























AUGUST 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	<p>SOUND HEALTH MUSIC</p> <p>EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p>	<p>YOGA</p> 	<p>1</p> <p>8:00 COFFEE & NEWS </p> <p>8:30 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>9:30 DRAW FOR SMILE</p> <p>10:00 DRUMS W/ GARY</p> <p>1:00 ECUM. WORSHIP SERVICE</p> <p>2:00 NAIL-CARE W/ ELVIA</p>	<p>2</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 SOUND THERAPY</p> <p>11:00 COLORING</p> <p>1:00 ART-CLASS W/ VANESSA</p> <p>2:00 ART & CRAFTS</p>	<p>3</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>10:00 STEVE ZUILL</p> <p>1:00 B-I-N-G-O</p> <p>3:00 ARMCHAIR TRAVEL </p>	
	<p>6</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 MUSIC W/ MARCIA</p> <p>1:00 MEDITATION W/ DIAHNA</p> <p>2:00 TRIVIA</p> 	<p>7</p> <p>8:00 COFFEE & NEWS</p> <p>9:00 SNACKS W/ TONY</p> <p>9:30 DRUMS W/ GARY</p> <p>10:30 YOGA W/ BOBBIE</p> <p>1:00 MUSIC W/ MARCIA</p> <p>3:00 COLORING</p>	<p>8</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ART & CRAFTS W/LIBBY</p> <p>9:30 WELLNESS CARE</p> <p>10:30 NUTRITION CLASS</p> <p>1:00 ECUM. WORSHIP SERVICE</p> <p>2:00 NAIL-CARE W/ ELVIA</p>	<p>9</p> <p>8:00 COFFEE & NEWS </p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 SOUND THERAPY</p> <p>10:00 TECH & HEALTH FAIR</p> <p>11:00 COLORING</p> <p>1:00 ART-CLASS W/ VANESSA</p> <p>2:00 ART & CRAFTS</p>	<p>10</p> <p>8:00 COFFEE & NEWS</p> <p>9:00 SNACKS W/ TONY</p> <p>9:00 ARTS & CRAFTS W/ RUTH</p> <p>10:30 SOPHISTICATS</p> <p>1:00 B-I-N-G-O</p> <p>3:00 COLORING</p> 	<p>St. Paul's PACE</p> <p>111 Elm Street</p> <p>San Diego, CA 92101</p> <p>619-677-3800</p>
<p>The process of CREATING-ART Is an enjoyable and relaxing activity</p>	<p>13</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 MUSIC W/ MARCIA</p> <p>1:00 MEDITATION W/ DIAHNA</p> <p>2:00 TRIVIA</p>	<p>14</p> <p>8:00 COFFEE & NEWS</p> <p>9:00 SNACKS W/ TONY</p> <p>9:30 COMMUNICATION CLASS</p> <p>9:45 PET THERAPY VISIT</p> <p>10:00 TOUR TO PACE NEMETH</p> <p>10:30 YOGA W/ BOBBIE</p> <p>1:00 MUSIC W/ MARCIA</p>	<p>15</p> <p>8:00 COFFEE & NEWS </p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>9:30 DRAW FOR SMILE</p> <p>10:30 DIABETES WORKSHOP</p> <p>1:00 ECUM. WORSHIP SERVICE</p> <p>2:00 NAIL-CARE W/ ELVIA</p>	<p>16</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 SOUND THERAPY</p> <p>11:00 COLORING</p> <p>1:00 ART-CLASS W/ VANESSA</p> <p>2:00 BEADING</p>	<p>17</p> <p>8:00 COFFEE & NEWS</p> <p>8:30 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>9:30 TRANS-IN-SERVICE</p> <p>10:00 SHOPPING TRIP</p> <p>10:00 RIKACHA GROUP</p> <p>1:00 B-I-N-G-O</p> <p>3:00 ARMCHAIR TRAVEL</p> 	<p>shopping trip</p> 
<p>TOUR TO PACE NEMETH</p> 	<p>20</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 MUSIC W/ MARCIA</p> <p>1:00 MEDITATION W/ DIAHNA</p> <p>2:00 TRIVIA</p>	<p>21</p> <p>8:00 COFFEE & NEWS </p> <p>8:45 SNACKS W/ TONY</p> <p>9:30 DRUMS W/ GARY</p> <p>10:30 YOGA W/ BOBBIE</p> <p>1:00 MUSIC W/ MARCIA</p> <p>3:00 COLORING</p>	<p>22</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>9:30 WELLNESS CARE</p> <p>10:30 B-I-N-G-O</p> <p>1:00 ECUM. WORSHIP SERVICE</p> <p>2:00 NAIL-CARE W/ ELVIA</p>	<p>23</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 SOUND THERAPY</p> <p>11:00 COLORING</p> <p>1:00 ART-CLASS W/ VANESSA</p>	<p>24</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>10:00 LUAU W/ PETER</p> <p>1:00 B-I-N-G-O</p> <p>3:00 BEADING </p>	
<p>ZUMBA</p> 	<p>27</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 PARTICIPANT COUNCIL</p> <p>10:30 FALL PREVENTION</p> <p>1:00 MEDITATION W/ DIAHNA</p> <p>2:00 TRIVIA</p>	<p>28</p> <p>8:00 COFFEE & NEWS</p> <p>9:00 SNACKS W/ TONY</p> <p>9:30 DRUMS W/ GARY</p> <p>10:30 YOGA W/ BOBBIE</p> <p>1:00 ART & CRAFTS W/LIBBY</p> <p>3:00 BEADING</p> 	<p>29</p> <p>8:00 COFFEE & NEWS </p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>9:30 DRAW FOR SMILE</p> <p>10:30 WELLNESS CARE</p> <p>1:00 ECUM. WORSHIP SERVICE</p> <p>2:00 NAIL-CARE W/ ELVIA</p> <p>"BIRTHDAY CELEBRATION"</p>	<p>30</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 ZUMBA W/ RUTH</p> <p>10:00 SOUND THERAPY</p> <p>11:00 COLORING</p> <p>1:00 ART-CLASS W/ VANESSA</p> <p>2:00 ART & CRAFTS</p> 	<p>31</p> <p>8:00 COFFEE & NEWS</p> <p>8:45 SNACKS W/ TONY</p> <p>9:00 QUALITY FOR LIFE THERAPY</p> <p>10:00 ART & CRAFTS</p> <p>10:30 GAMES</p> <p>1:00 B-I-N-G-O</p> <p>3:00 MOVIE </p>	<p>"MEDITATION"</p> <p>is not a way of making your mind quiet.</p> <p>It's a way of entering into the quiet that's already there</p>