



NOVEMBER 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>\$ Fee attached @ Sign Up at Reception Schedule subject to change - Please refer to weekly and daily updates. St Pauls Plaza 1420 E Palomar CV 91913 License # 374603643</p>	<p>KEY: 1st Floor MC Mathes Center PR Pre Function Room L1 Living Room LB Lobby at Reception; PB Pub; PL Pool; DS Dance Studio; PG Playground;</p>	<p>LIB Library 2nd Floor; TR2 Terrace 2nd Floor TR4 Terrace 4th Floor A3 Activities 3rd Floor; - Family Rooms - L2 PRADO - 2nd Floor; L3 CROWN - 3rd Floor; L4 BRIDGE - 4th Floor; REF Reflections Solarium</p>		<p>10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (TR2) 11:00 Janet's Exercise (DS) 1:30 Flower Arranging (L3) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 6:30 Evening Movie (L2)</p>	<p>2 9:30 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Folkloriko Dancers (REF) 3:00 Resident Happy Hour (L2) 3:00 Gentle Stretching and Strengthening (DS)</p>	<p>3 9:00/10:45 Tai Chi (A3) 10:00 SD Mom's Craft Event (A3) 10:00 Swim Independent (PL) 11:00 Janet's Exercise (REF) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Humane Society (REF) 2:30 Saturday Matinee (L2)</p>
<p>4 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment - Trevor Gibson (PR)</p>	<p>5 10:00 Swim Independent 10:30 Spanish Class (LIB) 2:00 Bingo with Sharon (L2) 3:00 The HISTORY GUY (MC) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)</p>	<p>6 VOTING DAY POLLING BOOTH AT PLAZA 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 12:30 Shopping Trip (LB) 1:30 Wii Sports w/ Dimitri (L2) 3:00 Scrabble Club (LIB) 3:00 Gentle Stretching Class (DS)</p>	<p>7 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 11:00 Gym Workout 1:30 Paul Nichols (MC) 2:45 Leo Rocco's Group (L2) 3:00 Veterans Group (L3)</p>	<p>8 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (L2) 11:00 Janet's Exercise (DS) 1:30 Town Hall (MC) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy</p>	<p>9 9:30 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 3:00 Resident Happy Hour (L2) 3:00 Gentle Stretching and Strengthening (DS) 5:30 Evening Soiree</p>	<p>10 9:00/10:45 Tai Chi (MC) 10:00 Swim Independent (PL) 11:00 Janet's Exercise (REF) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Saturday Matinee (L2)</p>
<p>11 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment - Trevor Gibson (PR) VETERANS DAY</p>	<p>12 9:30 Swim Independent 10:45 Resident Veterans Day Ceremony 1:00 Travel Club (L2) 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)</p>	<p>13 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 1:30 Service with Father Samuels (CH) 1:30 Wii Sports w/ Dimitri (L2) 3:00 Scrabble Club (LIB) 3:00 Gentle Stretching Class (DS)</p>	<p>14 8:30 Shopping Trip @ (LB) 10:00 Pool Therapy (PL) 10:30 Lunch Outing @\$ (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Trevor Gibson (MC) 2:45 Leo Rocco's Group (L2) 3:15 Walk to Park (LB)</p>	<p>15 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (TR2) 11:00 Janet's Exercise (DS) 1:30 Flower Arranging (L3) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 4:30 Birthday Dinner (DR) 6:30 Evening Movie (L2)</p>	<p>16 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Resident Council (A3) 3:00 Resident Happy Hour (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:00 Neisha's Dance School Performance</p>	<p>17 9:00/10:45 Tai Chi (MC) 10:00 Swim Independent (PL) 11:00 Janet's Exercise (DS) 1:00 Toastmaster Event (MC) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Saturday Matinee (L2) 4:45 - 7:00 OUTING @ Catholic Mass Coronado (LB)</p>
<p>18 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment - Gary Santo Pietro (REF)</p>	<p>19 10:00 Swim Independent 10:30 Hand Spa & Wellness Circle w/Ana (L2) 1:00 Travel Club (L2) 2:00 Bingo with Sharon (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)</p>	<p>20 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 12:30 Shopping Trip (LB) 1:30 Wii Sports w/ Dimitri (L2) 2:30 Chef's Chat (PB) 3:00 Scrabble Club (LIB) 3:00 Gentle Stretching Class (DS)</p>	<p>21 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Steve and Diane Gospel Singers (MC) 2:45 Leo Rocco's Group (L2) 3:15 Walk to Park (LB)</p>	<p>22 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (TR2) 11:00 Janet's Exercise (DS) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 6:30 Evening Movie (L2) THANKSGIVING</p>	<p>23 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 11:00 Lunch & Learn (MC) 1:30 Circle of Share Social (L2) 3:00 Resident Happy Hour (L2) 3:00 Gentle Stretching and Strengthening (DS)</p>	<p>24 9:00/10:45 Tai Chi (MC) 10:00 Swim Independent (PL) 11:00 Janet's Exercise (REF) 1:30 Chair Tap Dancing w/ Trevor Gibson (REF) 2:30 Saturday Matinee (L2)</p>
<p>25 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment - Earl Vaults Saxophone (REF)</p>	<p>26 10:00 Swim Independent 10:00 Charger Band (PR) 1:00 Travel Club (L2) 2:00 Rob The Table (L2) 3:00 Gentle Stretching and Strengthening (DS) 6:30 Bridge Club (201)</p>	<p>27 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Zumba with Miguel (DS) 1:30 Service with Father Samuels (CH) 1:30 Wii Sports w/ Dimitri (L2) 3:00 Scrabble Club (LIB) 3:00 Gentle Stretching Class (DS)</p>	<p>28 8:30 Shopping Trip @ (LB) 10:00 Pool Therapy (PL) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Danny Lopez (MC) 2:45 Birthday Social (L2) 4:30 Outing - J Street Galley Dinner & Music (LB)</p>	<p>29 10:00 Pool Therapy (PL) 10:30 Hand Spa & Wellness Circle w/Ana (TR2) 11:00 Janet's Exercise (DS) 1:30 Health Seminar (MC) 2:30 Balance Testing (MC) 2:30 Chaplain Chat (L2) 3:00 Pool Therapy 6:30 Evening Movie (L2)</p>	<p>30 10:00 Pool Therapy (PL) 10:30 Lunch Outing @\$ (LB) 11:00 Live 2 Be Healthy (DS) 11:00 Swim Independent (PL) 11:00 Janet's Gym 1:30 Resident Council (A3) 3:00 Resident Happy Hour (L2) 3:00 Gentle Stretching and Strengthening (DS)</p>	