










SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	<p>SOME Heroes Super Don't have CAPES... They are called DAD</p>	<p>YOGA</p> 		<p><i>Start your Day with a smile</i></p> 	<p>1 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE 9:45 STEVE ZUILL 1:00 B-I-N-G-O 3:00 ARMCHAIR- TRAVEL</p>	
	<p>4 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA</p>	<p>5 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</p>	<p>6 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:30 DRAW FOR SMILES 1:00 B-I-N-G-O 2:30 NAIL-CARE W/ ELVIA</p>	<p>7 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 1:00 BEAUTY POWER 1:45 ART-CLASS W/ MELISSA</p>	<p>8 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE 10:00 SHOPPING TRIP 10:30 RIKACHA GROUP 1:00 B-I-N-G-O</p>	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 (619) 677-3800</p>
<p>A total workout combining all elements of fitness Muscle conditioning balance and flexibility</p> 	<p>11 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA</p>	<p>12 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 9:45 PET THERAPY VISIT 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ARMCHAIR- TRAVEL</p>	<p>13 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 SING-A-LONG W/ TOM 10:00 PICNIC IN THE PARK 10:30 VISION CARE CLASS 1:00 B-I-N-G-O 2:30 NAIL-CARE W/ ELVIA</p>	<p>14 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 1:00 ECUM. WORSHIP SERVICE 1:45 ART-CLASS W/ MELISSA</p>	<p>15 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE 9:30 TRANS-IN-SERVICE 9:45 FATHER'S DAY W/ STEVE ON PIANO 11:00 BEADING 1:00 B-I-N-G-O</p>	<p>SHOPPING TRIP</p> 
<p>HAPPY FATHERS DAY!</p>	<p>18 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA</p>	<p>19 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:00 BALBOA PARK 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</p>	<p>20 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:30 DRAW FOR SMILES 1:00 B-I-N-G-O 2:30 NAIL-CARE W/ ELVIA</p>	<p>21 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 1:00 ECUM. WORSHIP SERVICE 1:45 ART-CLASS W/ MELISSA</p>	<p>22 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE 10:30 THE SOPHISTICATS 1:00 B-I-N-G-O 3:00 ART & CRAFTS</p>	<p>MUSIC EMPOWERS PEOPLE DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p>
<p>Music washes away from the soul The dust of everyday life</p>	<p>25 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA</p>	<p>26 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ARMCHAIR- TRAVEL</p>	<p>27 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 SING-A-LONG W/ TOM 10:30 NUTRITION CLASS 1:00 B-I-N-G-O 2:30 NAIL-CARE W/ ELVIA</p> <p>BIRTHDAY CELEBRATION</p>	<p>28 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 1:00 ECUM. WORSHIP SERVICE 1:45 ART-CLASS W/ MELISSA</p>	<p>29 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE 10:00 FALL PREVENTION 12:00 EMPLOYEE RECOGNITION 1:00 B-I-N-G-O 3:00 BEADING</p>	