



NOVEMBER 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>Today I'm <i>Thankful</i> for...</p>	<p>1 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 BEADING 1:00 ECUM. WORSHIP SERVICE 2:00 DÉCORATE CERAMIC POT</p>	<p>2 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:00 STRINGS W/ CHET 11:00 ANAGRAMS 1:00 B-I-N-G-O</p>	
	<p>5 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION CLASS 2:00 TRIVIA</p> <p>I-SAT SURVEY</p>	<p>6 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 10:00 BALBOA PARK 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA</p> <p>I-SAT SURVEY</p>	<p>7 8:00 COFFEE & NEWS 9:00 QUALITY FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 DRUMS W/ GARY 1:00 BALLET MVT W/ SONG 2:00 MOVIE TIME</p> <p>I-SAT SURVEY</p>	<p>8 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 THANKSGIVING CRAFTS 1:00 ECUM. WORSHIP SERVICE 2:00 PLANT / CERAMIC POT</p>	<p>9 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:00 SHOPPING TRIP 10:30 RIKACHA GROUP 1:00 B-I-N-G-O 3:00 NEIGHBORHOOD WALK</p>	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 619-677-3800</p>
	<p>12 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION CLASS 2:00 TRIVIA 3:00 COLORING</p>	<p>13 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 POETRY W/ KEVIN 9:45 PET THERAPY VISIT 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 1:30 DRAW FOR SMILES 2:30 PAINTING</p>	<p>14 8:00 COFFEE & NEWS 9:00 QUALITY FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 COMMUNICATION CLASS 1:00 CLOWN DAY W/ DONNA 2:30 BALLET MVT W/ SONG</p>	<p>15 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 10:30 PICNIC IN THE PARK 11:00 BEADING 1:00 ECUM. WORSHIP SERVICE 2:00 ARTS & CRAFTS</p>	<p>16 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 9:30 TRANS-INSERVICE 10:00 NUTRITION CLASS 10:30 PARTICIPANT COUNCIL 1:00 B-I-N-G-O 3:00 HANDS THERAPY</p>	<p>SCENIC DRIVE</p>
<p>A total workout, combining all elements of fitness – Muscle conditioning balance and flexibility</p>	<p>19 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:30 THANKSGIVING CRAFTS 1:00 MEDITATION CLASS 2:00 TRIVIA 3:00 REMINISCENCE</p>	<p>20 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 THANKSGIVING CARDS 10:30 YOGA W/ BOBBIE 12:00 THANKSGIVING LUNCHEON 1:00 B-I-N-G-O 2:30 COLORING</p>	<p>21 8:00 COFFEE & NEWS 9:00 QUALITY FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 STRINGS W/ CHET 12:00 THANKSGIVING LUNCHEON 1:00 BALLET MVT W/ SONG 2:00 MOVIE TIME</p>		<p>23 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:30 PETER ON GUITAR 1:00 B-I-N-G-O 3:00 ARMCHAIR TRAVEL</p>	
<p>YOGA</p>	<p>26 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION CLASS 2:00 TRIVIA 3:00 HANDS THERAPY</p>	<p>27 8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 10:00 SCENIC DRIVE 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 1:30 DRAW FOR SMILES 2:30 PAINTING</p>	<p>28 8:00 COFFEE & NEWS 9:00 QUALITY FOR LIFE THERAPY 9:00 WINTER WELLNESS CLASS 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION 2:30 BALLET MVT W/ SONG</p> <p>BIRTHDAY CELEBRATION</p>	<p>29 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 BEADING 1:00 ECUM. WORSHIP SERVICE 2:00 ARTS & CRAFTS</p>	<p>30 8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:00 FALL PREVENTION 11:00 COLORING 1:00 B-I-N-G-O 3:00 MUSICAL MEMORIES</p>	<p>"EXERCISE"</p> <p>Exercise is important to improve the quality of your life.</p>