














SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	<p>2</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 EASTER W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 TRIVIA W/ CATHY</p> 	<p>3</p> <p>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 COLORING</p>	<p>4</p> <p>8:00 COFFEE &amp; NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 SING-A-LONG W/ TOM 10:30 COMMUNITY CONNECT 1:00 REDISCOVERING SD 2:30 NAIL-CARE W/ ELVIA</p>	<p>5</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SHOPPING TRIP 10:00 SOUND THERAPY 1:00 CONVERSATION W/ DOUG 1:45 ART-CLASS W/ MELISSA</p>	<p>6</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:00 STEVE ZUILL 1:00 B-I-N-G-O 2:00 MEMORIAL W/DOUG</p>	
	<p>9</p> <p>8:00 COFFEE &amp; 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>10</p> <p>8:00 COFFEE &amp; 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 ART &amp; CRAFTS</p>	<p>11</p> <p>8:00 COFFEE &amp; NEWS 8:30 FITNESS W/ JESUS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:30 COMMUNITY CONNECT 1:00 REDISCOVERING SD 2:30 NAIL-CARE W/ ELVIA</p>	<p>12</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 10:00 PICNIC IN CORONADO 1:00 CONVERSATION W/ DOUG 1:45 ART-CLASS W/ MELISSA</p>	<p>13</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:00 RIKACHA GROUP 1:00 B-I-N-G-O 3:00 MOVIE TIME</p> 	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 619-677-3800</p>
<p><b>"COLORING"</b></p> <p>TRANSFORMATION OF MIND AND SPIRIT TO EXPRESS YOUR CREATIVITY</p>	<p>16</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 PARTICIPANT COUNCIL</p>	<p>17</p> <p>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 COLORING</p>	<p>18</p> <p>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 9:30 SING-A-LONG W/ TOM 10:30 COMMUNITY CONNECT 1:00 REDISCOVERING SD 2:30 NAIL-CARE W/ ELVIA</p> 	<p>19</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 1:00 CONVERSATION W/ DOUG 1:45 ART-CLASS W/ MELISSA</p>	<p>20</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 9:30 TRANS-INSERVICE 10:00 NUTRITION CLASS 11:00 FALL PREVENTION 1:00 B-I-N-G-O</p>	 <p>Meditation - unleash your spirit -</p>
 <p>Earth Day</p>	<p>23</p> <p>8:00 COFFEE &amp; 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>24</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:30 COMMUNICATION CLASS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 ART &amp; CRAFTS</p>	<p>25</p> <p>8:00 COFFEE &amp; NEWS 9:00 SNACKS W/ TONY 9:30 WELLNESS CARE 10:30 COMMUNITY CONNECT 1:00 REDISCOVERING SD 2:30 NAIL-CARE W/ ELVIA BIRTHDAY CELEBRATION</p>	<p>26</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY 1:00 CONVERSATION W/ DOUG 1:45 ART-CLASS W/ MELISSA</p>	<p>27</p> <p>8:00 COFFEE &amp; NEWS 8:45 SNACKS W/ TONY 9:00 QUALITY FOR LIFE THERAPY 10:00 PETER ON GUITAR 12:00 EMPLOYEE RECOGNITION 1:00 B-I-N-G-O 3:00 ARMCHAIR TRAVEL</p>	<p>A total workout, combining all elements of fitness - Muscle conditioning balance and flexibility</p> 
<p><b>Earth Day</b> Is a reminder that we need to take care of our "PLANET" so it continues to take care of us.</p>	<p>30</p> <p>8:00 COFFEE &amp; 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><b>YOGA</b></p> 	<p><b>Physical exercise</b> Have positive effects on brain Ranging from the molecular to behavioral level. . It increases heart rate, which pumps More oxygen to the brain.</p>	<p><b>SHOPPING TRIP</b></p> 	<p><b>"SOUND HEALTH MUSIC"</b> EMPOWERS PEOPLE TO DEVELOP POTENTIAL THROUGH MUSIC EXPERIENCE</p>	 <p>Spring is in the Air</p>