



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Please note: Schedule subject to change St Pauls Plaza 1420 E Palomar CV 91913 License # 374603643</p>	<p>KEY: MC - Mathes Center Community Room CH – Chapel PB - Pub All other activities are in Reflections Solarium</p>	<p>1 10:00 Music Therapy w/Emma 11:00 Brain Boosters 1:00 Art Therapy 2:30 Pet Therapy 3:00 Balloon Toss 3:30 Indoor Soccer 4:00 Yard Work</p>	<p>2 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 1:30 Folkloriko Dancers 2:30 Sing along 3:30 Edible Crafts 4:00 Gardening Projects</p>	<p>3 10:00 Jazz Music 10:30 Craft Activity 1:30 Chair Tap Dancing w/ Trevor Gibson 2:30 Humane Society 3:30 Lawrence Welks Show</p>
<p>4 10:30 Catholic Communion (CH) 2:00 Non- Denominational Church Service (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment w/ Trevor Gibson (MC)</p>	<p>5 10:00 Balloon Toss 10:45 Seasonal Crafts 1:00 Word Search 2:00 Live 2 Be Healthy Chair Exercise 3:00 Dance Social w/Ana 3:45 Making Memories</p>	<p>6 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Puzzles & Beading 1:00 Music n Motion w/Ana 2:00 Men's & Ladies Club 2:30 Bingo w/Ana 3:00 In The Kitchen with Ana 4:00 Folding & Sorting</p>	<p>7 10:00 Live 2 Be Healthy Chair Exercise 11:00 Brain Quest w/Ana 1:00 Neighborhood Walk 1:30 Entertainment with Paul Nichols (MC) 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>8 10:00 Morning Stroll/Gardening 11:00 Brain Boosters 1:00 Art Therapy 2:00 Pet Therapy 3:00 Balloon Toss 3:30 Indoor Soccer 4:00 Yard Work</p>	<p>9 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 1:00 Beading and Sorting 2:30 Aromatherapy w/Ana 3:00 Edible Crafts 4:00 Gardening Projects</p>	<p>10 10:00 1940's Music Show 10:30 Puzzles with Jeanine 1:30 Chair Tap Dancing w/ Trevor Gibson 2:30 Janet's Singalong 3:30 I Love Lucy</p>
<p>11 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment w/ Trevor Gibson (MC)</p> <p>VETERANS DAY</p>	<p>12 10:00 Balloon Toss 10:45 Veterans Day Ceremony 1:00 Word Search 2:00 Live 2 Be Healthy Chair Exercise 3:00 Dance Social w/Ana 3:45 Making Memories</p>	<p>13 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Puzzles & Beading 1:00 Music n Motion w/Ana 2:00 Choir Practice w/Janet 3:00 In The Kitchen with Ana 4:00 Yard Work</p>	<p>14 10:00 Live 2 Be Healthy Chair Exercise 11:00 Brain Quest w/Ana 1:00 Neighborhood Walk 1:30 Entertainment with Trevor Gibson (MC) 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>15 10:00 Music Therapy w/Emma 11:00 Brain Boosters 1:00 Art Therapy 2:00 Pet Therapy 3:00 Balloon Toss 3:30 Indoor Soccer 4:00 Yard Work</p>	<p>16 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 1:00 Collage Work 2:00 Integrated Arts w/ Janet 3:00 Edible Crafts 4:00 Gardening Projects</p>	<p>17 10:00 Big Band Swing Music 10:30 Seasonal Crafts with Delia 1:30 Chair Tap Dancing w/ Trevor Gibson 2:30 Janet's Singalong 3:00 Andy Griffith Show</p>
<p>18 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment w/ Gary Santo Pietro</p>	<p>19 10:00 Balloon Toss 10:45 Seasonal Crafts 1:00 Word Search 2:00 Live 2 Be Healthy Chair Exercise 3:00 Dance Social w/Ana 3:45 Making Memories</p>	<p>20 9:30 Chaplain Chat 10:15 Zumba w/Miguel 10:45 Puzzles & Beading 1:00 Music n Motion w/Ana 2:00 Men's & Ladies Club 3:00 In The Kitchen with Ana 4:00 Folding & Sorting</p>	<p>21 10:00 Live 2 Be Healthy Chair Exercise 11:00 Brain Quest w/Ana 1:00 Neighborhood Walk 1:30 Entertainment with Steve and Diane (MC) 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>22 10:00 Morning Stroll/Gardening 11:00 Brain Boosters 1:00 Art Therapy 2:00 Pet Therapy 3:00 Balloon Toss 3:30 Indoor Soccer</p> <p>THANKSGIVING</p>	<p>23 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 1:00 Beading and Sorting 2:00 Aromatherapy w/Ana 3:00 Edible Crafts 4:00 Gardening Projects</p>	<p>24 10:00 Music from the 30's 10:30 Puzzles with Jeanine 1:30 Chair Tap Dancing w/ Trevor Gibson 2:30 Janet's Sing along 3:30 Lawrence Welks Show</p>
<p>25 10:30 Catholic Communion (CH) 2:00 Plaza Service Non-Denominational (CH) 2:45 Afternoon Tea (PB) 3:00 Sunday Entertainment w/ Earl Vaults</p>	<p>26 10:00 Charger Band (PR) 11:00 Bead Work/ Puzzles 1:00 Word Search 2:00 Live 2 Be Healthy Chair Exercise 3:00 Dance Social w/Ana 3:45 Making Memories</p>	<p>27 9:30 Chaplain Chat 10:15 Zumba w/Miguel 1:00 Music in Motion w/Ana 2:00 Choir Practice w/Janet 3:00 In The Kitchen w/ Ana 4:00 Yard Work</p>	<p>28 10:00 Live 2 Be Healthy Chair Exercise 11:00 Brain Quest w/Ana 1:00 Neighborhood Walk 1:30 Entertainment with Danny Lopez (MC) 3:00 Hatha Chair Yoga w/ Mirna</p>	<p>29 10:00 Music Therapy w/Emma 11:00 Brain Boosters 1:00 Art Therapy 2:00 Pet Therapy 3:00 Balloon Toss 3:30 Indoor Soccer 4:00 Yard Work</p>	<p>30 10:00 Live 2 Be Healthy Chair Exercise 11:00 Laugh Lines 1:00 Collage Work 2:00 Integrated Arts w/ Janet 3:00 Edible Crafts 4:00 Gardening Projects</p>	