

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Live to be Healthy LL Trader Joe's & Ralph's 9:30-10:45am 1:00 Current Events LL 2:00 Spanish Group Rm 430 2:00 Bridge Rm 430 3:15 Knitting & Crocheting LL	2 9:00 Qi Gong LL 10:00 Wii Bowling LL 99 Cent Store & Ross 1:00-2:30pm 7:00pm Bingo LL	3 9:00 Live to be Healthy LL 10:30 Christian Worship C Holy Communion 1:00 Bridge Rm 430 1:00 Old Fashion Hymn LL 2:00pm Charades Game LL	4 9:00 Qi Gong LL 10-1 Medical Appointments 10:30 Strength & Balance Exercise Class LL 2:30 Live Music with Sonny M, Solo band LL	5 9:00 Live to be Healthy LL 10-1 Medical Appointments 2:00 Meet & Greet LL 	6 9:00 Qi Gong LL 10:00 Holy Communion C 1:00 Opera & Ballet With Jack Machun LL 4:00 Social Hour (BYO) LL
7 1:00 Christian Worship C 	8 9:00 Live to be Healthy LL Trader Joe's & Ralph's 9:30-10:45am 1:00 Current Events LL 2:00 Spanish Group Rm 430 2:00 Bridge Rm 430	9 9:00 Qi Gong LL 10:00 Wii Bowling LL Target & Ralph's at Point Loma 1:00-2:30pm 7:00pm Bingo LL	10 9:00 Live to be Healthy LL 10:30 Christian Worship C Holy Communion 11:15 Bible Study with Vesta LL 1:00 Bridge Rm 430 2:30 Get together and share military experiences with Justin. LL	11 9:00 Qi Gong LL 10-1 Medical Appointments 10:30 Strength & Balance LL 1:00 Executive Meting LL 5:00 Twilight at Balboa Park Moonlight Serenade Orchestra	12 9:00 Live to be Healthy LL 10-1 Medical appointments 2:30 Live music with Risa Brown on the piano. LL	13 9:00 Qi Gong LL 1:00 Opera & Ballet With Jack Machun LL 4:00 Social Hour (BYO) LL
14 1:00 Christian Worship C 	15 9:00 Live to be Healthy LL Trader Joe's & Ralphs 9:30-10:45 am 1:00 Current Events LL 2:00 Spanish Group Rm 430 2:00 Bridge Rm 430	16 9:00 Qi Gong LL 10:00 Wii Bowling LL Walmart 1:00-2:30pm 4:00-7:00 Luau Party at the Conference Center	17 9:00 Live to be Healthy LL 10:30 Christian Worship C Holy Communion 1:00 Bridge Rm 430 1:00 Old Fashioned Hymn LL 2:30pm Arts & Crafts "Making Soaps" LL	18 9:00 Qi Gong LL 10-1 Medical Appointments 10:30 Strength & Balance Exercise Class LL 10-1 Ferry Landing with Picnic/Lunch 1:00 Advisory Meeting CR Birthday Dinner Accompanied by Raymond	19 9:00 Live to be Healthy LL 10-1 Medical Appointments Mystery Tour Ride 10:00-12:30 Hosted By Keri B. 2:00 Open Forum DR 	20  9:00 Qi Gong LL 10:00 Holy Communion C 1:00 Opera & Ballet With Jack Machun LL 4:00 Social Hour (BYO) LL
21 1:00 Christian Worship C 	22 9:00 Live to be Healthy LL Trader Joe's & Ralph's 9:30-10:45am 1:00 Current Events LL 2:00 Spanish Group Rm 430 2:00 Bridge Rm 430 3:15 Knitting & Crocheting LL	23 9:00 Qi Gong LL 10:00 Wii Bowling LL Fashion Valley Mall 1:00-3:00pm 7:00 pm Bingo LL	24 9:00 Live to be Healthy LL 10:30 Christian Worship C Holy Communion 1:00 Bridge Rm 430	25 9:00 Qi Gong LL 10-1 Medical Appointments 10:30 Strength & Balance Exercise Class LL 5:00 Twilight at Balboa Park American Jazz & Swing	26 9:00 Live to be Healthy LL 10-1 Medical Appointments 1:30 Scenic Drive to Mission Bay	27 9:00 Qi Gong LL 1:00 Opera & Ballet With Jack Machun LL 4:00 Social Hour (BYO) LL
28 1:00 Christian Worship C 	29 9:00 Live to be Healthy LL Trader Joe's & Ralph's 9:30-10:45am 1:00 Current Events LL 2:00 Spanish Group Rm 430 2:00 Bridge RM430	30 9:00 Qi Gong LL 10:00 Wii Bowling LL Balboa Mesa Shopping Center 1:00-2:30pm 1:00 Stamp Sale Library 7:00pm Bingo	31 9:00 Live to be Healthy LL 10:30 Christian Worship C Holy Communion 1:00 Bridge Rm 430 1:00 Old Fashioned Hymn LL		Every Tuesday Trips to Balboa Park Drop Off Time: 12:30pm Pick Up Time: 3pm 	C - Chapel LL - Luv Lounge DR - Dining Room CCC - Community Care Center SL - Shattuck Lounge CR- Conference Room 