

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2018

1st Floor Vitality Calendar

							<p>9:00 Daily Chronicles- MS 1</p> <p>9:30 Saturday Fitness- MS</p> <p>10:00 Jumbo Bowling- MS</p> <p>11:00 Ball Toss Name Game- MS</p> <p>12:30 Massage Time- CC</p> <p>1:00 Sunshine Circle- CY</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Senior Trivia- CC</p> <p>4:00 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p> <p style="text-align: center;">International Bacon Day</p>																					
<p>9:00 News & Views- MS 2</p> <p>9:30 Sunday Fitness- MS</p> <p>10:00 Main Street Bingo- MS</p> <p>11:00 What Would You Do?- CC</p> <p>12:30 Brain Teasers- CC</p> <p>1:00 Nail Care & More- CC</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Sunday Worship- C</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Reminiscing & More-CC</p> <p>5:00 Group Walk</p>	<p>9:00 News & Views- MS 3</p> <p>9:30 Monday Fitness- MS</p> <p>10:00 Lets Make a Skyscraper- CC</p> <p>11:00 History of Skyscrapers- CC</p> <p>12:30 Jewelry Making- CC</p> <p>1:00 Sing-Along- CC</p> <p>2:00 Afternoon Snack Social-CC</p> <p>3:00 Main St Ball Toss- MS</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Trivia</p> <p>5:00 Evening Wind Down</p> <p style="text-align: center;">Skyscraper Day</p>	<p>9:00 News & Views- MS 4</p> <p>9:15 Scenic Drive- Coronado</p> <p>10:00 Main Street Floor Games- MS</p> <p>11:00 Senior Trivia- CC</p> <p>12:30 Rummikub & More- CC</p> <p>1:00 Nail Care-CC</p> <p>2:00 Sunshine Circle- CY</p> <p>3:00 Puzzles & More- CC</p> <p>4:00 Favorite Recipe Swap- CC</p> <p>4:30 Group Walk</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 5</p> <p>9:30 Thursday Fitness- MS</p> <p>10:00 Writing Workshop- CC</p> <p>11:00 Draw Draw Draw- CC</p> <p>12:30 Massage Time- CC</p> <p>1:00 Sunshine Circle- CY</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Snack Time Social- CC</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Group Walk</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 6</p> <p>9:30 Friday Fitness- MS</p> <p>10:00 Friday Crafts- CC</p> <p>11:00 What Would You Do?- GR</p> <p>12:30 Massage Time- CC</p> <p>1:00 Puzzles & More-CC</p> <p>2:00 Coffee & Cookies Social- CC</p> <p>3:00 Sing-Along- CC</p> <p>4:00 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 7</p> <p>9:30 Saturday Fitness- MS</p> <p>10:00 Jumbo Bowling- MS</p> <p>11:00 Ball Toss Name Game- MS</p> <p>12:30 Scenic Drive- Silver Strand</p> <p>1:00 Sunshine Circle- CY</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Senior Trivia- CC</p> <p>4:00 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 8</p> <p>9:30 Sunday Fitness- MS</p> <p>10:00 Writing Workshop- MS</p> <p>11:00 Share & Tell CC</p> <p>12:30 Brain Teasers- CC</p> <p>1:00 Nail Care & More- CC</p> <p>2:00 Short Stories about Grandkids- CC</p> <p>3:00 Sunday Worship- C</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Reminiscing & More-CC</p> <p>5:00 Group Walk</p> <p style="text-align: center;">Grandparents Day</p>	<p>9:00 News & Views- MS 9</p> <p>9:30 Monday Fitness- MS</p> <p>10:00 Finish the Line- MS</p> <p>11:00 Writing Workshop- CC</p> <p>12:30 Jewelry Making- CC</p> <p>1:00 Garden Club- CY</p> <p>2:00 Afternoon Snack Social</p> <p>3:00 Main St Ball Toss- MS</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Trivia</p> <p>5:00 Evening Wind Down</p>	<p>9:00 News & Views- MS 10</p> <p>9:15 Scenic Drive- Lake Murray</p> <p>10:00 Main Street Floor Games- MS</p> <p>11:00 Senior Trivia- CC</p> <p>12:30 Table Games & More- CC</p> <p>1:00 Nail Care-CC</p> <p>2:00 Sunshine Circle- CY</p> <p>3:00 Puzzles & More- CC</p> <p>4:00 Favorite Recipe Swap- CC</p> <p>4:30 Group Walk</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 11</p> <p>9:30 Wednesday Fitness- MS</p> <p>10:00 Arts & Crafts- CC</p> <p>11:00 Finish the Line- CC</p> <p>12:30 Puzzles & More- CC</p> <p>1:00 Strength Training- CY</p> <p>2:30 What's Cooking?- CC</p> <p>3:00 Sing-Along- CC</p> <p>4:00 September Trivia- CC</p> <p>4:30 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 12</p> <p>9:30 Thursday Fitness- MS</p> <p>10:00 Peanuts in the Hat- CC</p> <p>11:00 Draw Draw Draw- CC</p> <p>12:30 Massage Time- CC</p> <p>1:00 Dominoes & More- CY</p> <p>2:00 Nut Trivia- CC</p> <p>3:00 Table Games & More- CC</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Dinning Room Conversation</p> <p>5:00 Evening Wind Down- MS</p> <p style="text-align: center;">National Peanut Day</p>	<p>9:00 News & Views- MS 13</p> <p>9:30 Friday Fitness- MS</p> <p>10:00 Friday Crafts- CC</p> <p>11:00 What Would You Do?- GR</p> <p>12:30 Massage Time- CC</p> <p>1:00 Puzzles & More-CC</p> <p>2:00 Coffee & Cookies Social- CC</p> <p>3:00 Sing-Along- CC</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Conversation</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 14</p> <p>9:30 Saturday Fitness- MS</p> <p>10:00 Jumbo Bowling- MS</p> <p>11:00 Ball Toss Name Game- MS</p> <p>12:30 Scenic Drive- Old Town</p> <p>1:00 Sunshine Circle- CY</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Senior Trivia- CC</p> <p>4:00 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 15</p> <p>9:30 Sunday Fitness- MS</p> <p>10:00 Main Street Bingo- MS</p> <p>11:00 What Would You Do?- CC</p> <p>12:30 Brain Teasers- CC</p> <p>1:00 Nail Care & More- CC</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Sunday Worship- C</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Reminiscing & More-CC</p> <p>5:00 Group Walk</p>	<p>9:00 News & Views- MS 16</p> <p>9:30 Monday Fitness- MS</p> <p>10:00 Finish the Line- MS</p> <p>11:00 How Mexico gained it's Independence -CC</p> <p>12:30 Jewelry Making- CC</p> <p>1:00 Mexican Craft- CC</p> <p>2:00 Snack Time Social- CC</p> <p>3:00 Main St Ball Toss- MS</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Trivia</p> <p>5:00 Evening Wind Down</p> <p style="text-align: center;">Mexican Independence Day Celebration</p>	<p>9:00 News & Views- MS 17</p> <p>9:15 Scenic Drive- Balboa Park</p> <p>10:00 Main Street Floor Games- MS</p> <p>11:00 Senior Trivia- CC</p> <p>12:30 Scrabble & More- CC</p> <p>1:00 Nail Care-CC</p> <p>2:00 Sunshine Circle- CY</p> <p>3:00 Puzzles & More- CC</p> <p>4:00 Favorite Recipe Swap- CC</p> <p>4:30 Group Walk</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 18</p> <p>9:30 Wednesday Fitness- MS</p> <p>10:00 Arts & Crafts- CC</p> <p>11:00 Finish the Line- CC</p> <p>12:30 Puzzles & More- CC</p> <p>1:00 Strength Training- CY</p> <p>2:00 Sing- Along- CC</p> <p>3:00 Coupon Cutting- CC</p> <p>4:00 September Trivia- CC</p> <p>4:30 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 19</p> <p>9:30 Thursday Fitness- MS</p> <p>10:00 Writing Workshop- CC</p> <p>11:00 Draw Draw Draw- CC</p> <p>12:30 Massage Time- CC</p> <p>1:00 Sunshine Circle- CY</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Snack Time Social- CC</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Group Walk</p> <p>5:00 Evening Wind Down- MS</p> <p style="text-align: center;">Oktoberfest Begins</p>	<p>9:00 News & Views- MS 20</p> <p>9:30 Friday Fitness- MS</p> <p>10:00 Friday Crafts- CC</p> <p>11:30 Oktoberfest Celebration- CY</p> <p>12:30 Massage Time- CC</p> <p>1:00 Puzzles & More-CC</p> <p>2:00 Coffee & Cookies Social- CC</p> <p>3:00 Sing-Along- CC</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Conversation</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 21</p> <p>9:30 Saturday Fitness- MS</p> <p>10:00 Jumbo Bowling- MS</p> <p>11:00 Ball Toss Name Game- MS</p> <p>12:30 Scenic Drive- USS Midway</p> <p>1:00 Sunshine Circle- CY</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Senior Trivia- CC</p> <p>4:00 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 22</p> <p>9:30 Sunday Fitness- MS</p> <p>10:00 Main Street Bingo- MS</p> <p>11:00 What Would You Do?- CC</p> <p>12:30 Brain Teasers- CC</p> <p>1:00 Nail Care & More- CC</p> <p>2:00 Short Stories- CC</p> <p>3:00 Sunday Worship- C</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Reminiscing & More-CC</p> <p>5:00 Group Walk</p>	<p>9:00 News & Views- MS 23</p> <p>9:30 Monday Fitness- MS</p> <p>10:00 Finish the Line- MS</p> <p>11:00 Writing Workshop- CC</p> <p>12:30 Jewelry Making- CC</p> <p>1:00 Garden Club- CY</p> <p>2:00 Afternoon Snack Social</p> <p>3:00 Main St Ball Toss- MS</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Trivia</p> <p>5:00 Evening Wind Down</p>	<p>9:00 News & Views- MS 24</p> <p>9:15 Scenic Drive- J Street</p> <p>10:00 Main Street Floor Games- MS</p> <p>11:00 Senior Trivia- CC</p> <p>12:30 Card Games & More- CC</p> <p>1:00 Nail Care-CC</p> <p>2:00 Sunshine Circle- CY</p> <p>3:00 Puzzles & More- CC</p> <p>4:00 Favorite Recipe Swap- CC</p> <p>4:30 Group Walk</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 25</p> <p>9:30 Wednesday Fitness- MS</p> <p>10:00 Arts & Crafts- CC</p> <p>11:00 Finish the Line- CC</p> <p>12:30 Puzzles & More- CC</p> <p>1:00 Strength Training- CY</p> <p>2:30 What's Cooking?- CC</p> <p>3:00 Coupon Cutting- CC</p> <p>4:00 September Trivia- CC</p> <p>4:30 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 26</p> <p>9:30 Thursday Fitness- MS</p> <p>10:00 Story of Johnny Appleseed - CC</p> <p>11:00 Draw Draw Draw- CC</p> <p>12:30 Massage Time- CC</p> <p>1:00 Rummikub & More- CY</p> <p>2:00 Apple Craft - CC</p> <p>3:00 Snack Time Social- CC</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Group Walk</p> <p>5:00 Evening Wind Down- MS</p> <p style="text-align: center;">Johnny Appleseed Day</p>	<p>9:00 News & Views- MS 27</p> <p>9:30 Friday Fitness- MS</p> <p>10:00 Friday Crafts- CC</p> <p>11:00 What Would You Do?- GR</p> <p>12:30 Massage Time- CC</p> <p>1:00 Puzzles & More-CC</p> <p>2:00 Coffee & Cookies Social- CC</p> <p>3:00 Sing-Along- CC</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Conversation</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 28</p> <p>9:30 Saturday Fitness- MS</p> <p>10:00 Jumbo Bowling- MS</p> <p>11:00 Ball Toss Name Game- MS</p> <p>12:30 Scenic Drive- Point Loma</p> <p>1:00 Sunshine Circle- CY</p> <p>2:00 Table Games & More- CC</p> <p>3:00 Senior Trivia- CC</p> <p>4:00 Afternoon Stroll</p> <p>5:00 Evening Wind Down- MS</p>	<p>9:00 News & Views- MS 29</p> <p>9:30 Sunday Fitness- MS</p> <p>10:00 Main Street Bingo- MS</p> <p>11:00 What Would You Do?- CC</p> <p>12:30 Brain Teasers- CC</p> <p>1:00 Nail Care & More- CC</p> <p>2:00 Short Stories- CC</p> <p>3:00 Sunday Worship- C</p> <p>4:00 Senior Trivia- CC</p> <p>4:30 Reminiscing & More-CC</p> <p>5:00 Group Walk</p>	<p>9:00 News & Views- MS 30</p> <p>9:30 Monday Fitness- MS</p> <p>10:00 Finish the Line- MS</p> <p>11:00 Writing Workshop- CC</p> <p>12:30 Jewelry Making- CC</p> <p>1:00 Garden Club- CY</p> <p>2:00 Afternoon Snack Social</p> <p>3:00 Main St Ball Toss- MS</p> <p>4:00 Afternoon Stroll</p> <p>4:30 Dinning Room Trivia</p> <p>5:00 Evening Wind Down</p>