



DECEMBER 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Earl Vaults Saxophone (REF)	3 9:00 Walk to Park (LB) 10:00 Swim Independent 10:30 Spanish Class (LIB) 2:00 Bingo with Sharon (L2) 3:00 The History Lady (MC) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)	4 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 1:30 Travel Video 2:00 Employee Appreciation Party (MC) 3:00 Scrabble Club (LIB) 3:00 Gentle Stretching Class (DS)	5 8:30 Shopping Trip @ (LB) 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Trevor Gibson & LUV Christmas Sing along (REF) 2:45 Leo Rocco's Group (L2) 3:00 Veterans Group (L3)	6 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (L2) 11:00 Janet's Exercise (DS) 1:00 The Silver Steppers Christmas Show (MC) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 6:30 Evening Movie (L2)	7 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 1:30 Wellness talk (MC) 1:30 Circle of Share (L2) 2:30 Gentle Stretch Class (DS) 3:00 Resident Happy Hour (L2)	8 9:00/10:45 Tai Chi (MC) 10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Trevor's Christmas Choir (PR) 2:30 Saturday Matinee (L2) 4:00 ANNUAL BOARD TEA
9 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Danny Lopez – Singer & Guitarist (REF)	10 9:00 Walk to Park (LB) 10:00 Swim Independent 10:30 Spanish Class (LIB) 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)	11 10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 1:30 Harmony Galore Singers (MC) 2:30 CHEF'S CHAT (PB) 3:00 Scrabble Club (LIB) 3:00 Gentle Stretch Class (DS)	12 8:30 Shopping Trip @ (LB) 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Lunch Outing @\$ (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 California Girls Christmas Show (MC) 2:45 Leo Rocco's Group (L2)	13 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (L2) 11:00 Janet's Exercise (DS) 1:30 TOWN HALL (MC) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 5:45 – 7:30 CHRISTMAS LIGHTS (LB)	14 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 10:30 Pacific Coast Choir (MC) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 1:30 Circle of Share (L2) 2:30 Gentle Stretch Class (DS) 3:00 Resident Happy Hour (L2) 6:00 Kid's Depot Christmas Show (MC)	15 10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Trevor's Christmas Choir (PR) 2:30 Saturday Matinee (L2) 5:00 Mater Dei Carolers (DR)
16 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment - Serenity Singers Carols (REF)	17 9:00 Walk to Park (LB) 10:00 Swim Independent 2:00 Bingo with Sharon (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)	18 10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 1:30 Plaza Residents' Christmas Show (MC) 3:00 Scrabble Club (LIB) 3:00 Gentle Stretch Class (DS)	19 8:30 Shopping Trip @ (LB) 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Entertainer (MC) 2:45 Leo Rocco's Group (L2)	20 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (L2) 11:00 Janet's Exercise (DS) 1:30 Flower Arranging (L3) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 4:30 Birthday Dinner (DR) 6:30 Evening Movie (L2)	21 9:00 Walk to Park (LB) 9:30 OUTING TO JULIAN (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 2:30 Gentle Stretch Class (DS) 3:00 Resident Happy Hour (L2)	22 10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 2:00 Christmas from the Islands Performance (MC) 4:45 – 7:00 OUTING @ Catholic Mass Coronado (LB)
23 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Trevor Gibson (REF)	24 9:00 Walk to Park (LB) 10:00 Swim Independent 10:30 Hand Spa & Wellness Circle w/Ana (L2) 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)	25 CHRISTMAS DAY LUNCH RSVP ESSENTIAL 	26 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 2:00 Movie "The Holiday" (L2)	27 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (L2) 11:00 Janet's Exercise (DS) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 6:30 Evening Movie (L2)	28 9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Janet's Gym 1:30 Circle of Share (L2) 2:30 Gentle Stretch Class (DS) 3:00 Resident Happy Hour (L2)	29 10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Saturday Matinee (L2)
30 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment – Trevor Gibson (REF)	31 10:00 Swim Independent NOON YEAR'S EVE CELEBRATION & BBQ 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)	KEY: 1 st Floor MC Mathes Center PR Pre Function Room L1 Living Room LB Lobby at Reception; PB Pub; PL Pool; DS Dance Studio; PG Playground;	LIB Library 2 nd Floor; TR2 Terrace 2 nd Floor TR4 Terrace 4 th Floor A3 Activities 3 rd Floor; - Family Rooms - L2 PRADO - 2 nd Floor; L3 CROWN - 3 rd Floor; L4 BRIDGE - 4 th Floor; REF Reflections Solarium	\$ Fee attached @ Sign Up at Reception Schedule subject to change - Please refer to weekly and daily updates. St Pauls Plaza 1420 E Palomar CV 91913 license # 374603643 	1 9:00/10:45 Tai Chi (MC) 10:00 Swim Independent (PL) 11:00 Janet's Exercise (REF) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Humane Society (REF) 2:30 Trevor's Christmas Choir (PR) 2:30 Saturday Matinee (L2) 4:30 Mater Dei Christmas Carolers (DR)	