

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DIMENSIONS OF WELLNESS KEY: OUTINGS SOCIAL FITNESS CREATIVE INTERGENERATIONAL EDUCATIONAL SPIRITUAL</p>	<p>GYM OPEN ALL DAY</p> <p>POOL OPEN 8:30 – 10:30 am MON – SAT</p>		<p>1</p> <p>10:00 Shopping Trip: Tuesday Morning / Target/ Luna Grill/ Albertsons-LB 11:00 Strength & Balance w/Theresa-A3 1:30 Music Appreciation w/Janet-A3 3:00 Range of Motion-A3 3:30 Book Club-A3</p>	<p>2</p> <p>10:45 Zumba w /Rachel-A3 11:00 Tech Help-L3 1:00 Shopping Trip: Tuesday Morning/ Target/ Luna Grill/ Albertsons-LB 2:00 Brain Games-Word Search Italy & Fun Facts-A3</p>	<p>3</p> <p>11:00 Balance Training w/Janet-DS 11:00 Color Therapy-L3 1:00 Get Up & Go with Mary Jo-A3 2:00 Entertainment: Kerry Powell Rat Pac-P 3:00 Movie: Mannix-L2 3:30 Sit & Be Fit Class-A3</p>	<p>4</p> <p>10:00 Tech Help-L3 11:15 Range Motion-A3 1:15 Documentary-L2 1:45 Circle of Share-A3 3:00 Chair Yoga & Meditation-DS</p>
<p>5</p> <p>10:30 Roman Catholic Church Service-CH 11:00 Color Therapy-L3 1:30 – 3:30 Crafts Corner -A3 2:30 NonDenominational Service-CH</p>	<p>6</p> <p>11:00 Jamul Casino & Lunch-LB 2:00 Strength & Balance w/Theresa-DS 2:00 Rob The Table-A3 2:45 Crafts Corner-A3</p>	<p>7</p> <p>10:00 Chaplain Chat-L2 11:00 Strength & Balance w/Theresa-A3 2:00 Ruby's Groove-L4 2:00 Tea Social Welcome New Neighbors-L3 3:00 History Lady Program June-L2 3:15 Range Motion-A3</p>	<p>8</p> <p>10:00 Shopping Trip: Walmart / Costco / Good Will-LB 11:00 Strength & Balance w/Theresa-A3 1:30 Tapas Cooking Demo w/ Debra-L3 3:00 Range of Motion-A3 3:30 Book Club-A3</p>	<p>9</p> <p>10:45 Zumba w /Rachel-A3 11:00 Tech Help-L3 1:00 Shopping Trip: Walmart / Costco / Goodwill -LB 1:30 Brainiac Fun-L3 2:30 Episcopalian Communion-MC 3:00 Jewelry Class-L3 3:00 Balance Class-DS</p>	<p>10</p> <p>11:00 Balance Training w/Janet-DS 11:00 Color Therapy-L3 1:15 Line Dancing-MC 2:00 Entertainment: Gary & Steve-P 3:00 Movie: Chef-L2 3:30 Book Club Social-A3</p>	<p>11</p> <p>10:00 Tech Help-L3 11:15 Range Motion-A3 1:15 Documentary-L2 1:45 What personality Am I?-A3 3:00 Chair Yoga & Meditation-DS</p>
<p>12</p> <p>10:30 Roman Catholic Church Service-CH 11:00 Color Therapy w/Jan-L3 2:30 NonDenominational Service-CH</p>	<p>13</p> <p>11:00 Scenic Drive: Cabrillo Park-LB 2:00 Strength & Balance w/Theresa-DS 2:00 Bingo-A3 2:45 Fun Facts & Games all about Italy-A3</p>	<p>14</p> <p>10:00 Chaplain Chat-L2 11:00 Strength & Balance w/Theresa-A3 1:30 Travel Video Bob Boze Africa-L2 2:00 Ruby's Groove-L4 2:00 Walk to The Park Feed the Ducks - LB 3:15 Range Motion-A3</p>	<p>15</p> <p>10:00 Shopping Trip: Trader Joes, Sprouts, TJ Maxx-LB 11:00 Strength & Balance w/Theresa-A3 1:30 Alzheimers Prevention Talk A3 3:00 Range of Motion-A3 3:30 Book Club-A3</p>	<p>16</p> <p>10:45 Zumba w /Rachel-A3 11:00 Tech Help-L3 1:00 Shopping Trip: Trader Joes, Sprouts, TJ Maxx-LB 2:00 Resident Council-MC 3:00 Snow Cone Day Residents & Staff-L3</p>	<p>17</p> <p>11:00 Balance Training w/Janet-DS 11:00 Color Therapy-L3 1:00 Get Up & Go with Mary Jo-A3 2:00 Entertainment: Jerry "HotRod" DeMink-P 3:00 Movie: The Streets of San Francisco-L2 3:30 Painting Class-A3</p>	<p>18</p> <p>11:15 Range Motion-A3 1:15 Documentary-L2 1:45 Circle of Share-A3 3:00 Chair Yoga & Meditation-DS</p>
<p>19</p> <p>10:30 Roman Catholic Church Service-CH 11:00 Piano Concert Alex-MC 1:30 Color Therapy-L3 2:45 Gardening Class-T4 2:30 NonDenominational Service-CH</p>	<p>20</p> <p>11:00 Scenic Drive & Lunch Casa De Pico or BJ's-LB 2:00 Strength & Balance w/Theresa-DS 2:00 Town Hall-MC 3:00 Bingo-A3</p>	<p>21</p> <p>10:00 Laurie's Knitting Class-L3 10:00 Chaplain Chat-L2 11:00 Strength & Balance w/Theresa-A3 12:30-3:00 Picnic J Street Marina-LB 2:00 Chef Chat 3:00 Brain Games Italy-L3 3:15 Range Motion-A3</p>	<p>22</p> <p>10:00 Shopping Trip: Home Goods / Ross / Baron's-LB 11:00 Strength & Balance w/Theresa-A3 1:30 Joyful Sounds-L3 3:00 Range of Motion-A3 3:30 Book Club-A3</p>	<p>23</p> <p>10:45 Zumba w /Rachel-A3 11:00 Tech Help-L3 11:30 Into The Jungle Dance (Limited 5)-LB 1:00 Shopping Trip: Home Goods / Ross / Baron's-LB 1:30 Brainiac Fun-L3 2:00 Outdoor Games-P 2:30 Episcopalian Holy Communion-MC 3:00 Balance Class-DS</p>	<p>24</p> <p>11:00 Balance Training w/Janet-DS 11:00 Color Therapy-L3 1:15 Line Dancing-MC 2:00 Entertainment: Danny Lopez-P 3:00 The History Program June-L2 3:30 Bingo-A3</p>	<p>25</p> <p>11:15 Range Motion-A3 1:15 Documentary-L2 1:30 Chair Volleyball-4S 3:00 Wine & Cheese Trivia Social-A3</p>
<p>26</p> <p>10:30 Roman Catholic Church Service-CH 11:00 Color Therapy-L3 1:30 Crafts Corner-A3 2:30 NonDenominational Service-CH 2:45 Dessert Social-L3</p>	<p>27</p> <p>11:00 Out to Lunch Filippi's-LB 2:00 Strength & Balance w/Theresa-DS 2:00 Rob The Table-A3 2:45 New Trivia Cards Game-A3</p>	<p>28</p> <p>10:00 Out to Breakfast Muriettas-L 10:00 Chaplain Chat-L2 11:00 Strength & Balance w/Theresa-A3 1:30 Travel Video Italy-L2 2:00 Ruby's Groove-L4 2:00 Tea Social-L3 3:15 Range Motion-A3</p>	<p>29</p> <p>10:00 Shopping Trip: JC Penny's /Macys /Target Outback-LB 11:00 Strength & Balance w/Theresa-A3 1:30 History Guy-MC 3:00 Range of Motion-A3 3:30 Book Club-A3</p>	<p>30</p> <p>10:45 Zumba w /Rachel-A3 11:00 Tech Help-L3 1:00 Shopping Trip: JC Penny's / Macy's/ Outback/ Target-LB 2:00 Chula Vista Police Guest Speaker-A3 2:30 Episcopalian Holy Communion-MC 3:00 Spot The Difference-L3</p>		<p>Subject to change Please Note: A Weekly Update is provided in your mailbox on Saturdays.</p> <p>St Paul's Plaza 1420 E Palomar St Chula Vista 91911 License # 3746036</p>