





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DIMENSIONS OF WELLNESS KEY:</b></p> <p>OUTINGS SOCIAL FITNESS CREATIVE INTERGENERATIONAL EDUCATIONAL SPIRITUAL</p>	<p>Pool &amp; Gym Open Everyday 8:30 - 10:30 A.M.</p> <p>Range Of Motion Classes @ Gym Tues – Thurs 9:30 A.M.</p>	<p>1 9:30 Community Walk (LB) 10:00 Chaplain Chat (L2) 10:15 Zoom I/G Program (A3) 11:00 Strength &amp; Balance (DS) 2:00 Chef Chat (MC) 2:00 Puzzle Challenge (L3) 3:00 Travel Video (L2) 3:30 Range of Motion (L4)</p>	<p>2 10:00 Shopping Trip: Walmart/ Home Depot/Subway/ Carl's Jr (LB) 11:00 Strength &amp; Balance (DS) 1:30 Travel Video (L2) 1:30 Balloon Volleyball (L4S) 2:45 Guided Art Class (L3)</p>	<p>3 11:00 Stretch &amp; Balance (DS) 11:00 Tech Help (L3) 1:00 Shopping Trip: Walmart/ Home Depot/Subway/ Carl's Jr (LB) 1:30 Netflix Series (L2) 2:00 Seminar – Talents are we born with them? (A3) 3:30 Range of Motion (L4)</p>	<p>4 11:00 Strength &amp; Balance (DS) 2:00 Movie Matinee - Emma w/ Popcorn (MC) 3:30 Range of Motion (L4)</p> 	<p>5 10:30 Pet Therapy (P) 1:15 Netflix – The Crown (L2) 1:30 Choir (A3) 3:00 Meditation &amp; Stretch (A3)</p>
<p>6 1:00 Crafts Class (L3) 2:30 Chaplain John's Non-Denominational Service (CH)</p> 	<p>7 11:00 Scenic Drive – Old Town Historical Park (LB) 2:00 Bingo (A3) 3:00 Crafts Class (A3)</p>	<p>8 9:30 Community Walk (LB) 10:00 Chaplain Chat (L2) 10:15 Zoom I/G Program (A3) 11:00 Strength &amp; Balance (DS) 1:00 Holy Communion (CH) 1:30 Spanish Class (A3) 2:00 Puzzle Challenge (L3) 3:00 Tech Help (A3) 3:30 Range of Motion (L4)</p>	<p>9 10:00 Shopping Trip: Home Goods, Ross, McDonalds World Market (LB) 11:00 Strength &amp; Balance (DS) 1:30 Seminar - How to Get Motivated (A3) 2:45 Guided Art Class (L3)</p>	<p>10 9:30 Community Walk (LB) 11:00 Strength &amp; Balance (DS) 12:00 Summer Picnic at Heritage Park 1:00 Shopping Trip: Home Goods, Ross, McDonalds World Market (LB) 1:30 Netflix Series (L2) 3:00 Flower Arranging (L3) 3:30 Range of Motion (L4)</p>	<p>11 11:00 Strength &amp; Balance (DS) 11:00 Baking Class – Cup Cake Decorating (L3) 2:00 Outdoor Entertainment w/ Ray Francisco (P)</p>	<p>12 1:15 Netflix – The Crown (L2) 1:15 Movie: Hachi – A Dog's Tale (MC)</p>
<p>13 1:00 Art Class (L3) 2:30 Chaplain John's Non-Denominational Service (CH) 3:15 Dessert Social (L3)</p>	<p>14 11:00 Scenic Drive – Balboa Park (LB) 2:00 Rob The Table (A3) 3:00 Crafts Class (A3)</p>	<p>15 9:30 Community Walk (LB) 10:00 Chaplain Chat (L2) 11:00 Color Therapy (L3) 11:00 Strength &amp; Balance (DS) 1:30 Travel Video (L2) 1:30 Spanish Choir (A3) 2:00 Puzzle Challenge (L3) 3:30 Range of Motion (L4)</p>	<p>16 10:00 Shopping Trip: Dollar Tree/ Aldi's/ Kohl's (LB) 11:00 Strength &amp; Balance (DS) 1:30 Travel Video (L2) 1:30 Belly Laughs – Funny Videos (A3) 2:45 Guided Art Class (L3)</p>	<p>17 9:30 Community Walk (LB) 11:00 Strength &amp; Balance (DS) 11:00 Tech Help (L3) 1:00 Shopping Trip: Dollar Tree/ Aldi's/ Kohl's (LB) 1:30 Netflix Series (L2) 2:00 Resident Council (MC) 2:00 Patio Games (P) 3:30 Range of Motion (L4)</p>	<p>18 11:00 Strength &amp; Balance (DS) 2:00 Father's Day Celebration w/ Entertainer Michele Lundeen (P) 3:30 Range of Motion (L4)</p>	<p>19 11:00 Strength &amp; Balance (DS) 1:15 Netflix – The Crown (L2) 1:30 Choir (A3) 3:00 Meditation &amp; Stretch (A3)</p>
<p>20 1:00 Crafts Class (L3) 2:30 Chaplain John's Non-Denominational Service (CH)</p> 	<p>21 11:00 Scenic Drive – Coronado Island (LB) 2:00 Town Hall (MC) 2:00 Bingo (A3) 3:00 Crafts Class (A3)</p>	<p>22 9:30 Community Walk (LB) 10:00 Chaplain Chat (L2) 11:00 Strength &amp; Balance (DS) 1:00 Holy Communion (CH) 1:30 Spanish Class (A3) 2:00 Puzzle Challenge (L3) 3:00 Tech Help (A3) 3:30 Range of Motion (L4)</p>	<p>23 10:00 Shopping Trip: Trader Joes/ Sprouts/ TJ Maxx (LB) 11:00 Strength &amp; Balance (DS) 1:30 Seminar – Think Outside the Box (A3) 2:45 Guided Art Class (L3)</p>	<p>24 9:30 Community Walk (LB) 11:00 Strength &amp; Balance (DS) 11:00 Tech Help (L3) 1:00 Shopping Trip: Trader Joes/ Sprouts/ TJ Maxx (LB) 1:00 Balloon Volleyball &amp; Patio Games Resident Social (L4S) 3:00 Flower Arranging (L3) 3:30 Range of Motion (L4)</p>	<p>25 11:00 Strength &amp; Balance (DS) 2:00 Monthly Birthday Celebration w/ Rikacha (P) 3:30 Range of Motion (L4)</p>	<p>26 11:00 Strength &amp; Balance (DS) 1:15 Netflix – The Crown (L2) 1:30 Choir (A3) 3:00 Meditation &amp; Stretch (A3)</p>
<p>27 1:00 Art Class (L3) 2:30 Chaplain John's Non-Denominational Service (CH) 3:15 Dessert Social (L3)</p>	<p>28 11:00 Scenic Drive – La Jolla Cove (LB) 2:00 Rob The Table (A3) 3:00 Crafts Class (A3)</p>	<p>29 9:30 Community Walk (LB) 10:00 Chaplain Chat (L2) 11:00 Color Therapy (L3) 11:00 Strength &amp; Balance (DS) 1:30 Spanish Choir (A3) 2:00 Puzzle Challenge (L3) 3:00 Tech Help (A3) 3:30 Range of Motion (L4)</p>	<p>30 10:00 Shopping Trip: Hobby Lobby/ Party City/ Aldi's (LB) 11:00 Strength &amp; Balance (DS) 1:30 Travel Video (L2) 1:30 Belly Laughs – Funny Videos (A3) 2:45 Guided Art Class (L3)</p>	<p><b>ROOM KEY:</b> A3 –Activities Room 3rd Floor CH – Chapel DS – Dance Studio L 2/ 3/ 4/ – Family Rooms LB – Lobby by Reception MC – Mathes Center P – Piazza PB – Pub L4S – Solarium 4<sup>th</sup> Floor</p>	 <p>ALZHEIMER'S &amp; BRAIN awareness month</p>	<p>Please note schedule subject to change. A Weekly Update Is Provided in your Mailbox.</p> <p>St Paul's Plaza 1420 E Palomar St Chula Vista 91913 License # 374603643</p>