

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|--|
| <p>KEY: MC – Mathes Center Community Room CH – Chapel PR – Pre Function Room All other activities are in Reflections Solarium</p> | <p>1 9:00 Walk to the Park 11:00 Leave It to Beaver 1:00 Bowling w/ Ana 2:00 Move It or Lose It w/ Theresa 3:00 Neighborhood Walk 3:30 Healing Hands 4:00 Laugh Lines</p> | <p>2 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Choir Practice 1:30 Neighborhood Walk 2:00 Scenic Drive “J Street Marina Park” 3:30 Walk to the Park</p> | <p>3 9:30 Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Loteria 11:30 Ball ROM 1:30 Jerry McCann (MC) 2:30 Neighborhood Walk 3:00 Chair Yoga w/ Mirna 3:30 Nature Walk</p> | <p>4 9:30 The Daily Chronicle 10:00 Laughing Yoga 10:30 Kids Depot 11:30 Jeopardy 1:30 Chair Exercise 2:30 History Lady (MC) 3:30 Chair Exercise 4:00 Park Outing</p> | <p>5 9:00 Walk To the Park 9:30 The Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Laugh Lines 11:30 Bean Bag Toss 1:30 Minding Motion w/ Todd 2:30 Board Games 3:30 Indoor Soccer</p> | <p>6 9:30 The Daily Chronicle 10:00 Movement & Music w/ Janet 10:45 Seasonal Crafts 11:30 Ball Game 1:30 Sing Along w/ Trevor 2:30 Humane Society 3:30 Puzzle Challenge 4:00 Hands Spa & Movie Social</p> |
| <p>7 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – At the Movies w/ Trevor (Mathes Center)</p> | <p>8 9:00 Walk to the Park 11:00 Jeopardy 1:00 Bowling w/ Ana 2:00 Move It or Lose It w/ Theresa 3:00 Neighborhood Walk 3:30 SPA Day 4:00 Laugh Lines</p> | <p>9 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Parachute Fun 12:00 Neighborhood Walk 12:30 Scenic Drive “Balboa Park” 2:30 Afternoon Stretch 3:30 Walk to the Park</p> | <p>10 9:30 Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Brain Boosters 11:30 Ball ROM 1:30 The Jazz Duo (MC) 2:30 Neighborhood Walk 3:00 Chair Yoga w/ Mirna 3:30 Nature Walk 4:00 Jewelry Class</p> | <p>11 9:30 The Daily Chronicle 10:00 Morning Exercise 10:30 Kids Depot 11:00 Bingo 11:30 Jeopardy 1:30 Music Therapy w/ Allison 2:30 Art class 3:30 Baking w/ Andrea 4:00 Park Outing</p> | <p>12 9:00 Walk To the Park 9:30 The Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Laugh Lines 11:30 Bean Bag Toss 1:30 Minding Motion w/ Todd 2:30 Loteria 3:30 Unwinding with Art</p> | <p>13 9:30 The Daily Chronicle 10:00 Movement & Music w/ Janet 11:00 Calming Colors 11:30 Soccer Game 1:30 Serenity Singers 2:30 VolleyBall ROM 3:00 Fitness Club 3:30 Manis & Movies</p> |
| <p>14 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Earl Vaults Saxophone (Reflections)</p> <p>PALM SUNDAY</p> | <p>15 9:00 Walk to the Park 11:00 The Andy Griffith Show 1:00 Bowling w/ Ana 2:00 Move It or Lose It w/ Theresa 3:00 Neighborhood Walk 3:30 Healing Hands 4:00 Laugh Lines</p> | <p>16 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Choir Practice 1:30 Neighborhood Walk 2:00 Scenic Drive “Coronado Ferry Landing” 3:30 Walk to the Park</p> | <p>17 9:30 Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Loteria 11:30 Ball ROM 1:30 Danny Lopez (MC) 2:30 Neighborhood Walk 3:00 Chair Yoga w/ Mirna 3:30 Nature Walk</p> | <p>18 9:30 The Daily Chronicle 10:00 Laughing Yoga 10:30 Kids Depot 11:30 Jeopardy 1:30 Chair Exercise 2:00 Art Therapy 3:30 Brain Games 4:00 Park Outing</p> | <p>19 9:00 Walk To the Park 9:30 The Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Laugh Lines 11:30 Bean Bag Toss 1:30 Minding Motion w/ Todd 2:30 Board Games 3:30 Indoor Soccer</p> <p>GOOD FRIDAY</p> | <p>20 9:30 The Daily Chronicle 10:00 Movement & Music w/ Janet 11:00 Seasonal Crafts 11:30 Ball Game 1:30 Sing Along w/ Trevor 2:30 VolleyBall ROM 3:00 Exercise Club 3:30 Hands Spa & Movie Social</p> |
| <p>21 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – At the Movies w/ Trevor (Mathes Center)</p> <p>EASTER</p> | <p>22 9:00 Walk to the Park 11:00 I Love Lucy 1:00 Bowling w/ Ana 2:00 Move It or Lose It w/ Theresa 3:00 Neighborhood Walk 3:30 SPA Day 4:00 Laugh Lines</p> | <p>23 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Parachute Fun 12:00 Neighborhood Walk 12:30 Scenic Drive “Balboa Park” 2:30 Afternoon Stretch 3:30 Walk to the Park</p> | <p>24 9:30 Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Brain Boosters 11:30 Ball ROM 1:30 Parasol Strutters 2:30 Neighborhood Walk 3:00 Chair Yoga w/ Mirna 3:30 Nature Walk 4:00 Jewelry Class</p> | <p>25 9:30 The Daily Chronicle 10:00 Morning Exercise 10:30 Kids Depot 11:00 Bingo 11:30 Jeopardy 1:30 Music Therapy w/ Allison 2:30 Art class 3:30 Baking w/ Andrea 4:00 Park Outing</p> | <p>26 9:00 Walk To the Park 9:30 The Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Laugh Lines 11:30 Bean Bag Toss 1:30 Minding Motion w/ Todd 2:30 Loteria 3:30 Unwinding with Art</p> | <p>27 9:30 The Daily Chronicle 10:00 Movement & Music w/ Janet 11:00 Calming Colors 11:30 Soccer Game 1:00 Neighborhood Walk 1:30 Danny Lopez 2:30 VolleyBall ROM 3:00 Fitness Club 3:00 Manis & Movies</p> |
| <p>28 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Gary San Pietro – Acoustic Guitar (Reflections)</p> | <p>29 9:00 Walk to the Park 11:00 Wheel Of Fortune 1:00 Bowling w/ Ana 2:00 Move It or Lose It w/ Theresa 3:00 Neighborhood Walk 3:30 Healing Hands 4:00 Laugh Lines</p> | <p>30 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Choir Practice 1:30 Chair Exercise 2:30 Puzzle Mania 3:30 Walk to the Park 4:00 Hand Spa</p> | | | | <p>Schedule subject to change. Please refer to the daily updates.</p> <p>St Paul's Plaza 1420 E Palomar CV 91913 License # 374603643</p> |