

CONNECTED LIVING BY SENTRICS



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St Paul’s Senior Services has introduced a new technology access platform for residents, families and staff. Connected Living is a user-friendly web-based app to help residents stay connected to their community. Our residents will be able to find the latest updates on our calendars, easily sign up for activities and receive important community announcements from any device with internet access. Photos,

online activities and community resources are also incorporated into the app. We have introduced the Connected Living App to our most tech savvy residents who are, to date, finding it to be very convenient. In addition to the above they are able to view the daily and weekly menus and contact any of the staff in the directory via email from the app. We hope to transition anyone with a smart phone, laptop or tablet to utilizing this platform. It will serve our environment as we do away with all that printed paper and enable consistency in the information we provide as any changes will be immediately available though Connected Living. There will be another opportunity soon for more residents to get signed up and trained on how to use this new app. The pilot group of residents are happy to help others to get adjusted to the new technology. Look for the TV in the Pub, outside the Mathes Center and behind Reception at the elevator to see the daily schedule, menu and bulletins of what’s coming up in our activities program.

WELCOME LINDA SPENCE

Linda grew up in San Jose, California. She worked as a client manager at Rebecca Children’s Service for 27 years. She has been with St Pauls for 9 years working at all of the communities. In her off time she loves to be with family and her 2 grandsons keep her extremely busy. She also takes care of her aging mother. In Linda’s younger years she was an avid golfer and bowler. Welcome Linda!



LINDA - ADMISSIONS SPECIALIST



St. Paul’s Plaza
1420 East Palomar Street • Chula Vista, CA 91913
(619) 591-0600 • www.stpaulseniors.org

A CONNECTED COMMUNITY

ST. PAUL’S PLAZA Associates

Kim Stratman
VP Operations/Housing

Maria Sano
Assistant Administrator

Ivonne Nochez
Director of Nursing

Lindsay Calvo
Resident Services Coordinator

Paul Gonzales
Chef Dining Manager

Monica Stuhler
Housekeeping Supervisor

Victor Meza
Maintenance Supervisor



JACKIE & LIZ



DONNA, JANET, CORNELL & ANDREA

The Plaza has beautiful connections being made every day. New heartfelt friendships are created. The act of holding hands not only bonds a friendship it also helps to relieve stress, lower blood pressure and slows the heart rate. Community events bring laughter and joy. Our adventures to restaurants, especially to meet with our friends from the Manor, and outings like the Chinese New Year at our event center in Banker’s Hill keep the St Paul’s

Community in touch. The ripple effect of all our positive thoughts and kind actions is what makes The Plaza a vibrant, enriching and caring place to live. We have a number of “angels” in our midst (you know who you are) who take time to visit with residents who are on hospice and going through difficult times. Thank you. The act of giving and kindness helps to make each day a pleasure for us and others. So let’s smile and appreciate each other.



THE PARTY PEOPLE!



OUTING TO JULIAN - BOB & ROBYN



March 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Associates Continued

Alyssa Casillas
Dining Service Manager

Linda Spence
Admissions Specialist

Activity Coordinators
Janet Blair
Fitness, Health & Enrichment

Donna Grissom
Enrichment

Schedule Subject to Change
Check Connected
Living/Weekly & Daily
Updates

LOCATION KEY

All floors	All floors
Dance Studio	DS
Living Rm 3rd FL	L3
Mathes Center	MC
Activities Rm 3rd FL	A3
Living Rm 2nd FL	L2
Outing	OUT
MC Lobby	MC Lobby
Pool	PL



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31 MARCH

Easter
10:00 Roman Catholic Service MC
10:30 The Dialogue MC
11:00 Color Therapy L3
2:30 Chaplain John Service MC

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Find the Leprechaun All floors
10:00 Roman Catholic Service MC
10:30 The Dialogue MC
11:00 Color Therapy L3
11:00 Girl Scouts Selling MC Lobby
Cookies
1:30 Craft Corner A3
2:30 Chaplain John Service MC

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8:30 Pool Therapy
9:00 Shopping w/ Suzanne MC
10:00 Move with Music Ruby DS
10:30 Laura's Knitting L3
11:00 Out to Lunch: Cafe La MazeOUT
1:30 Strength & Stretch w/ DS
Theresa
2:00 Bingo Extra Extra A3

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8:30 Pool Therapy PL
11:00 Strength and Aerobics w/ DS
Theresa
11:00 Gym Club GYM
11:30 Out to Lunch Corvette OUT
Diner
2:00 Price is Right Game L3
3:15 Range of Motion A3

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8:30 Pool Therapy
9:45 Prayer Service S4
10:00 Chaplain Chat L2
10:00 Shopping Trip Marshalls/ OUT
CVS
11:00 Balls, Bands & Balance w/ DS
Janet
2:00 Get Up & Go w/ Mary Jo A3

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8:30 Pool Therapy PL
10:30 Spanish Class Loteria Game L3
11:00 Zumba w/ Rachel DS
1:00 Shopping: Marshalls / CVS OUT
2:00 Pub Trivia Pub
3:00 Movie: Ray L2
3:15 Range of Motion A3

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8:30 Pool Therapy
10:00 Room Visits w Donna All floors
10:00 Casino Viejas Casino OUT
11:00 Strength and Balance w/ DS
Theresa
11:00 Color Therapy L3
1:30 Steve & Gary MC
3:00 Happy Hour Social L3

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Find Leprechaun Ends All floors
8:30 Pool Therapy
10:00 Tech Help with Volunteers A3
11:15 Range of Motion MC
1:00 Opera w/ Jack L2
1:45 Balloon Volleyball & A3
Bowling
3:00 Meditation CH

10

10:00 Roman Catholic Service MC
10:30 The Dialogue MC
11:00 Color Therapy L3
1:30 Craft Corner Easter Fun A3
2:30 Chaplain John Service MC

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8:30 Pool Therapy
10:00 Move with Music Ruby DS
10:30 Laura's Knitting L3
11:00 Scenic Drive Coronado & OUT
Shopping
1:30 Strength & Stretch w/ DS
Theresa
2:00 Bingo A3
3:00 Words in Words A3

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7:00 Spiritual Counseling & CH
12:30 - 3:00
8:30 Pool Therapy PL
10:00 Beach Walk on the IB Pier OUT
10:15 Communion Service w/ Rev MC
Cristina
11:00 Strength and Aerobics w/ DS
Theresa
1:30 Movie: The Geisha Boy A3
2:00 National Geographic Travel L2
Video

13

8:30 Pool Therapy
9:45 Prayer Service S4
10:00 Chaplain Chat L2
10:00 Shopping: Costco / WalmartOUT
11:00 Balls, Bands & Balance w/ DS
Janet
1:30 Nutrition and the Brain MC
3:00 Comedy - Jerry Lewis A3

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8:30 Pool Therapy PL
10:30 Tech Help with Axel L3
11:00 Zumba w/ Rachel DS
1:00 Shopping: Costco / WalmartOUT
2:00 Guest Speaker Justin L3
2:00 Movie: Just like Heaven L2
3:15 Range of Motion MC

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8:30 Pool Therapy
10:00 Room Visits w Donna All floors
11:00 Strength and Balance w/ DS
Theresa
11:00 Color Therapy L3
1:30 Traditional Irish Ballads MC
3:00 Happy Hour Social L3

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8:30 Pool Therapy
10:00 Tech Help with Volunteers A3
11:15 Range of Motion w/ Theresa MC
1:00 Opera w/ Jack L2
1:30 Laughing Yoga w/ Tom REF
1:30 Silk Scarf Painting A3

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St Patrick's Day
10:00 Roman Catholic Service MC
10:30 The Dialogue MC
11:00 Color Therapy L3
1:30 Tea Time A3
2:30 Chaplain John Service MC

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8:30 Pool Therapy
9:00 Shopping w/ Hilda MC
10:00 Move with Music Ruby DS
10:30 Laura's Knitting L3
11:00 Out to lunch J Street OUT
Marina
12:00 Love on the Leash LB
1:30 Strength & Stretch w/ DS
Theresa
2:00 Bingo A3
3:00 Card Writing Class A3

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8:30 Pool Therapy PL
10:00 Out to Breakfast Society OUT
11:00 Strength and Aerobics w/ DS
Theresa
11:00 Gym Club GYM
2:00 Chat with Chef Paul MC
2:30 Rob the Table L3
3:15 Range of Motion MC

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8:30 Pool Therapy
9:45 Prayer Service S4
10:00 Chaplain Chat L2
10:00 Shopping: Ralphs / CVS OUT
11:00 Balls, Bands & Balance w/ DS
Janet
2:00 Get Up & Go w/ Mary Jo A3
4:30 Birthday Celebrations MC

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8:30 Pool Therapy PL
10:30 Loteria Game L3
11:00 Zumba w/ Rachel DS
1:30 Travel Video: Grand
Glaciers
2:00 Resident Council MC
3:00 Gigi Volunteer Easter Eggs L3
3:15 Range of Motion A3

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8:30 Pool Therapy
10:00 Room Visits w Donna All floors
11:00 Color Therapy L3
11:00 Strength and Balance w/ DS
Theresa
1:30 Sophisticats
3:00 Happy Hour Social L3

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8:30 Pool Therapy
10:00 Tech Help with Volunteers A3
11:15 Range of Motion MC
1:00 Opera w/ Jack L2
1:45 Joyful Sounds A3
2:45 The Life of Nat King Cole A3
3:00 Meditation CH

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10:00 Roman Catholic Service MC
10:30 The Dialogue MC
11:00 Color Therapy L3
1:30 Craft Corner A3
2:30 Chaplain John Service MC

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8:30 Pool Therapy
10:00 Move with Music Ruby DS
10:00 Out to Lunch DZ Akins OUT
10:30 Laura's Knitting L3
1:30 Strength & Stretch w/ DS
Theresa
1:30 Town Hall MC
2:00 Bingo A3
3:00 Grandparent Talk Game A3

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7:00 Spiritual Counseling & CH
12:30 - 3:00
8:30 Pool Therapy PL
10:15 Communion Service Rev MC
Cristina
11:00 Strength and Aerobics w/ DS
Theresa
2:00 True or False Game L3
3:15 Range of Motion A3

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8:30 Pool Therapy
9:45 Prayer Service S4
10:00 Chaplain Chat L2
10:00 Shopping Trip: Vons / OUT
Target
11:00 Balls, Bands & Balance w/ DS
Janet
1:15 Gary The History Guy A3
2:30 Yoga Stretch MC
3:30 Book Club A3

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8:30 Pool Therapy PL
10:30 Tech Help with Axel L3
11:00 Zumba w/ Rachel DS
1:00 Shopping: Vons / Target OUT
2:00 Residents & Employee L3
Mingle
2:00 Movie: Moulin Rouge L2
3:15 Range of Motion A3

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Good Friday
8:30 Pool Therapy
11:00 Strength and Balance w/ DS
Theresa
11:00 Color Therapy L3
11:00 Easter Service w/ Chaplain MC
John
1:30 Ray Francisco MC

30

8:30 Pool Therapy
10:00 Tech Help with Volunteers A3
11:15 Range of Motion MC
1:00 Opera w/ Jack L2
1:30 The Easter Story A3
2:45 Wine & Cheese Social A3