

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – At the Movies w/ Charlie: “Come September” (Reflections)</b>	2 9:00 AM Walk <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 I Love Lucy 1:00 PM Walk <b>1:30 Hatha Yoga w/ Mirna</b> 2:30 Volleyball Game 3:00 Nature Walk 3:30 Loteria (P) <b>LABOR DAY</b>	3 9:30 Chaplain Chat <b>10:15 Zumba w/ Miguel</b> 11:00 America’s Funniest Videos Show <b>1:30 House Based Activities</b> Puzzles, Manicures, Art Projects, etc.	4 9:30 Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 Jeopardy 2:00 PM Walk 2:30 Balloon ROM <b>3:00 Chair Yoga w/ Mirna</b>	5 9:30 Walking Club <b>10:00 Kids Depot</b> 11:00 Calming Colors 1:30 Community Walk <b>2:00 History Lady (MC)</b> 3:00 Bowling Game 3:30 Fitness Club 4:00 Puzzle Mania	6 9:30 The Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> <b>11:00 Crafts w/ Karen</b> 1:00 Neighborhood Walk <b>1:30 Grupo Rikacha (Piazza)</b> 2:30 Parachute Fun 3:00 Flower Arranging 4:00 Walk to the Park	7 9:30 Walking Club 10:00 Volleyball ROM 10:30 AM Stretch 11:00 Bingo Social 1:00 Neighborhood Walk <b>1:30 Sing Along w/ Trevor (REF)</b> <b>2:30 Humane Society</b> 3:30 Movie & Popcorn Social 4:00 Hand Spa
8 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment –At the Movies w/ Charlie: “4 For Texas”(Reflections) GRANDPARENTS DAY</b>	9 9:00 AM Walk <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 The Three Stooges 1:30 PM Walk 2:30 Tennis Game 3:00 Nature Walk 3:30 Bingo @ the Piazza	10 9:30 Chaplain Chat <b>10:15 Zumba w/ Ana</b> 10:45 Soccer Game 11:00 Sing-a-long w/ Andrea <b>12:00 Scenic Drive : “Otay Lakes”</b> 3:00 Aromatherapy 3:30 Puzzles with Friends	11 9:30 Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 Laugh Lines 1:00 Community Walk <b>1:30 Komazabe Band (Piazza)</b> 2:30 Balloon ROM <b>3:00 Chair Yoga w/ Mirna</b> 3:30 Nature Walk <b>4:00 Jewelry Class</b>	12 9:30 Walking Club 10:00 The Daily Chronicle <b>10:30 Intergenerational Music Therapy w/ Mariel</b> 1:00 Afternoon Walk <b>1:30 Music w/ Ray Francisco (PR)</b> 2:30 Bean Bag Toss 3:30 Table Games	13 9:30 The Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> <b>11:00 Crafts w/ Karen</b> 1:30 Neighborhood Walk <b>2:00 Laughter Yoga w/ Tom</b> <b>3:00 Visit from the Girl Scouts</b> 4:00 Walk to the Park	14 <b>11:30 – 1:30 Grandparents Day Event (Piazza) RSVP Essential</b>  <b>1:30 Trevor’s Piano Concert (Prefunction Room)</b> 2:30 Movie & Popcorn Social 3:00 Hands Spa
15 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – At the Movies w/ Charlie: “The Philadelphia Story” (Reflections)</b>	16 9:00 AM Walk <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 I Love Lucy 1:00 PM Walk <b>1:30 La Rondalla de San Diego Folklore Music (MC)</b> 2:30 Volleyball Game 3:00 Nature Walk 3:30 Loteria (P)	17 9:30 Chaplain Chat <b>10:15 Zumba w/ Miguel</b> 10:45 Soccer Game 11:00 Choir Practice 2:00 Walk to the Park <b>2:30 Scenic Drive : “J Street Marina”</b> 3:00 Afternoon Stroll 3:30 Bingo @ the Piazza	18 9:30 Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 Jeopardy 1:00 Neighborhood Walk <b>1:30 Oktoberfest Celebration w/ Gypsy Folk Ensemble (MC)</b> 2:30 Balloon ROM <b>3:00 Chair Yoga w/ Mirna</b> 3:30 Nature Walk	19 9:30 Walking Club 10:00 The Daily Chronicle <b>10:30 Kids Depot</b> 11:00 Calming Colors 1:00 Community Walk 1:30 Fitness Club 2:30 Loteria 3:00 Bowling Game 4:00 Puzzle Mania	20 9:30 The Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> <b>11:00 Sing Along w/ Mary Jo</b> 1:30 Neighborhood Walk 2:00 Parachute Fun 3:00 Flower Arranging 3:30 Board Games 4:00 Walk to the Park	21 9:30 Walking Club 10:00 Volleyball ROM 10:30 AM Stretch 11:00 Bingo Social 1:00 Neighborhood Walk <b>1:30 Sing Along w/ Trevor (REF)</b> <b>2:30 Humane Society</b> 3:30 Movie & Popcorn Social 4:00 Hand Spa
22 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment - At the Movies w/ Charlie: “Calamity Jane” (Reflections)</b>	23 9:00 AM Walk <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 The Three Stooges <b>1:30 Hatha Yoga w/ Mirna</b> 2:30 Tennis Game 3:00 Nature Walk 3:30 Bingo @ the Piazza	24 9:30 Chaplain Chat <b>10:15 Zumba w/ Miguel</b> 10:45 Soccer Game 11:00 Sing-a-long w/ Andrea <b>1:00 Episcopal Service(CH)</b> <b>2:30 Scenic Drive: “Balboa Park”</b> 3:00 Afternoon Stroll 3:30 Brain Games	25 9:30 Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 Brain Games 1:30 Community Walk 2:30 Balloon ROM <b>3:00 Chair Yoga w/ Mirna</b> 3:30 Nature Walk <b>4:00 Jewelry Class</b>	26 9:30 Walking Club 10:00 The Daily Chronicle <b>10:30 Intergenerational Music Therapy w/ Mariel</b> 1:00 Afternoon Walk <b>1:30 Resident Birthday Celebrations (PR)</b> 2:30 Bean Bag Toss 3:00 Table Games	27 9:30 The Daily Chronicle <b>10:00 Move It or Lose It w/ Theresa</b> <b>11:00 Crafts w/ Karen</b> 1:30 Neighborhood Walk <b>2:00 Laughter Yoga w/ Tom</b> 3:00 Baking Class 4:00 Walk to the Park	28 9:30 Walking Club 10:00 Art Projects 11:00 Aromatherapy 1:00 Neighborhood Walk <b>1:30 Trevor’s Piano Concert (Prefunction Room)</b> 2:30 Volleyball ROM 3:00 Movie & Popcorn Social 3:30 Hand Spa
29 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – At the Movies w/ Charlie: “Singing in the Rain” (Reflections)</b>	30 9:00 AM Walk <b>10:00 Move It or Lose It w/ Theresa</b> 11:00 I Love Lucy 1:00 PM Walk 2:30 Volleyball Game 3:00 Nature Walk 3:30 Loteria (P)		 <b>Labor Day</b>		<b>KEY:</b> REF – Reflections Solarium MC - Mathes Center CH – Chapel PR – Pre Function Room PB – Pub P – Piazza (Front Lawn Area)	<b>Schedule subject to change. Please refer to the daily updates.</b>  <b>St Paul’s Plaza</b> 1420 E Palomar CV 91913 License # 374603643  <b>All other activities are in Reflections Solarium</b>