

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Andrea on PTO until 9/9</p>		 <p>Joseph "Joe" T. 9/17 Jose G. 9/19 Darlene B. 9/21 Loan M. 9/27</p>	<p>KEY: P- Piazza MC - Mathes Center CH - Chapel A3 - 3rd Floor Act. Room L3 - 3rd Floor Living Room</p> <p><u>All activities are in Reflections Solarium unless noted different.</u></p>	<p>1</p> <p>8:30 The Daily Chronicle 9:30 AM Walk 10:00 Balloon ROM 10:45 Bingo Game w/ Jo 1:30 Community Walk 2:00 Volleyball ROM 2:30 Shake It Exercise 3:00 Bocce Darts Game</p>	<p>2</p> <p>8:30 The Daily Chronicle 9:30 House based activities within houses. 1:30 Neighborhood Walk 2:30 Art Project 3:00 DIY Potpourri Bags 3:30 History Lady September Program</p>	<p>3</p> <p>House based activities within houses = Activities offered by team in each of the houses.</p> <p>Puzzles, Manicures, Folding & Sorting Clothes, Word Search, Current Events, Art Projects, Aromatherapy, Music Program</p>
<p>4</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium)</p>	<p>5</p> <p>8:30 The Daily Chronicle 9:30 House based activities within houses. 12:30 Walk to Solarium 1:00 Strength & Stretch Class with Theresa 2:00 Beverly Hillbillies</p>	<p>6</p> <p>8:30 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It with Theresa 11:00 Sing Along with Josephine 1:30 PM Walk 1:45 Sensory Activity 3:00 Bean Bag Challenge 3:30 Elvis Presley in concert</p>	<p>7</p> <p>8:30 The Daily Chronicle 9:30 Indoor Walk 10:00 Chair Exercise w/ Theresa 11:00 Baking Class: "Fruit Parfait Cups" 1:30 Walking Club 2:00 Bowling Tournament 3:00 Charades Challenge</p>	<p>8</p> <p>8:30 The Daily Chronicle 9:30 AM Walk 10:00 Zumba Class with Rachel 10:45 Crafty Corner 3:45 Holy Communion with Rev. Maria Cristina</p>	<p>9</p> <p>8:30 The Daily Chronicle 9:30 House based activities within houses. 1:30 Neighborhood Walk 2:00 Entertainment with The Silver Steppers (MC)</p> 	<p>10</p> <p>9:30 Morning Walk 10:00 Joyful Sounds 10:30 Range of Motion 2:00 Grandparents Day Rolling Cart ROOT BEER FLOAT 3:30 House based activities within houses.</p>
<p>11</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium) 3:45 Rolling Cookie Cart with Donna</p> 	<p>12</p> <p>8:30 The Daily Chronicle 9:30 House based activities within houses. 12:30 Walk to Solarium 1:00 Strength & Stretch Class with Theresa 2:00 Classic Commercials 1950's to 1970's</p>	<p>13</p> <p>8:30 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It with Theresa 11:00 Music Appreciation 1:30 PM Walk 1:45 Dancercise with Janet 2:30 Music Therapy with Janet</p>	<p>14</p> <p>8:30 The Daily Chronicle 9:30 Indoor Walk 10:00 Chair Exercise w/ Theresa 11:00 Bowling Game 2:00 Drumming Circle w/ Fuzzy Rankins (MC) 3:00 Jewelry Class</p>	<p>15</p> <p>8:30 The Daily Chronicle 9:30 AM Walk 10:00 Zumba Class with Rachel 10:45 Bingo Game 2:00 Nachos Day Social</p> 	<p>16</p> <p>8:30 The Daily Chronicle 10:00 Outdoor Walk 10:30 Outdoor Entertainment/ Carnival with Steve & Gary (P) 1:00 Neighborhood Walk 1:30 Scenic Drive: "Torrey Pines" 3:30 Room Visits w/ Andrea</p>	<p>17</p> <p>9:30 Morning Walk 10:00 Name That Tune 10:30 Dancersize w/ Janet 1:30 Community Walk 1:30 Serenity Singers Hymns & Inspirational Music (REF) 3:00 Belly Dancers (MC)</p>
<p>18</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium)</p>	<p>19</p> <p>8:30 The Daily Chronicle 9:30 House based activities within houses. 12:30 Love on A Leash Pet Therapy 12:45 Walk to Solarium 1:00 Strength & Stretch Class with Theresa 2:00 Dean Martin Show</p>	<p>20</p> <p>8:30 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It with Theresa 11:00 Daily Devotionals & Sing Along with MaryJo 1:30 PM Walk 1:45 Sensory Activity 2:30 Moving Art</p>	<p>21</p> <p>8:30 The Daily Chronicle 9:30 Indoor Walk 10:00 Chair Exercise w/ Theresa 11:00 Flower Arrangement Class with Andrea 1:30 Walking Club 2:00 Travelogue with Bob & Robin 3:00 Afternoon Stretch</p>	<p>22</p> <p>8:30 The Daily Chronicle 9:30 AM Walk 10:00 Zumba Class with Rachel 10:45 Crafty Corner 1:30 Community Walk 2:00 - 3:30 Resident & Staff Mingle (L3) 3:45 Holy Communion with Rev. Maria Cristina</p>	<p>23</p> <p>8:30 The Daily Chronicle 9:30 Outdoor Walk 11:00 Outdoor Entertainment with La Rondalla (P) 1:00 Neighborhood Walk 1:30 Scenic Drive: "Mount Soledad" 3:30 Room Visits w/ Andrea</p>	<p>24</p> <p>8:30 The Daily Chronicle 10:30 Morning Walk 11:00 Neisha's Dance School Performance (P) 1:30 Community Walk 2:00 Music n' Motion 3:30 Making Fall Wreaths 4:00 Aromatherapy</p>
<p>25</p> <p>3:00 Plaza Service Non-Denominational & Communion with Chaplain John (Reflections Solarium)</p>	<p>26</p> <p>8:30 The Daily Chronicle 9:30 House based activities within houses. 12:30 Walk to Solarium 1:00 Strength & Stretch Class with Theresa 2:00 Tony Bennett's Wonderful World: Live in San Francisco</p>	<p>27</p> <p>8:30 The Daily Chronicle 9:30 Chaplain Chat 10:00 Move It or Lose It with Theresa 11:00 Karaoke w/ Andrea 1:45 Dancercise with Janet 2:30 Music Therapy with Janet</p>	<p>28</p> <p>8:30 The Daily Chronicle 9:30 Indoor Walk 10:00 Chair Exercise w/ Theresa 11:00 Outdoor Entertainment w/ Peter Seltzer (P) 1:30 The History Guy (A3) 3:00 Hand Spa</p>	<p>29</p> <p>8:30 The Daily Chronicle 9:30 AM Walk 10:00 Zumba Class with Rachel 10:45 Bingo Game 1:30 Community Walk 2:30 Volleyball ROM 3:00 Jewelry Class</p>	<p>30</p> <p>8:30 The Daily Chronicle 9:30 Outdoor Walk 10:00 Scenic Drive: "Coronado" 1:00 Neighborhood Walk 1:30 Musical Journey with Ray Francisco & Ice Cream Social (MC) 3:30 Room Visits w/ Andrea</p>	<p>Schedule subject to change without prior notice. Please refer to the daily updates.</p> <p>St Paul's Plaza 1420 East Palomar Street Chula Vista, CA 91913 License # 374603643</p>