



# REFLECTIONS 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) <b>3:00 Sunday Entertainment – Earl Vaults Saxophone (REF)</b>	3 9:00 Walk to the Park 9:30 Jeopardy 10:00 Balloon Volleyball 10:45 Seasonal Crafts 1:00 Bowling w/ Ana 2:00 Live 2 Be Healthy Chair Exercise <b>3:00 The History Lady (MC)</b>	4 9:30 Chaplain Chat 10:15 Zumba w/Miguel 1:00 Choir Practice w/Andrea 2:00 Cynthia’s Craft Class 3:00 In The Kitchen w/ Andrea	5 9:00 Walk to the Park 9:30 Daily Chronicle 10:00 Live 2 Be Healthy Chair Exercise 11:00 Word Search 1:00 Neighborhood Walk 1:30 LUV Xmas Concert 3:00 Hatha Chair Yoga w/ Mirna	6 9:30 The Daily Chronicle 10:00 In Motion 10:30 Music Therapy w/Emma 11:30 Jeopardy <b>1:00 The Silver Steppers Christmas Show (MC)</b> 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Indoor Soccer	7 9:00 Walk To the Park 9:30 The Daily Chronicle 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 11:30 Ring Toss 1:00 Beading & Sorting 2:00 Aromatherapy 3:00 Neighborhood Walk	8 9:00 The Daily Chronicle 9:30 Indoor Soccer 10:00 A.M. Stretch 10:30 Seasonal Crafts 11:00 Soccer Game 1:30 Chair Tap Dancing w/ Trevor Gibson 2:30 Karaoke 3:30 Patio Visit
9 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – Danny Lopez – Singer &amp; Guitarist (REF)</b>	10 9:00 Walk to the Park 9:30 Jeopardy 10:45 Seasonal Crafts 1:00 Bowling w/ Ana 2:00 Live 2 Be Healthy Chair Exercise 3:00 Neighborhood Walk 3:30 Gardening Projects	11 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Soccer Game 11:00 Choir Practice <b>1:30 Harmony Galore Singers (MC)</b> 2:30 Neighborhood Walk 3:00 In The Kitchen w/ Andrea	12 9:00 Walk to the Park 9:30 Daily Chronicle 10:00 Live 2 Be Healthy Chair Exercise 11:00 Word Search 11:30 Soccer Game 1:00 Neighborhood Walk 1:30 Entertainment with California Girls (MC) 3:00 Hatha Chair Yoga w/ Mirna	13 9:30 The Daily Chronicle 10:00 Morning Stretch 10:30 Puzzles & Games 11:30 Jeopardy 1:00 Art Class 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Indoor Soccer <b>5:45 – 7:30 Christmas Lights (TBC)</b>	14 9:00 Walk To the Park 9:30 The Daily Chronicle <b>10:30 Pacific Coast Choir (MC)</b> 1:30 Circle of Share (L2) 1:00 Beading & Sorting 2:00 Aromatherapy 3:00 Neighborhood Walk <b>6:00 Kid’s Depot Christmas Show (MC)</b>	15 9:00 The Daily Chronicle 9:30 Indoor Soccer 10:00 A.M. Stretch 10:30 Seasonal Crafts 11:00 Soccer Game 1:00 Neighborhood Walk 1:30 Chair Tap Dancing w/ Trevor Gibson 2:30 Table Tennis 3:30 Patio Visit
16 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment - Serenity Singers Carols (REF)</b>	17 9:00 Walk to the Park 9:30 Jeopardy 10:00 Balloon Volleyball 10:45 Seasonal Crafts 1:00 Bowling w/ Ana 2:00 Live 2 Be Healthy Chair Exercise 3:00 Neighborhood Walk 3:30 Gardening Projects	18 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Puzzles & Beading 1:00 Neighborhood Walk <b>1:30 Plaza Residents’ Christmas Show (MC)</b> 2:30 Neighborhood Walk 3:00 In The Kitchen w/ Andrea	19 9:00 Walk to the Park 9:30 Daily Chronicle 10:00 Live 2 Be Healthy Chair Exercise 11:00 Word Search 11:30 Soccer Game 1:00 Neighborhood Walk 1:30 Entertainment with California Girls (MC) 3:00 Hatha Chair Yoga w/ Mirna	20 9:30 The Daily Chronicle 10:00 In Motion 10:30 Music Therapy w/Emma 11:30 Jeopardy 1:00 Art Class 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Indoor Soccer 4:00 Birthday Dinner	21 9:00 Walk To the Park 9:30 The Daily Chronicle 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 11:30 Ring Toss 1:00 Beading & Sorting 2:00 Aromatherapy 3:00 Neighborhood Walk	22 9:00 The Daily Chronicle 9:30 Indoor Soccer 10:00 A.M. Stretch 10:30 Seasonal Crafts 11:30 Soccer Game <b>2:00 Christmas from the Islands Performance (MC)</b> 3:30 Patio Visit
23 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – Trevor Gibson (REF)</b>	24 9:00 Walk to the Park 9:30 Jeopardy 10:45 Seasonal Crafts 1:00 Bowling w/ Ana 2:00 Live 2 Be Healthy Chair Exercise 3:00 Neighborhood Walk 3:30 Gardening Projects	25 <b>CHRISTMAS DAY LUNCH RSVP ESSENTIAL</b> 	26 9:00 Walk to the Park 9:30 Daily Chronicle 10:00 Live 2 Be Healthy Chair Exercise 11:00 Word Search 11:30 Soccer Game 1:00 Neighborhood Walk 1:30 Prado Karaoke 3:00 Hatha Chair Yoga w/ Mirna	27 9:30 The Daily Chronicle 10:00 Morning Stretch 10:30 Puzzles & Games 11:30 Jeopardy 1:00 Art Class 2:30 Pet Therapy 3:00 Balloon Volleyball 3:30 Indoor Soccer	28 9:00 Walk To the Park 9:30 The Daily Chronicle 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 11:30 Ring Toss 1:00 Collage Work 2:00 Aromatherapy 3:00 Neighborhood Walk	29 9:00 Daily Chronicle 9:30 Indoor Soccer 10:00 Live 2 Be Healthy Chair Exercise 11:00 Mandala Art Work 1:00 Puzzle Challenge 1:30 Gardening Project 2:30 Table Tennis 3:30 In Motion
30 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) <b>3:00 Sunday Entertainment – Trevor Gibson (REF)</b>	31 9:00 Walk to the Park 9:30 Jeopardy 10:45 Seasonal Crafts <b>NOON YEAR’S EVE CELEBRATION &amp; BBQ</b> 2:00 Music in Motion 3:00 Neighborhood Walk 3:30 Gardening Projects		KEY: MC - Mathes Center Community Room CH – Chapel PB - Pub All other activities are in Reflections Solarium	Schedule subject to change - Please refer to the daily updates. St Pauls Plaza 1420 E Palomar CV 91913 License # 374603643		1 9:00 The Daily Chronicle 9:30 Indoor Soccer 10:00 A.M. Stretch 10:30 Seasonal Crafts 11:30 Ball Toss 1:30 Chair Tap Dancing w/ Trevor Gibson 2:30 Humane Society 3:30 Neighborhood Walk