## Daylight Savings

**SUNDAY**

- 10:30 AM Walk
- 10:45 Afternoon Tea (PB)
- 2:00 Board Games
- 2:30 TV Show

**MONDAY**

- 10:30 Catholic Communion (CH)
- 2:00 Plaza Service
- Non-Denominational (CH)
- 2:45 Afternoon Tea (PB)
- 3:00 One-on-One visits with Charlie (REF)

**TUESDAY**

- 9:30 AM Walk
- 10:00 Move It or Lose It w/ Theresa
- 11:00 Lawrence Walk Show
- 1:30 Balloon Game
- 2:00 Gentle Stretch Class w/ Theresa
- 3:00 Bingo

**WEDNESDAY**

- 2:00 Plaza Service
- 10:30 Daily Chronicle
- 10:15 Zumba w/ Rachel
- 10:45 Soccer Game
- 11:00 Sing Along w/ Andrea
- 1:30 Afternoon Stroll
- 2:00 Music n Motion
- 2:30 Word Game
- 3:00 Loteria

**THURSDAY**

- 2:30 Bingo
- 9:30 The Daily Chronicle
- 10:00 Move It or Lose It w/ Theresa
- 11:00 America’s Funniest Vids
- 1:00 Neighborhood Walk
- 1:30 Silver Steppers (MC)
- 2:30 Volleyball Game
- 3:00 Bowling Tournament
- 4:00 Indoor Walk

**FRIDAY**

- 3:00 Bowling Game
- 9:30 The Daily Chronicle
- 10:00 Move It or Lose It w/ Theresa
- 10:30 Art Projects
- 11:00 Puzzle Mania
- 1:00 Community Walk
- 1:30 Intergenerational Music Therapy w/ Janet
- 2:30 Bingo

**SATURDAY**

- 2:30 Movie & Popcorn Social
- 3:00 SPA Day
- 9:30 Morning Walk
- 10:00 Art Therapy w/ Donna
- 11:00 Aromatherapy Massages
- 1:00 PM Walk
- 1:30 Music with Danny Lopez
- 2:30 Movie & Popcorn Social
- 3:00 Hand Spa

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**Key:**
- **REF** – Reflections Solarium
- **St Paul’s Plaza**
- **MC** – Mathes Center
- **CH** – Chapel
- **PR** – Pre Function Room
- **PB** – Pub
- **L3** – 3rd Floor Living Room
- **A3** – 3rd Floor Act. Room
- **DR** – Dining Room

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**St Paul’s Plaza – Aged Care & Health Services**

Schedule subject to change without prior notice. Please refer to the daily updates.

License # 374603643

**WOMEN’S HISTORY MONTH**

All activities are in Reflections Solarium unless noted different.