

St. Paul's Villa First Floor Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social <u>3:00 Spa, Nails, &amp; Style - L</u></p>	<p>2</p> <p>9:00 Daily Chronicle 9:15 Labor Day Talk 10:15 Stretch &amp; Flex 10:30 Nature Walk 1:15 <i>Dances with Words</i> Labor Day Special - L <b>2:15 Falling Leaves Bowling</b> 3:00 Bowling Discussion 3:15 Arts &amp; Crafts</p>	<p>3</p> <p>9:00 Daily Chronicle <u>9:30 Large Crossword</u> 10:15 Bunco 1:00 Music Appreciation Class With Ron- L 1:30 Live to Be Healthy <u>2:30 Music Therapy</u> 3:30 Smoothies &amp; Social Time</p>	<p>4</p> <p>9:00 Daily Chronicle <u>9:30 Write A Fall Card</u> 10:00 Catholic Mass - C 10:15 Stretch &amp; Flex 10:30 Walking Club 1:15 Health &amp; Nutrition 2:30 Live to be Healthy 3:15 Finish This Line 3:30 Snack &amp; Social Time</p>	<p>5</p> <p>9:00 Daily Chronicle <i>10:00 Imax &amp; Picnic Outing at Balboa Park</i> 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship <u>3:15 Health Talk - Nerves</u> 3:15 Name that Brain Part &amp; Get Your Smoothies</p>	<p>6</p> <p>9:00 Daily Chronicle <u>9:15 Social Studies w/Dr. Tom</u> 10:00 Tasty Treats 10:00 Aerobic Exercise 10:15 Nature Walk 1:15 Animal Exploration <i>The Ever Intelligent Elephant</i> 2:00 Music: <i>The Vidals - W</i></p>	<p>7</p> <p>9:00 Daily Chronicle <u>9:30 Word Puzzles</u> 10:15 Stretch &amp; Flex <u>1:30 Jeopardy</u> <u>2:30 MINDing Motion - W</u> 3:30 Shooting Range 6:00 Movie Time</p>
<p>8</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social &amp; Afternoon TV Show <b>2:30 Arts &amp; Crafts</b> <b>Prom Apparel - L</b></p>	<p>9</p> <p>9:00 Daily Chronicle <u>9:15 Social Studies w/Dr. Tom</u> 10:00 Stretch &amp; Flex 10:15 Nature Walk <u>1:00 History Matters - W</u> 2:15 Spin to Lacrosse 3:00 Lacrosse Discussion 3:15 Tyrone's Ballet Exercise 3:15 Dining Room Setting</p>	<p>10</p> <p>9:00 Daily Chronicle <u>9:30 Large Crossword</u> 10:00 Catholic Comm. - C 10:15 Pokeno Bingo 1:00 Music Appreciation Class With Ron- L 1:30 Live to Be Healthy <b>3:00 The Wizard &amp; The Treasure of Time - W</b></p>	<p>11</p> <p>9:00 Daily Chronicle <u>9:30 Home Improvement</u> 10:00 Stretch &amp; Flex 10:15 Nature Walk 1:15 Health &amp; Nutrition 2:30 Live to be Healthy <u>3:15 News &amp; Views</u> <u>3:30 Random Trivia</u></p>	<p>12</p> <p>9:00 Daily Chronicle <u>9:15 Brain Count: "I's" &amp; "Y's"</u> 10:00 Community Youth Visit Project - W 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship 3:15 Drum Circle &amp; Smoothies</p>	<p>13</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 Scenic Drive <i>1:00 Happy Hour w/Jim</i> <u>2:15 Tasty Cooking Class</u> 3:20 Walking Club with AL 3:30 Snacks &amp; Social</p>	<p>14</p> <p>9:00 Daily Chronicle 9:30 Mad Libs 10:15 Tasty Treats - L <u>1:30 Music w/ the Browns</u> 2:30 Sensory Play Doh 3:15 Connect 4 6:00 Movie Time</p>
<p>15</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C <u>1:00 Trevor on Piano - W</u> 1:30 Ice Cream Social &amp; Afternoon TV Show 2:30 Grandparents Rock &amp; Reminisce <b>Grandparent's Day</b></p>	<p>16</p> <p>9:00 Daily Chronicle <u>9:15 Dr. Tom Social Studies</u> 10:15 Stretch &amp; 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 3:15 Laughter Yoga <b>3:15 Generations Collide: Modern Day Gifts - L</b></p>	<p>17</p> <p>9:00 Daily Chronicle <u>9:30 Large Crossword</u> 10:00 Catholic Comm. - C 10:15 Bunco 1:00 Music Appreciation Class With Ron- L 1:30 Live to Be Healthy <u>2:30 Music Therapy</u> 3:30 Evening Walk 3:30 Afternoon Tea Toast</p>	<p>18</p> <p>9:00 Daily Chronicle <u>9:30 You Be the Judge</u> <u>9:30 Missing Letter &amp; Spelling</u> 10:15 Bunco 10:15 Nature Walk 1:15 Health &amp; Nutrition 2:30 Live to be Healthy 3:15 Drama Club 3:15 Finish This Lines</p>	<p>19</p> <p>9:00 Daily Chronicle <u>9:15 Joggin' Your Noggin</u> 10:15 Puzzle Sensory 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship 3:15 Drum Circle &amp; Smoothies <i>Resident Birthday Dinner</i></p>	<p>20</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 Scenic Drive 1:00 Strong &amp; Long Brain 2:00 Music: <i>Society Jazz - W</i> <b>3:15 Embracing All Matters of Age - L</b> 3:15 Evening Walk 3:30 Dancercise</p>	<p>21</p> <p>9:30 Exercise - W 10:15 Music w/Jen - W <u>1:30 Jeopardy</u> <u>2:00 MINDing Motion - W</u> <b>3:15 Rhinestone (W)</b> <b>Grannies Hollywood</b> 6:00 Movie Time</p>
<p>22</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social &amp; Afternoon TV Show 2:15 <i>Mind Games</i> 3:00 Bingo</p>	<p>23</p> <p>9:00 Daily Chronicle <u>9:15 Dr. Tom Social Studies</u> 10:00 Stretch &amp; Flex 10:15 Nature Walk <u>1:30 English Grammar Crazy</u> 1:30 Find the Adjective 2:15 Bolo Push 3:00 Bolo Discussion <b>3:15 Young at Heart</b> <i>The Gift of Years - L</i> 3:15 Tyrone's Ballet Exercise</p>	<p>24</p> <p>9:00 Daily Chronicle <u>9:30 Large Crossword</u> 10:00 Catholic Comm. - C 10:15 Mark on Guitar 1:00 Music Appreciation Class With Ron- L 1:30 Live to Be Healthy 2:30 Evening Walk <b>4:30 Golden Age Candle Light Dinner - W</b></p>	<p>25</p> <p>9:00 Daily Chronicle <u>9:30 Model Car Builds</u> 9:30 Model Car Play 10:00 Stretch &amp; Flex 1:15 Health &amp; Nutrition 2:30 Live to be Healthy <u>3:15 Spelling Contest</u> 3:15 Finish This Line 3:30 Snack &amp; Social Time</p>	<p>26</p> <p>9:00 Daily Chronicle <u>9:15 It's Puzzling</u> <u>10:15 Music Appreciation-W</u> <i>Mozart &amp; His Times</i> 1:30 Live to be Healthy 2:30 Christian Worship <b>6:00 Harvest Moon Prom Night - W</b></p>	<p>27</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 <i>1:00 Happy Hour w/Zina</i> <u>2:00 Tasty Cooking Class</u> 3:15 Math Addition Contest 3:45 Evening Walk</p>	<p>28</p> <p>9:00 Daily Chronicle 9:30 Mad Libs 10:15 Stretch &amp; Flex <u>1:30 Jeopardy</u> 2:15 Jenga 2:45 Evening Walk 3:30 Shooting Range 6:00 Movie Time</p>
<p>29</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social &amp; Afternoon TV Show 2:15 <i>Mind Games</i> 3:00 Aromatherapy <b>Rosh Hashanah</b></p>	<p>30</p> <p>9:00 Daily Chronicle <u>9:15 Dr. Tom Social Studies</u> 10:00 Stretch &amp; Flex 10:15 Nature Walk <u>1:30 Mind Fitness-Category</u> <u>1:30 Find That Letter</u> 2:15 Parachute Rumbling 3:00 Parachute Discussion 3:15 Laughter Yoga 3:15 Snack &amp; Social Time</p>		<p>2340 Fourth Ave San Diego, CA 92101 (619) 232-2996 *Fax (619) 232-0451 License # 370804823</p>	<p>L- Living Room C- Chapel W- Waterman Ballroom SFC- 2nd floor conference \$- At your own expense P- Patio</p>		