## REFLECTIONS FEBRUARY 2022

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Schedule subject to change without prior notice. Please refer to the daily updates.</strong></td>
<td><strong>KEY:</strong></td>
<td><strong>4:</strong></td>
<td><strong>5:</strong></td>
<td><strong>6:</strong></td>
<td><strong>7:</strong></td>
<td><strong>8:</strong></td>
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<tr>
<td>St Paul’s Plaza</td>
<td><strong>P-</strong> - Piazza</td>
<td><strong>7:</strong></td>
<td><strong>8:</strong></td>
<td><strong>9:</strong></td>
<td><strong>10:</strong></td>
<td><strong>11:</strong></td>
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<tr>
<td>1420 East Palomar Street</td>
<td><strong>MC -</strong> Mathes Center</td>
<td><strong>9:</strong></td>
<td><strong>10:</strong></td>
<td><strong>11:</strong></td>
<td><strong>12:</strong></td>
<td><strong>13:</strong></td>
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<tr>
<td>Chula Vista, CA 91913</td>
<td><strong>CH –</strong> Chapel</td>
<td><strong>10:</strong></td>
<td><strong>11:</strong></td>
<td><strong>12:</strong></td>
<td><strong>13:</strong></td>
<td><strong>14:</strong></td>
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<tr>
<td><strong>DR -</strong> Dining Room</td>
<td><strong>Tuesdays</strong>: <strong>3:00 Plaza Service</strong></td>
<td><strong>11:</strong></td>
<td><strong>12:</strong></td>
<td><strong>13:</strong></td>
<td><strong>14:</strong></td>
<td><strong>15:</strong></td>
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<tr>
<td>All activities are in Reflections Solarium unless noted different.</td>
<td><strong>Non-Denominational &amp;</strong></td>
<td><strong>12:</strong></td>
<td><strong>13:</strong></td>
<td><strong>14:</strong></td>
<td><strong>15:</strong></td>
<td><strong>16:</strong></td>
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<tr>
<td><strong>Communion with Chaplain John</strong></td>
<td><strong>Communion with</strong></td>
<td><strong>13:</strong></td>
<td><strong>14:</strong></td>
<td><strong>15:</strong></td>
<td><strong>16:</strong></td>
<td><strong>17:</strong></td>
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<tr>
<td><strong>Reflections Solarium</strong></td>
<td><strong>3:00 Plaza Service</strong></td>
<td><strong>14:</strong></td>
<td><strong>15:</strong></td>
<td><strong>16:</strong></td>
<td><strong>17:</strong></td>
<td><strong>18:</strong></td>
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<tr>
<td><strong>Non-Denominational &amp;</strong></td>
<td><strong>House based</strong></td>
<td><strong>15:</strong></td>
<td><strong>16:</strong></td>
<td><strong>17:</strong></td>
<td><strong>18:</strong></td>
<td><strong>19:</strong></td>
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<tr>
<td><strong>Communion with Chaplain John</strong></td>
<td><strong>activities within houses.</strong></td>
<td><strong>16:</strong></td>
<td><strong>17:</strong></td>
<td><strong>18:</strong></td>
<td><strong>19:</strong></td>
<td><strong>20:</strong></td>
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<tr>
<td>(Reflections Solarium)</td>
<td><strong>2:00 Walk to Solarium</strong></td>
<td><strong>17:</strong></td>
<td><strong>18:</strong></td>
<td><strong>19:</strong></td>
<td><strong>20:</strong></td>
<td><strong>21:</strong></td>
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<tr>
<td><strong>3:30SUPER</strong></td>
<td><strong>3:00 House based</strong></td>
<td><strong>18:</strong></td>
<td><strong>19:</strong></td>
<td><strong>20:</strong></td>
<td><strong>21:</strong></td>
<td><strong>22:</strong></td>
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<tr>
<td><strong>BOWL SUNDAY</strong></td>
<td><strong>activities within houses.</strong></td>
<td><strong>19:</strong></td>
<td><strong>20:</strong></td>
<td><strong>21:</strong></td>
<td><strong>22:</strong></td>
<td><strong>23:</strong></td>
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### 3:00 Plaza Service
- **Non-Denominational & Communion with Chaplain John (Reflections Solarium)**

### 3:30 SUPER BOWL SUNDAY
- **Non-Denominational & Communion with Chaplain John (Reflections Solarium)**

### Schedule

**SUNDAY**
- 8:00 The Daily Chronicle
- 8:30 Wellness Room Visits with Donna
- 9:30 House based activities within houses.
- 2:00 Walk to Solarium
- 2:30 Strength & Stretch Class with Theresa

**MONDAY**
- 8:00 The Daily Chronicle
- 8:30 Wellness Room Visits with Donna
- 9:30 House based activities within houses.
- 2:00 Walk to Solarium
- 2:30 Strength & Stretch Class with Theresa

**TUESDAY**
- 8:00 The Daily Chronicle
- 8:30 Wellness Room Visits with Donna
- 9:30 House based activities within houses.
- 2:00 Walk to Solarium
- 2:30 Strength & Stretch Class with Theresa

**WEDNESDAY**
- 8:00 The Daily Chronicle
- 8:30 Wellness Room Visits with Donna
- 9:30 House based activities within houses.
- 2:00 Walk to Solarium
- 2:30 Strength & Stretch Class with Theresa

**THURSDAY**
- 8:00 The Daily Chronicle
- 8:30 Wellness Room Visits with Donna
- 9:30 House based activities within houses.
- 2:00 Walk to Solarium
- 2:30 Strength & Stretch Class with Theresa

**FRIDAY**
- 8:00 The Daily Chronicle
- 8:30 Wellness Room Visits with Donna
- 9:30 House based activities within houses.
- 2:00 Walk to Solarium
- 2:30 Strength & Stretch Class with Theresa

**SATURDAY**
- 8:00 The Daily Chronicle
- 8:30 Wellness Room Visits with Donna
- 9:30 House based activities within houses.
- 2:00 Walk to Solarium
- 2:30 Strength & Stretch Class with Theresa

### Activities
- 8:30 The Daily Chronicle
- 9:30 Community Walk
- 10:00 Zumba Class
- 10:45 Pencil Art Work
- 11:00 Bowling Tournament
- 11:00 Word Game
- 2:00 Music n’ Motion
- 2:30 Volleyball Game
- 3:00 Lottery
- 3:00 House based activities within houses.
- 3:30 House based activities within houses.

### Additional Activities
- **Chinese New Year Celebration**
- **Valentine’s Day Friendship Social**
- **With Double Take Duo**
- **Frank Sinatra Guy**
- **“Balboa Park” Programme.
- **“Torrey Pines” Entertainment**
- **“Lake Murray” Entertainment**
- **“Coronado Ferry Landing” Entertainment**
- **“Frank Sinatra Guy” Entertainment**