

New Meditation Class

Please join us starting May 4th and every Monday going forward at 2:30 PM in the LUV Lounge for a relaxing and grounding meditation class led by instructor Jeffrey Zlotnik, CEO and Co-Founder of Dharma Bum Temple. This is a wonderful opportunity to slow down, reset, and take a mindful break during the week in a calm and welcoming space.



Mondays at 2:30 PM

Flower Fields Outing

On May 8th, we will enjoy a colorful outing filled with fresh air and beautiful views. Thanks to our Manor Resident Council, we are heading to The Flower Fields in Carlsbad! This outing is completely free for Manor residents. Please be sure to sign your name in the activities binder to secure your spot if you would like to attend.



Friday May 8th

San Diego Ballet Outing

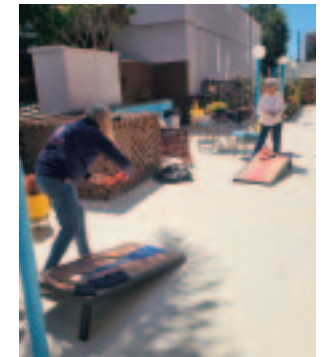
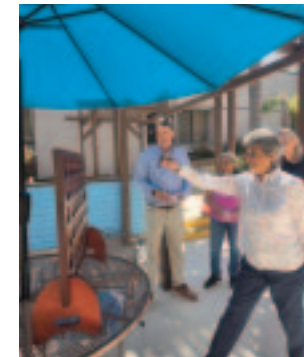
Thanks to the generosity of Bryan Devore from Devore Realty Group, we have 18 tickets available to enjoy a performance by the San Diego Ballet on Saturday, May 23rd at 8:00 PM. This is an evening event, and transportation will be provided via Uber. More details will be shared as the date gets closer. If you have any questions, please see Karla, the Community Life Director.



Saturday May 23rd

St. Paul's Perpetual Learning

In April, we launched St. Paul's Perpetual Learning, with fun classes ranging from healthy cooking with our chefs to "Play, Move, and Think" sessions. In the photos below: Scott leading a session. You can find all the class details in the binder at the front desk—feel free to join as many as you'd like! Interested in teaching? Share your ideas with the Community Life Director for next semester.



ST. PAUL'S MANOR Associates

Ronn Ellenich
Executive Director

Blair Barnett
Administrator in Training

Andrea Rojas
Community Engagement

Ari Bejar
Executive Chef

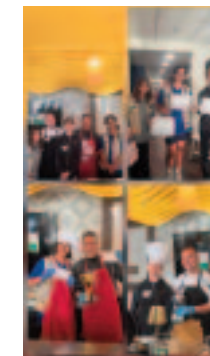
Anne-Marie Coman
Community Relations Director

Scott Phillip
Community Relations Director

Sergio Gutierrez
Maintenance Supervisor

Girl Scouts Bake off Contest

On Friday, April 17th, we hosted a wonderful Girl Scout Bake-Off! It was a fun and well-attended event enjoyed by all. Two of the Girl Scouts joined our chefs in making the desserts, while the third assisted Ronn as MC. Chef John took first place with his delicious dessert, a Trefoil cookie with guava paste, covered in chocolate. It was a great evening, and residents even had the chance to taste the chefs' desserts at the end!



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 May
 11:00 Holy Communion ServicesChapel
 1:00 Bridge Game CR
 5:45 Poker Lessons OP
 6:15 Poker OP

St. Paul's Manor
 2635 Second Avenue • San Diego, CA 92103
 (619) 239-2097 • www.stpaulseniors.org



1
 9:00 Exercises Senior Fitness LUV
 with Panos
 9:15 Out. to Rady Shell for a Rehearsal San Diego
 Symphony-Star Wars Concert
 10:00 SU-YMCA Rides Outing
 1:00 Bridge Game CR
 2:00 Meet & Greet our new Residents DRM
 3:15 New Art Painting Classes LUV
 6:30 Rummikub & Games CR

2
 10:00 Qi Gong LUV
 10:30 Catholic Holy CommunionChapel
 1:00 Bridge Game CR
 2:30 Watercolor Class with Sarah LUV
 6:30 Saturday Night Movie LUV

3
 11:00 Holy Communion ServicesChapel
 1:00 Bridge Game CR
 5:45 Poker Lessons OP
 6:15 Poker OP

4
 9:00 SU-Trader Joe's & Ralphs Outing
 10:00 SU-Trader Joe's & Ralphs Outing
 10:45 Balance Class with Eva LUV
 11:45 Come Sing Happy Birthday DRM
 to Tom—103 Years Young!
 1:00 Critical Thinking LUV
 1:00 Bridge Game CR
 2:30 Meditation Class LUV
 4:00 Bingo OP

5
 7:30 Bazaar on Second 223
 10:00 Qi Gong LUV
 11:00 Spiritual Journey with Joan Maher and Cristina LUV
 11:30 1:1 with Reverend Cristina LUV
 1:00 Bridge Game CR
 1:00 Shopping Trip to Walmart Outing
 2:00 Fiber Arts LUV
 3:15 Chef Chat With Ari Bejar DRM
 6:00 UCSD Students PerformanceLUV
 6:30 Intermediate Bridge with OP

6
 9:00 Exercises Senior Fitness LUV
 with Panos
 10:00 SU-YMCA Rides Outing
 10:30 Holy Communion ServiceChapel
 11:00 Invite a Friend and Make a Flower Arrangement LUV
 1:00 Bridge Game CR
 1:00 New! Dance Class LUV
 6:15 Poker at the Manor OP

7
 10:00 Qi Gong LUV
 10:00 Tech Help with Cree OP
 10:45 Dance Class with Laura LUV
 1:00 Music History with Marketa LUV
 1:00 Bridge Game CR
 3:15 St. Paul's Striders Outing
 Walking Club
 7:00 Mystery Movie Night with David LUV

8
 9:00 Exercises Senior Fitness LUV
 with Panos
 10:00 SU-YMCA Rides Outing
 10:00 Outing to Flower Fields Outing
 1:00 Bridge Game CR
 3:15 New Art Painting Class LUV
 6:30 Rummikub & Games CR

9
 10:00 Qi Gong LUV
 1:00 Bridge Game CR
 1:00 Opera with Liana "The Bartered Bride" by Smetana LUV
 3:00 Dance Social & Art Gallery TBD
 4:30 Live Music with Raymond atDRM
 Dinner
 6:30 Saturday Night Movie LUV

10
 11:00 Holy Communion ServicesChapel
 1:00 Bridge Game CR
 2:30 The Gilded Age, HBO LUV
 Historical Drama
 5:45 Poker Lessons OP
 6:15 Poker OP
 6:30 Residents Choice Movie LUV
 Night

11
 9:00 SU-Trader Joe's & Ralphs Outing
 10:00 SU-Trader Joe's & Ralphs Outing
 10:45 You Tube Balance Class LUV
 1:00 Critical Thinking LUV
 1:00 Bridge Game CR
 2:30 Meditation Class LUV
 4:00 Bingo OP

12
 10:00 Qi Gong LUV
 12:00 SU-Balboa Park Ride Outing
 1:00 Arts & Crafts LUV
 1:00 Bridge Game CR
 1:00 Shopping Trip to Target Outing
 2:00 Fiber Arts LUV
 3:30 Speaker of the month from California State Parks LUV
 6:30 Intermediate Bridge with Lessons OP

13
 9:00 Exercises Senior Fitness LUV
 with Panos
 10:00 SU-YMCA Rides Outing
 10:30 Holy Communion ServiceChapel
 12:30 Loteria (Mexican Bingo) LUV
 1:00 Bridge Game CR
 2:30 Prelude to the Hymn Sing LUV
 3:00 Hymn Sing LUV
 6:15 Poker at the Manor OP

14
 9:15 2 Hour Harbor Tour Outing
 10:00 Qi Gong LUV
 10:00 Tech Help with Cree OP
 10:45 Dance Class with Laura LUV
 1:00 Music History with Marketa LUV
 1:00 Bridge Game CR
 3:15 St. Paul's Striders Outing
 Walking Club
 4:00 Birthday Night French Theme DRM
 6:00 UCSD Students PerformanceLUV

15
 9:00 Exercises Senior Fitness LUV
 with Panos
 10:00 SU-YMCA Rides Outing
 11:30 Marie Callender's Outing
 1:00 Bridge Game CR
 6:30 Rummikub & Games CR

16
 10:00 Qi Gong LUV
 10:30 Catholic Holy CommunionChapel
 Services
 1:00 Bridge Game CR
 2:30 Watercolor Class with Sarah LUV
 6:30 Saturday Night Movie LUV

17
 11:00 Holy Communion ServicesChapel
 1:00 Bridge Game CR
 5:45 Poker Lessons OP
 6:15 Poker OP
 6:30 Mystery Book Club LUV

18
 9:00 SU-Trader Joe's & Ralphs Outing
 10:00 SU-Trader Joe's & Ralphs Outing
 10:45 Balance Class with Eva LUV
 1:00 Critical Thinking LUV
 1:00 Bridge Game CR
 2:30 Meditation Class LUV
 4:00 Bingo OP

19
 7:30 Bazaar on Second 223
 10:00 Qi Gong LUV
 10:00 Bible as Library CR
 1:00 Bridge Game CR
 1:00 Shopping Trip to Dollar Tree Outing
 2:00 Fiber Arts LUV
 3:15 Digital Literacy & Elder Scam Talk LUV
 6:00 UCSD Students PerformanceLUV
 6:30 Intermediate Bridge OP

20
 9:00 Exercises Senior Fitness LUV
 with Panos
 10:00 SU-YMCA Rides Outing
 10:30 Holy Communion ServiceChapel
 12:30 Loteria (Mexican Bingo) LUV
 1:00 Bridge Game CR
 2:00 Open Forum DRM
 6:15 Poker at the Manor OP

21
 10:00 Qi Gong LUV
 10:00 Tech Help with Cree OP
 10:00 Outing to Cabrillo National Monument Outing
 10:45 Dance Class with Laura LUV
 1:00 Music History with Marketa LUV
 1:00 Bridge Game CR
 3:15 St. Paul's Striders Outing
 Walking Club (Local Victorian Houses)
 7:00 Mystery Movie Night LUV

22
 9:00 Exercises Senior Fitness LUV
 with Panos
 9:00 SU-Trader Joe's & Ralphs Out
 10:00 SU-Trader Joe's & Ralphs Out
 10:00 (Canceled) SU-YMCA Rides Out
 1:00 Bridge Game CR
 6:30 Rummikub & Games CR

23
 10:00 Qi Gong LUV
 1:00 Bridge Game CR
 1:00 Opera with Liana "La Boheme" by Puccini LUV
 4:30 Live Music with Raymond atDRM
 Dinner
 6:30 Saturday Night Movie LUV
 7:00 Outing to San Diego BalletOuting
 Performance

24
 11:00 Holy Communion ServicesChapel
 1:00 Bridge Game CR
 2:30 The Gilded Age, HBO LUV
 Historical Drama
 5:45 Poker Lessons OP
 6:15 Poker OP

25
 10:00 Memorial Day Event FurtherTB
 Information to Come
 10:45 You Tube Balance Class LUV
 1:00 Critical Thinking LUV
 1:00 Bridge Game CR
 2:30 Meditation Class LUV
 4:00 Bingo OP

26
 10:00 Qi Gong LUV
 10:30 Resident Council Meeting LUV
 12:00 SU-Balboa Park Ride Outing
 1:00 Arts & Crafts LUV
 1:00 Bridge Game CR
 1:00 Outing to Mission Valley Mall Outing
 2:00 Fiber Arts LUV
 6:00 UCSD Students PerformanceLUV
 6:30 Intermediate Bridge with Lessons OP

27
 9:00 Exercises Senior Fitness LUV
 with Panos
 10:00 SU-YMCA Rides Outing
 10:30 Holy Communion ServiceChapel
 12:30 Loteria (Mexican Bingo) LUV
 1:00 Bridge Game CR
 2:30 Prelude to the Hymn Sing LUV
 3:00 Hymn Sing LUV
 6:15 Poker at the Manor OP

28
 10:00 Qi Gong LUV
 10:00 Tech Help with Cree OP
 1:00 Music History with Marketa LUV
 1:00 Bridge Game CR
 3:15 St. Paul's Striders Outing
 Walking Club
 6:00 The Chamber Ensemble From AmeriCal Youth Symphony at The SPCC

29
 9:00 Exercises Senior Fitness LUV
 with Panos
 10:00 SU-YMCA Rides Outing
 1:00 Bridge Game CR
 3:00 St. Paul's Workshop Walk Outing
 with a Ranger
 3:00 St. Paul's Workshop Walk Outing
 with a Ranger
 6:30 Rummikub & Games CR

30
 10:00 Qi Gong LUV
 1:00 Bridge Game CR
 6:30 Saturday Night Movie LUV

Associate Continue:

David Valdez
 Housekeeping Supervisor

Karla Medina
 Community Life Director

Activities are subject to change without notice. For the most accurate schedule, please refer to the weekly calendar, if you have any questions feel free to contact Karla Medina the Community Life Director.

LOCATION KEY

LUV Lounge	LUV
Outing	Outing
Club Room	CR
Dining Room	DRM
Chapel	Chapel
Opal Lounge	OP
Room #223	223
To Be Discussed	TBD
	SPCC