


St. Paul's Villa First Floor Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>2340 Fourth Ave San Diego, CA 92101 (619) 232-2996 *Fax (619) 232-0451</p>	<p>L- Living Room C- Chapel W- Waterman Ballroom SFC- 2nd floor conference \$- At your own expense P- Patio</p>	<p>9:00 Daily Chronicle <u>9:30 Write A Mother's Card</u> 10:00 Catholic Mass – C 10:15 Stretch & Flex 10:30 Walking Club 1:30 Live to Be Healthy 2:30 Pokeno Bingo 3:15 Health Class w/Marilyn 3:30 Laughter Yoga 3:30 Snack & Social Time</p>	<p>9:00 Daily Chronicle 10:00 Carlsbad Flower Fields & Picnic Outing 1:30 Live to be Healthy 2:30 Christian Worship <u>3:30 Health Talk – Cardio Vascular System</u> 3:30 Name a Cardio Exercise & Get Your Smoothies</p>	<p>9:00 Daily Chronicle <u>9:15 Social Studies w/Dr. Tom</u> 10:00 Aerobic Exercise 10:15 Nature Walk 1:00 Happy Hour w/Jocelyn 2:30 Surprise Animal & Facts 3:30 Snacks & Social 3:30 Dancercise</p>	<p>9:00 Daily Chronicle <u>9:30 Word Puzzles</u> <u>10:15 Mother's Cards w/Junior League – L</u> 1:30 Mad Libs <u>2:00 MINDing Motion – W</u> 3:00 Devotions 3:00 Kentucky Derby on TV – L 6:00 Movie & Popcorn</p>
<p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social <u>2:30 Cinco de Mayo History & Trivia – L</u> 3:30 Aromatherapy Cinco de Mayo</p>	<p>9:00 Daily Chronicle <u>9:15 Dr. Tom Social Studies</u> 10:00 Stretch & Flex 10:15 Nature Walk <u>1:30 Mind Fitness Category</u> <u>1:30 Find That Letter</u> <u>2:15 Enchilada Bowling</u> 3:00 Bowling Discussion <u>3:15 Arts & Crafts</u> 3:15 Table Setting</p>	<p>9:00 Daily Chronicle <u>9:30 Large Crossword</u> 10:15 Bunco <u>11:30-1:30 Cinco de Mayo Lunch</u> 12:45 Music Class w/ Ron – L 1:30 Live to Be Healthy <u>2:30 Cinco de Mayo Show Mariachi Del Mar – W</u> 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle <u>9:30 News & Views</u> <u>9:30 Random Smiles</u> 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to be Healthy <u>2:30 Science Experiment</u> 3:15 Health Class w/Marilyn 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>9:00 Daily Chronicle <u>9:15 Brain Count: "I's" & "Y's"</u> 10:00 Community Youth Visit Project – W 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship <u>3:15 May Talk/Smoothies</u> 3:15 Table Setting</p>	<p>9:00 Daily Chronicle <u>9:15 Social Studies w/Dr. Tom</u> 10:00 Band Resist. Exercise 10:15 Nature Walk 1:00 Happy Hour w/Zina <u>2:00 Tasty Cooking Class</u> 3:30 Snacks & Social 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle 9:30 Mad Libs <u>10:15 Tasty Treats – L</u> <u>1:30 Word Puzzles</u> 2:15 Hangman <u>3:00 Mother's Day Magic Show – W</u> 6:00 Movie & Popcorn</p>
<p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social & Afternoon TV Show 2:30 Mind Games <u>3:00 Spa, Nails, & Style – L</u> Mother's Day</p>	<p>9:00 Daily Chronicle <u>9:15 Dr. Tom Social Studies</u> 10:00 Stretch & Flex 10:15 Nature Walk <u>1:00 History Matters – W</u> 2:15 Spin to Lacrosse 3:00 Lacrosse Discussion 3:15 Ballet Exercise & Music w/ Tyrone 3:15 Helping Hands</p>	<p>9:00 Daily Chronicle <u>9:30 Large Crossword</u> 10:00 Catholic Comm. – C 10:00 Scenic Drive 12:45 Music Class w/ Ron – L 1:30 Live to Be Healthy <u>2:30 American Biography: "Henry Ford the Tinkerer"</u> 2:30 Brain Truth or False 3:30 Evening Walk <u>3:30 Afternoon Tea Toast</u></p>	<p>9:00 Daily Chronicle <u>9:30 You Be the Judge</u> <u>9:30 Missing Letters & Spelling</u> 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to Be Healthy 2:30 Drama Club 2:30 Short Fables 3:15 Health Class w/Marilyn 3:30 Laughter Yoga 3:30 Snack & Social Time</p>	<p>10:00 Daily Chronicle <u>10:15 Brain Ordered Numbers</u> 10:15 Puzzle Sensory 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship 3:15 Yoga Talk & Smoothies 3:45 Yoga Meditation Resident Birthday Lunch</p>	<p>9:00 Daily Chronicle 9:15 Makeover Creations <u>9:15 Social Studies w/Dr. Tom</u> 10:00 Aerobic Exercise 10:15 Nature Walk 1:00 Happy Hour w/Jim 2:30 Brain Long Dominoes 3:30 Black Jack & Snacks 3:30 Volleyball</p>	<p>9:00 Daily Chronicle 9:30 Exercise – W 10:15 Mad Libs <u>1:30 Mini Horse Therapy & Visit – W</u> <u>2:30 MINDing Motion – W</u> 3:30 Sing-A-Long 6:00 Movie & Popcorn</p>
<p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service – C 1:30 Ice Cream Social & Afternoon TV Show <u>2:30 Trevor on Piano – W</u> 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle <u>9:15 Dr. Tom Social Studies</u> 10:15 Stretch & Flex 10:15 Nature Walk <u>1:30 Mind Fitness-Category</u> <u>1:30 Find That Number</u> 2:15 Parachute Rumbling 3:00 Parachute Discussion <u>3:15 Cinco de Mayo Coloring Book Social</u> 3:15 Household Chores</p>	<p>9:00 Daily Chronicle <u>9:15 Large Crossword</u> 10:00 Catholic Comm. – C 10:15 Pokeno Bingo 12:45 Music Class w/ Ron – L 1:30 Live to Be Healthy <u>2:30 Music Therapy</u> 3:30 Evening Walk 3:30 Smoothies & Social Time</p>	<p>9:00 Daily Chronicle <u>9:30 News & Views</u> <u>9:30 Random Trivia</u> 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to be Healthy <u>2:30 Spelling Contest</u> 3:30 Short Stories 3:15 Health Class w/Marilyn 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>9:00 Daily Chronicle <u>9:30 It's Puzzling</u> <u>10:40 Music Appreciation: John Williams & His Times – W</u> 10:15 Basketball Toss 1:30 Live to be Healthy 2:30 Christian Worship 3:15 Yoga Talk & Smoothies 3:45 Yoga Meditation</p>	<p>9:00 Daily Chronicle 9:15 Makeover Creations <u>9:15 Social Studies w/Dr. Tom</u> 10:00 Band Resist. Exercise 10:15 Nature Walk 1:00 Happy Hour w/Trevor <u>2:00 Tasty Cooking Class</u> <u>3:00 Joggin' Your Noggin with Common</u> 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle <u>9:30 Word Puzzles</u> 10:30 Band Exercise 10:30 Mad Libs 2:15 Jenga 2:45 Evening Walk <u>3:00 Tom & Sandra's Ballroom Dancing Show – W</u> 6:00 Movie & Popcorn</p>
<p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social & Afternoon TV Show 2:30 Aromatherapy 3:15 Documentary Showing & Discussion</p>	<p>9:00 Daily Chronicle 10:00 Stretch & Flex <u>10:15 Flag Honors – W</u> <u>1:30 English Grammar Crazy</u> <u>1:30 Proper Sentence Fun</u> 2:15 Bola Push 3:00 Bola Discussion 3:15 Ballet Exercise & Music w/ Tyrone Memorial Day</p>	<p>9:00 Daily Chronicle <u>9:30 Large Crossword</u> 10:00 Catholic Comm. – C 10:15 Laura on Guitar 12:45 Music Class w/ Ron – L 1:30 Live to Be Healthy <u>2:30 When We Were Young: Favorite Teachers</u> 3:30 Evening Walk 3:30 Smoothies & Social Time</p>	<p>9:00 Daily Chronicle <u>9:30 News & Views</u> <u>9:30 Random Smiles</u> 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to be Healthy <u>2:30 Science Experiment</u> 3:15 Health Class w/Marilyn 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>10:00 Daily Chronicle <u>10:15 Brain Ordered Numbers</u> 10:15 Puzzle Sensory 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship 3:15 Yoga Talk & Smoothies 3:45 Yoga Meditation</p>	<p>9:00 Daily Chronicle <u>9:15 Social Studies w/Dr. Tom</u> 10:00 Band Resist. Exercise 10:15 Nature Walk 1:00 Brain Long Dominoes 2:00 Happy Hour – W Blue Zone 3:30 Snacks & Social 3:30 Evening Walk</p>	<p>Please check the front desk for any changes to the calendar. License # 370804823</p>