




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Gary San Pedro – Acoustic Guitar (Reflections)</p>	<p>HAPPY FATHER'S DAY!</p>	<p>KEY: MC - Mathes Center Community Room CH – Chapel PR – Pre Function Room PB – Pub P - Piazza</p> <p>All other activities are in Reflections Solarium</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>			<p>9:30 The Daily Chronicle 10:00 Woodworking Project 10:30 Art & Tea Social 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>2</p> <p>10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Classic Movie: "Singing in the Rain" (Reflections)</p>	<p>3</p> <p>9:00 Walk to the Park 10:00 Move It or Lose It w/ Theresa 11:00 Wheel of Fortune 1:30 Walking Club 2:30 Bowling w/ Ana 3:30 SPA Day 4:00 Laugh Lines</p>	<p>4</p> <p>9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Parachute Fun 1:00 Walk to the Park 2:30 Scenic Drive: "Coronado Ferry Landing" 3:30 PM Stretch 4:00 Puzzle Mania</p>	<p>5</p> <p>9:30 Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Brain Boosters 11:30 Ball ROM 12:00 Community Walk 12:30 Don's Drumming Session 1:30 Generations Dance (MC) 2:30 Neighborhood Walk 3:00 Chair Yoga w/ Mirna 3:30 Nature Walk</p>	<p>6</p> <p>9:30 Walking Club 10:00 The Daily Chronicle 10:30 Kids Depot 11:30 Jeopardy 1:30 Walk to the Park 2:30 Loteria 3:00 Soccer Game 3:30 PM Stretch 4:00 I Love Lucy</p>	<p>7</p> <p>9:30 The Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Crafting class w/ Karen 11:30 Bean Bag Toss 2:00 Laughter Yoga w/ Tom 2:30 Ice Cream Social 3:30 Bingo 4:00 Walk to the Park NATIONAL CHOCOLATE ICE CREAM DAY</p>	<p>8</p> <p>9:30 Walking Club 10:00 AM Exercise 11:00 Bowling Game 1:00 Neighborhood Walk 1:15 Resident Choir Performance (PR) 2:15 Ice Cream Social 2:30 Walking Club 3:00 Hand Massages 3:30 Manis & Movies</p>
<p>9</p> <p>10:30 Catholic Communion (CH) 1:00 Sunday Entertainment – Steve & Diane – Gospel Music (Pre Function Room) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB)</p> <p>FATHER'S DAY</p>	<p>10</p> <p>9:00 Walk to the Park 10:00 Move It or Lose It w/ Theresa 11:00 The Andy Griffith Show 1:30 Walking Club 2:00 Bowling w/ Ana 3:00 Puzzles with Friends 3:30 Healing Hands 4:00 Laugh Lines</p>	<p>11</p> <p>9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Choir Practice 1:00 Walk to the Park 2:30 Scenic Drive: "Gaslamp Quarter" 3:30 Fitness club 4:00 Brain Games</p>	<p>12</p> <p>9:30 Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Loteria 11:30 Ball ROM 1:30 Walk to the Park 2:30 Bean Bag Toss 3:00 Chair Yoga w/ Mirna 3:30 Nature Walk 4:00 Jewelry Class</p>	<p>13</p> <p>9:30 Walking Club 10:00 The Daily Chronicle 10:30 Kids Depot & Music Therapy w/ Mariel 11:30 Jeopardy 1:30 Music w/RayFrancisco (PR) 2:30 Neighborhood Walk 3:00 Chair Exercise 4:00 Park Outing</p>	<p>14</p> <p>9:30 The Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Crafting class w/ Karen 11:30 Bean Bag Toss 2:00 Laughter Yoga w/ Tom 2:30 Baking class 3:30 Loteria 4:00 Walk to the Park NATIONAL PEANUT BUTTER COOKIE DAY</p>	<p>15</p> <p>10:00 Art with Donna 11:30 am – 1:30pm Father's Day Celebration Please RSVP at Front Desk Kingpins of La Mesa Classic Car Show and Live Entertainment by 12:00 Danny Lopez</p> 
<p>16</p> <p>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>17</p> <p>9:00 Walk to the Park 10:00 Move It or Lose It w/ Theresa 11:00 I Love Lucy 1:30 Walking Club 2:30 Bowling w/ Ana 3:30 SPA Day 4:00 Laugh Lines</p>	<p>18</p> <p>9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Parachute Fun 1:00 Walk to the Park 2:30 Scenic Drive: "Embarcadero Marina Park" 3:30 PM Stretch 4:00 Puzzle Mania</p>	<p>19</p> <p>9:30 Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Brain Boosters 11:30 Ball ROM 1:00 Neighborhood Walk 1:30 Paul Nichols 2:30 Laugh Lines 3:00 Chair Yoga w/ Mirna 3:30 Nature Walk</p>	<p>20</p> <p>9:30 Walking Club 10:00 The Daily Chronicle 10:30 Kids Depot 11:30 Jeopardy 1:30 Health & Fitness w/ Janet 2:30 Calming Colors 3:00 Loteria 3:30 Wheel of Fortune 4:00 Walk to the Park</p>	<p>21</p> <p>9:30 The Daily Chronicle 10:00 Move It or Lose It w/ Theresa 11:00 Sing Along w/ Mary Jo 2:00 Laughter Yoga w/ Tom 2:30 Iced Tea Social 3:30 Board Games 4:00 Walk to the Park NATIONAL ICED TEA DAY</p>	<p>22</p> <p>9:30 Walking Club 10:00 Art with Donna 11:30 Soccer Game 1:00 Neighborhood Walk 1:30 Summer Jams "Hindy Bare" (Piazza) 2:30 Community Walk 3:00 Fitness Club 3:30 Manis & Movies 4:00 Daily Chronicle</p>

REFLECTIONS JUNE 2019

23
 10:30 Catholic Communion (CH)
 2:00 Plaza Service
 Non-Denominational (CH)
 2:45 Afternoon Tea (PB)
3:00 Sunday Entertainment
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Classic Movie: “Follow the Fleet” with Fred Astaire and Ginger Rodgers (Reflections)

9:00 Walk to
10:00 Move Theresa
 11:00 Dick Van Dyke Show
 1:30 Walking Club
 2:00 Bowling w/ Ana
 3:00 Puzzles with Friends
 3:30 Healing Hands
 4:00 Laugh Lines

11:00 Choir Practice
 11:30 Neighborhood Walk
12:00 Picnic at the Beach “Silverstrand State Beach”
 2:30 Afternoon Stroll
 3:00 Fitness Club
 4:00 Brain Games

11:00 Loteria
 11:30 Ball ROM
 1:00 Walking Club
1:30 Parasol Strutters
 2:30 Volley Ball
3:00 Chair Yoga w/ Mirna
4:00 Jewelry Class

Therapy w/ Marie!
 11:30 Jeopardy
1:30 Sing Along w/ Trevor(PR)
 2:00 VolleyBall
 3:30 Chair Exercise
 4:00 Reminiscence TV Show

11:00 Crating class w/ Karen
 11:30 Bean Bag Toss
2:00 Laughter Yoga w/ Tom
 2:30 Cooking Class
 3:30 Indoor Soccer
 4:00 Walk to the Park
WAFFLE IRON DAY

28
 le
 It w/
29
 9:30 Daily Picnic
10:00 Sing Along w/ Donna
 11:00 Aromatherapy
 11:30 Ball Game
1:30 Sing Along w/ Trevor
 2:30 VolleyBall ROM
 3:00 Exercise Club
 3:30 Hands Spa & Movie Social

