

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p>House based activities within houses = Activities offered by team in each of the houses.</p> <p>Puzzles, Manicures, Folding & Sorting Clothes, Word Search, Current Events, Art Projects, Aromatherapy, Music Program,</p>	<p>Schedule subject to change without prior notice. Please refer to the daily updates.</p> <p>St Paul's Plaza 1420 East Palomar Street Chula Vista, CA 91913 License # 374603643</p>	 <p>In October, we celebrate birthdays with:</p> <p>Frank Z. 10/ 04 Otto G. 10/06</p>		<p>KEY: P- Piazza MC - Mathes Center CH – Chapel L3 – 3rd Floor Living Room A3 – 3rd Floor Act. Room DR – Dining Room</p> <p>All activities are in Reflections Solarium unless noted different.</p>	<p>1</p> <p>9:30 The Daily Chronicle 10:00 Walk to Solarium 10:30 Word Search Challenge & Mosaic Art 1:00 Neighborhood Walk 1:30 Scenic Drive: "Rady Shell at Jacob's Park & Downtown Detour"</p>	<p>2</p> <p>9:30 Morning Walk 9:45 Daily News 10:00 AM Exercise 10:30 Brain Games 2:30 House based activities within houses.</p>
<p>3</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium)</p>	<p>4</p> <p>8:00 The Daily Chronicle 9:30 House based activities: (Activities within houses) 10:00 Room to Room Visits with Josephine 2:00 Walk to Solarium 2:30 Strength & Stretch Class with Theresa</p>	<p>5</p> <p>9:00 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It With Theresa 11:00 Choir Practice 1:30 Music Therapy w/ Janet 2:30 Dancercise Class 3:00 I Love Lucy</p>	<p>6</p> <p>9:30 The Daily Chronicle 10:00 Live2B Healthy Chair Exercise 11:00 Karaoke w/ Jo 1:30 Walking Club 2:00 PM Stretch 2:30 Parachute Game 3:00 Craft Corner: "Decorating Pumpkins"</p>	<p>7</p> <p>9:30 The Daily Chronicle 10:00 VolleyBALL ROM 11:00 Bingo Social 1:30 Indoor Walk 2:00 Travelogue Presentation With Bob Boze: "New Zealand" 3:30 Aromatherapy</p>	<p>8</p> <p>9:30 The Daily Chronicle 10:30 Outdoor Walk 11:00 Outdoor Entertainment with Ray Francisco (P) 1:00 Neighborhood Walk 1:30 Scenic Drive: "La Jolla Cove"</p>	<p>9</p> <p>9:30 Morning Walk 9:45 Current Events 10:00 Chair Exercise 10:30 Art Class w/ Janet 2:30 House based activities within houses.</p>
<p>10</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium)</p>	<p>11</p> <p>8:00 The Daily Chronicle 9:30 House based activities: (Activities within houses) 10:00 Room to Room Visits with Josephine 2:00 Walk to Solarium 2:30 Strength & Stretch Class with Theresa</p>	<p>12</p> <p>9:00 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It With Theresa 11:00 Sing Along w/ MaryJo 1:30 Music Therapy w/ Janet 2:30 Pencil Art Work 3:00 Wheel of Fortune</p>	<p>13</p> <p>9:30 The Daily Chronicle 10:00 Live2B Healthy Chair Exercise 11:00 Karaoke w/ Jo 1:30 Walking Club 2:00 Music n' Motion 2:30 Loteria 3:00 Memories That Matter History Program</p>	<p>14</p> <p>9:30 The Daily Chronicle 10:00 Puzzle Challenge 11:00 Crafting with Donna 1:30 Indoor Walk 2:00 Movie Social 3:00 Hand Spa 3:30 Aromatherapy</p>	<p>15</p> <p>9:30 The Daily Chronicle 10:30 Outdoor Walk 11:00 Outdoor Entertainment with Danny Lopez (P) 1:00 Neighborhood Walk 1:30 Scenic Drive: "Balboa Park"</p>	<p>16</p> <p>9:30 Morning Walk 9:45 Daily News 10:00 AM Exercise 10:30 Brain Games 2:30 House based activities within houses.</p>
<p>17</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium)</p>	<p>18</p> <p>8:00 The Daily Chronicle 9:30 House based activities: (Activities within houses) 10:00 Room to Room Visits with Josephine 2:00 Walk to Solarium 2:30 Strength & Stretch Class with Theresa</p>	<p>19</p> <p>9:00 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It With Theresa 11:00 Choir Practice 2:30 House based activities within houses.</p>	<p>20</p> <p>9:30 The Daily Chronicle 10:00 Live2B Healthy Chair Exercise 11:00 Karaoke w/ Jo & Carmelita 1:30 Walking Club 2:00 PM Stretch 2:30 Parachute Game 3:00 Craft Corner: "Halloween Craft"</p>	<p>21</p> <p>9:30 The Daily Chronicle 10:00 VolleyBALL ROM 11:00 Bingo Social 1:30 Indoor Walk 2:00 Baking Class with Andrea: "Caramel Apples" 3:00 Men's & Ladies Club 3:30 Aromatherapy</p>	<p>22</p> <p>9:30 The Daily Chronicle 10:30 Outdoor Walk 11:00 Outdoor Pet Therapy with Amazing Mini Horses (P) 1:00 Neighborhood Walk 1:30 Scenic Drive: "Kate Sessions Park & Mount Soledad"</p>	<p>23</p> <p>9:30 Morning Walk 9:45 Current Events 10:00 Chair Exercise 10:30 Art Class w/ Janet 2:30 House based activities within houses.</p>
<p>24</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium)</p>	<p>25</p> <p>8:00 The Daily Chronicle 9:30 House based activities: (Activities within houses) 10:00 Room to Room Visits with Josephine 2:00 Walk to Solarium 2:30 Strength & Stretch Class with Theresa</p>	<p>26</p> <p>9:00 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It With Theresa 11:00 Sing Along w/ Andrea 1:30 Music Therapy w/ Janet 2:30 Pencil Art Work 3:00 The Three Stooges</p>	<p>27</p> <p>9:30 The Daily Chronicle 10:00 Live2B Healthy Chair Exercise 11:00 Karaoke w/ Jo & Carmelita 1:00 Birthday Cake Cutting Ceremony (DR) 2:30 House based activities within houses.</p>	<p>28</p> <p>9:30 The Daily Chronicle 10:00 Puzzle Challenge 11:00 Color Therapy with Donna 1:30 Indoor Walk 2:00 Movie Social 3:00 Hand Spa 3:30 Aromatherapy</p>	<p>29</p> <p>9:30 The Daily Chronicle 10:30 Outdoor Walk 11:00 Halloween Party "Monster Bash" with Sentimental Journey & Costume Contest (P) 1:00 Neighborhood Walk 1:30 Scenic Drive: "Silverstrand & Coronado Ferry Landing"</p>	<p>30</p> <p>9:30 Morning Walk 9:45 Daily News 10:00 Chair Exercise 10:30 Brain Games 2:30 House based activities within houses.</p>