

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



JULY 2010

Happy 4th of July!



<p>8:45 United Methodist 9:30 Current Events (CGR) 10:30 4th of July BBQ (PC) 11:00 Catholic Mass (HC) 1:00 Intro to Computers (BR) 1:00 Maj Jong (AD) 3:00 Senior University (LH) 6:30 Sunday Cinema (CGR)</p> <p style="text-align: center;">Independence Day</p>	<p>NO EXERCISE CLASSES Pool is OPEN Noon – 5pm!</p> <p>9:30 Scenic Drive “Resident Choice” 10:00 No Western Health 1:00 Ladies Club Volunteers at Paradise Valley Manor 4:00 BYOB Social (AD)</p>	<p>9:30 Line Dancing (CP) 10:00 Western Health (MC) Home Care 10:30 Balance & Stabilize (CP) 1:00 Bridge Club (Pn 4th Fl.) 1:00 Wii Bowling Club (CP) 6:30 Tuesday Cinema (LH)</p>	<p>10:00 San Diego Botanical Gardens Tour 10:00 Western Health (MC) 10:00 Total Body Condition 11:00 Sit & Get Fit (CP) 1:00 Scrabble (CR) 1:30 Wheel of Fortune (CGR) 3:00 Games Galore (AD) 3:30 Library Committee (CR) 7:00 Inter-Faith Bible Study</p>	<p>9:30 Koffee Klatch (AD) 10:00 Western Health (MC) Home Care 11:00 Aqua Fitness (CP) 1:00 Thursday Matinee (LH) 2:00 Chair YOGA (CP) 2:30 Putting Green Club 3:00 Brain Quest (CGR)</p> <p style="text-align: center;">Canada Day</p>	<p>9:30 Terra Nova Shopping Center 10:00 Total Body Condition 11:00 Senior YOGA (CP) 1:00 Francisco Gil, M.D. (MC) 1:00 Wii Bowling Club (CP) 2:30 Billiards & Ping Pong 3:00 Knitting w/ Dolores (AS) 7:00 Inter-Faith Vespers (HC)</p>	<p>9:15 Church Runs (RA) 9:30 PV Walking Club (RA) 1:00 Saturday Matinee (LH) 2:00 Ice Cream Social (A) 3:00 Trivia with Bill (A)</p>
<p>8:45 United Methodist 9:30 Current Events (CGR) 10:30 BINGO (CDR) 11:00 Catholic Mass (HC) 1:00 Intro to Computers (BR) 1:00 Maj Jong (AD) 3:00 Senior University (LH) 6:30 Sunday Cinema (CGR)</p>	<p>9:30 Scenic Drive “Resident Choice” 10:00 Western Health (MC) 10:00 Total Body Condition 11:00 Sit & Get Fit (CP) 1:00 Arts & Crafts (AS) 2:00 Footcare Presentation by Dr. Richard Tu (BR) 3:00 Afternoon Tea (CDR)</p>	<p>9:30 Line Dancing (CP) 10:00 Western Health (MC) Home Care 10:00 Chef Rob’s (CR) Cooking Club 10:30 Balance & Stabilize (CP) 1:00 Bridge Club (Pn 4th Fl.) 1:00 Wii Bowling Club (CP) 6:30 Tuesday Cinema (LH)</p>	<p>11:00 Coronado Ferry & Lunch at Pehoe’s 10:00 Total Body Condition 11:00 Sit & Get Fit (CP) 1:00 Scrabble (CR) 1:30 Wheel of Fortune (CGR) 2:00 SENIOR YOGA (CP) 3:00 Games Galore (AD) 4:00 Hospitality Comm. (CR) 7:00 Inter-Faith (HC) Bible Study</p>	<p>9:30 Koffee Klatch (AD) 10:00 Western Health (MC) Home Care 11:00 Aqua Fitness (CP) 1:00 Thursday Matinee (LH) 2:00 Chair YOGA (CP) 2:30 Putting Green Club 3:00 Brain Quest (CGR)</p>	<p>9:30 Eastlake Shopping 10:00 Total Body Condition 11:00 Senior YOGA (CP) 1:00 Francisco Gil, M.D. (MC) 1:00 Wii Bowling Club (CP) 2:30 Billiards & Ping Pong 3:00 Knitting w/ Dolores (AS) 7:00 Inter-Faith Vespers (HC)</p>	<p>9:15 Church Runs (RA) 9:30 PV Walking Club (RA) 1:00 Saturday Matinee (LH) 2:00 Ice Cream Social (A)</p>
<p>8:45 United Methodist 9:30 Current Events (CGR) 10:30 BINGO (CDR) 11:00 Catholic Mass (HC) 1:00 Intro to Computers (BR) 1:00 Maj Jong (AD) 3:00 Senior University (LH) 6:30 Sunday Cinema (CGR)</p>	<p>9:30 Scenic Drive “Resident Choice” 10:00 Western Health (MC) 10:00 Total Body Condition 11:00 Sit & Get Fit (CP) 12:30 Ladies Club “Lunch At Nordstroms” 4:00 BYOB Social (AD) 4:30 Men’s Club (CR)</p>	<p>9:30 Line Dancing (CP) 10:00 Western Health (MC) Home Care 10:30 Balance & Stabilize (CP) 1:00 Bridge Club (Pn 4th Fl.) 1:00 Wii Bowling Club (CP) 2:00 Wellness Workshop (CP) 6:30 Tuesday Cinema (LH)</p>	<p>10:30 Braille Institue Tour Picnic Lunch Provided 10:00 Total Body Condition 11:00 Sit & Get Fit (CP) 1:00 Scrabble (CR) 1:30 Wheel of Fortune (CGR) 2:00 SENIOR YOGA (CP) 3:00 Games Galore (AD) 7:00 Inter-Faith (HC) Bible Study</p>	<p>9:30 Koffee Klatch (AD) 10:00 Western Health (MC) Home Care 11:00 Aqua Fitness (CP) 1:00 Thursday Matinee (LH) 2:00 Chair YOGA (CP) 2:30 Putting Green Club 3:00 Brain Quest (CGR)</p>	<p>9:30 La Mesa Springs Center 10:00 Total Body Condition 11:00 Senior YOGA (CP) 1:00 Francisco Gil, M.D. (MC) 1:00 Wii Bowling Club (CP) 2:00 Drum Circle (AD) 2:30 Billiards & Ping Pong 3:00 Knitting w/ Dolores (AS) 7:00 Inter-Faith Vespers (HC)</p>	<p>9:15 Church Runs (RA) 9:30 PV Walking Club (RA) 1:00 Saturday Matinee (LH) 2:00 Blueberry Pie (A) Ala Mode Social 3:00 Trivia with Bill (A) 7:00 Tell Procopio (LH) In Concert</p>
<p>8:45 United Methodist 9:30 Current Events (CGR) 10:30 BINGO (CDR) 11:00 Catholic Mass (HC) 1:00 Intro to Computers (BR) 1:00 Maj Jong (AD) 3:00 Senior University (LH) 6:30 Sunday Cinema (CGR)</p>	<p>9:30 Scenic Drive “Resident Choice” 10:00 Western Health (MC) Home Care 10:00 Total Body Condition 11:00 Sit & Get Fit (CP) 1:00 Arts & Crafts (AS) 3:00 Afternoon Tea (CDR)</p>	<p>9:30 Line Dancing (CP) 10:00 Western Health (MC) Home Care 10:00 Palm Court Comm. (BR) 10:30 Balance & Stabilize (CP) 1:00 Bridge Club (Pn 4th Fl.) 1:00 Wii Bowling Club (CP) 6:30 Tuesday Cinema (LH)</p>	<p>9:30 AmTrak to San Juan Capistrano Tour 10:00 Total Body Condition 11:00 Sit & Get Fit (CP) 1:00 Scrabble (CR) 1:30 Wheel of Fortune (CGR) 2:00 SENIOR YOGA (CP) 3:00 Games Galore (AD) 7:00 Inter-Faith (HC) Bible Study</p>	<p>9:30 Koffee Klatch (AD) 10:00 Western Health (MC) Home Care 11:00 Aqua Fitness (CP) 1:00 Thursday Matinee (LH) 2:00 Chair YOGA (CP) 2:30 Putting Green Club 3:00 Brain Quest (CGR)</p>	<p>9:30 Terra Nova Shopping Center 10:00 Total Body Condition 11:00 Senior YOGA (CP) 1:00 Francisco Gil, M.D. (MC) 1:00 Wii Bowling Club (CP) 2:30 Billiards & Ping Pong 3:00 Knitting w/ Dolores (AS) 7:00 Inter-Faith Vespers (HC)</p>	<p>9:15 Church Runs (RA) 9:30 PV Walking Club (RA) 1:00 Saturday Matinee (LH) 2:00 Ice Cream Social (A) 3:00 Trivia with Bill (A)</p>