




St. Paul's Villa First Floor Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please check the front desk for any changes to the calendar.</p> <p>License # 370804823</p>		<p>L- Living Room C- Chapel W- Waterman Ballroom SFC- 2nd floor conference S- At your own expense P- Patio</p>		<p>2340 Fourth Ave San Diego, CA 92101 (619) 232-2996 *Fax (619) 232-0451</p>		<p>9:00 Daily Chronicle 9:30 Word Puzzles 10:30 Band Exercise 1:30 Shake Loose a Memory 2:30 Evening Walk 3:30 Sunshine & Songs 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 Spa, Nails & Style 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Mind Fitness-Category 1:30 Find That Letter 2:15 Ornament Bowling 3:00 Bowling Discussion 3:15 Hanukkah & Jewish Music Appreciation - W</p>	<p>9:00 Daily Chronicle 9:30 Large Crossword 10:30 Staff / Resident Party "Appreciation & Show" - W 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 Music Therapy 3:30 Celebration of St. Nicolas Show - W</p>	<p>9:00 Daily Chronicle 9:30 News Headlines 9:30 Random Trivia 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to Be Healthy 2:30 Drama Club 2:30 Short Stories 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>9:00 Daily Chronicle 9:30 It's Puzzling 10:15 Basketball Toss 1:30 Live to be Healthy 2:15 Tree Trim Party - W "Music, Food, & Share" 3:30 Health Talk - Resistance Training & Bone Strength 3:30 Strength Test & Exercise</p>	<p>9:00 Daily Chronicle 9:15 Social Studies w/Dr. Tom 10:00 Aerobic Exercise 10:15 Nature Walk 1:00 Happy Hour w/Jocelyn 2:30 Bingo 3:30 Snacks & Social 3:30 Evening Walk</p> <p>Pearl Harbor Day</p>	<p>9:00 Daily Chronicle 9:30 Word Puzzles 10:15 Makeup & Beauty 1:30 Laughter Yoga 2:30 Evening Walk 4:00 Board of Directors Holiday Dinner - W 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 Bingo 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:00 History Matters - W 2:15 Spin to with Lacrosse 3:00 Lacrosse Discussion 3:15 Ballet Exercise & Music w/ Tyrone 3:15 Laundry Folding</p>	<p>9:00 Daily Chronicle 9:30 Large Crossword 10:15 Morning Walk 10:15 Gift Wrapping 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 When We Were Young "Early Childhood Memories" 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>9:00 Daily Chronicle 9:30 Write Letters to Santa 9:30 Missing Letters & Spelling 10:15 Stretch & Flex 10:15 Nature Walk 1:30 Live to Be Healthy 2:30 Spanish Class 2:30 Reading Holiday Fables 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>9:00 Daily Chronicle 9:30 Fitting Puzzles Together 10:00 Brown's Christmas Show 1:30 Live to be Healthy 2:30 Episcopal Service 3:30 Encore Festive Holiday Show - W</p>	<p>9:00 Daily Chronicle 9:15 Social Studies w/Dr. Tom 10:00 Band Resist. Exercise 10:15 Nature Walk 1:00 Happy Hour w/Zina 2:30 Gingerbread House Making 3:30 Bean Bag Toss & Snacks 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle 9:30 Word Puzzles 10:30 Band Exercise 1:30 Laughter Yoga 2:30 SD Humane Society Pet Visit 3:00 Dance Show Rhinestone Grannies-W 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 Spa, Nails & Style 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Mind Fitness-Category 1:30 Find That Number 2:15 Parachute Rumbling 3:00 Parachute Discussion 3:15 Arts & Crafts 3:15 Household Art</p>	<p>9:00 Daily Chronicle 9:30 Large Crossword 10:15 Morning Walk 10:15 Bunco 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 Music Therapy 3:30 Evening Walk 3:30 Snack & Social Time 5:00 Christmas Light Drive</p>	<p>9:00 Daily Chronicle 9:30 News Headlines 9:30 Random Trivia 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to be Healthy 2:30 Science Experiment 3:30 Evening Walk 6:00 Christmas Concert: "Perpetual Music" - W</p>	<p>10:00 Outing to Julian for Lunch & Scenic Drive 10:15 It's Puzzling 10:45 Basketball Toss 1:30 Live to be Healthy 2:30 Episcopal Service 3:15 December Talk/Snacks 3:15 Evening Walk</p> <p>Resident Birthday Lunch</p>	<p>9:00 Daily Chronicle 9:30 Travels to Ethiopia 10:00 Aerobic Exercise 10:15 Nature Walk 1:00 Happy Hour w/Jim 2:30 Black Jack 3:30 Snacks & Social 3:30 Balloon Tennis & Snacks</p>	<p>9:00 Daily Chronicle 9:30 Word Puzzles 10:30 Band Exercise 1:30 Christmas Stations "Cards, Décor, Ornaments, & Food" - W 2:00 Evening Walk 3:30 Sunshine & Songs 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 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle 9:15 Christmas Eve Matinee "Miracle on 34th Street" 1:30 Mind Fitness 2:15 Ballet Exercise & Music w/ Tyrone 3:15 Golf Competition 3:45 Golf Discussion Christmas Eve & New Year's Eve</p>	<p>9:00 Daily Chronicle 9:30 Stretch & Flex 10:00 Morning Walk 10:30 White Elephant Fun & Christmas Carols - W 11:30 Christmas Buffet Special 2:30 Trevor on Piano - L 6:00 Christmas Movie Matinee "White Christmas" Merry Christmas!</p>	<p>9:00 Daily Chronicle 9:30 You Be the Judge 9:30 Missing Letters & Spelling 10:15 Stretch & Flex 10:15 Nature Walk 1:30 Live to Be Healthy 2:30 Spanish Class 2:30 Reading Short Fables 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>9:00 Daily Chronicle 9:30 Fitting Puzzles Together 10:40 Music Appreciation: George Fredric Handel - W 1:30 Live to be Healthy 2:30 Episcopal Service 3:15 Animal Exploration: Exotic Pets 4:00 Evening Walk</p>	<p>9:00 Daily Chronicle 9:30 Travels to Latvia 10:00 Band Resist. Exercise 10:15 Nature Walk 1:00 Happy Hour w/Trevor 2:30 Tasty Cooking Class 3:30 Bean Bag Toss & Snacks 3:30 Evening Walk</p>	<p>9:00 Daily Chronicle 9:30 Word Puzzles 10:30 Band Exercise 1:30 Shake Loose a Memory 2:00 Evening Walk 3:30 Sunshine & Songs 6:00 Movie & Popcorn</p>