>30</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 MINDING MOTION CLASS 10:00 MUSIC W/ MARCIA 1:00 MUSIC THERAPY W/ HALEY 2:00 REMINISCING </p>		<p><u>"MINDING MOTION"</u> COGNITIVE FUNCTION BALANCE, STRENGTH RANGE OF MOTION</p>	<p>YOGA</p>	<p>QUEEN NIGHT: KING OF PROM DRESS UP PARTY DANCE</p>	