

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p>9:30 Methodist Mission Valley (Bus) 1 9:30 Eastlake Church- LH 10:00 Morning Stretch – CR 10:30 Show Rehearsal – CR 11:00 Catholic Mass – LH 1:00 Dance Rehearsal – CR 1:30 Drum Circle Show Participants (only) Rehearsal – CR 2:00 Sunday Bingo – CR 3:30 Cedars Worship Service – CR 5:45 Rummikub Game– CR 6:45 Movie Night (Contemporary)L</p>	<p>10:00 Gentle Stretch - CR 2 11:00 Word Game – CR 11:30 <i>Labor Day BBQ</i> – DR/ Patio 1:45 Body Strengthening – CR 2:30 Reminiscence: “Working Days” - CR (discussion) 3:30 World News w/ Rick - CR 5:45 Rummikub – CR 6:45 Movie (Comedy / Romance)</p>	<p>10:00 Glee Club Rehearsal – CR 3 11:00 Play Ball with Miracle Moments Kids- CR 12:30 Scenic Drive: “La Jolla Cove” 1:00 Bible Study – C. Library 1:45 Fun & Fit Exercise – CR 2:30 Dance Rehearsal - CR 5:45 Bingo Night w/ Claudia – CR 6:45 Movie Feature:(Musical) – L</p>	<p>10:00 Chair Fitness w/Faye– CR 4 11:00 Talent Show Rehearsal (All Cast)- CR 12:00 Trader Jo/Sprout/CVS 1:30 <i>Aging Care: Wheelchair/Walkers Repair</i> - CR 2:00 Chi Gong – CP (Plaza) 2:00 Calendar Planning – CR 2:30 Ambassador’s Meeting- CR 5:30 Jewelry Making w/ Alma - CR 6:45 Movie Night (Classic) – L</p>	<p>10:00 Talent Show All Cast Rehearsal - Liberty Hall 5 11:00 Stretch & Be Fit - CR 12:00 99 Cents Shopping 1:00 Bridge Class w/ William- 4th Fl. Art Studio 1:45 Body Strengthening – Lobby 2:30 Social Hour - Lobby 3:00 Music w/ <i>Carol & Friends</i>- Lobby 5:45 Bingo Night – CR 6:45 Cinema (Mystery/ Action)- L</p>	<p>10:00 Fun Exercise w/ Alma - CR 6 10:30 Bingo Mania CR 11:30 Monthly Tidbits w/ Alma CR 1:30 Balloon Tennis – CR 2:15 Pretty Nails - CR 5:45 Hymns Sing-along – CR 6:45 Inspirational Movie – L</p>	<p>9:00 Saturday Worship – Lounge 7 10:00 Discussion: Wellness “Tips” w/ Marlowe & Alma– CR 10:20 Adventist Worship/PValley - Plaza Pick-up 10:30 Stretch & Be Fit w/ Maile- CR 1:00 Movie Matinee (Documentary) L 1:30 Afternoon Walk -PG 2:00 Chat & Reminisc with Alma- CR 5:45 Left, Center, Right Game - CR 6:45 Saturday Cinema – L</p>
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<p>Assisted Living Week 8 9:30 Methodist Mission Valley (Bus) 9:30 Eastlake Church- LH 10:00 Morning Stretch – CR 10:30 Make-up Session (Getting Ready for the Show) – CR 10:30 Catholic Confession HC 11:00 Catholic Mass – LH 2:00 Talent Show - LH 5:45 Rummikub Game– CR 6:45 Movie Night (Contemporary)L</p>	<p>PV Cruise Lines/ All Aboard... 9 10:00 Balance Exercise w/ Minnie – Gangway Deck 1 11:00 Word Game – Foyer/Deck 1 1:30 <i>I:1 w/ Res. Council Board Chat - Café (Deck 2)</i> 1:45 Body Strengthening – CR 2:30 Art / Craft Show – Foyer / Deck I 6:00 Dance the Night Away “Roaring 20’s Night” – Foyer</p>	<p>10:00 Towel Creation (CR) 10 Finishing Touches 11:00 Play Ball (CR) M. Moments Kids 12:30 Scenic Drive: “Old Town SD” 1:00 Bible Study – C. Library 1:45 Fun & Fit Exercise- CR 2:30 ZOO Towel Creations - Foyer /Deck I/ 1st FL. 5:45 Bingo Night w/ Claudia - CR 6:45 Movie Feature: (Musical) – L</p>	<p>10:00 Chair Fitness – CR 11 11:00 Health Tips w/ Faye - CR 12:00 Bonita Mall Shopping 1:00 Rummikub - CR 2:00 Tai Chi – CP (Plaza) 2:30 S-C-R-A-B-B-L-E Challenge-Cafe 2:30 “Maligayang Dating sa Pilipinas” 6:00 Philippine Folk Dance – Foyer (Deck I) 6:45 Movie Night (Classic) – L</p>	<p>9:00 <i>Breakfast for our “Heroes”</i> 12 10:00 Fun Games with Miracle Moment Kids – Foyer 11:00 Stretch & Be Fit – Foyer (1st Floor) 12:00 NC Walmart Shopping 1:00 Bridge Class w/ William- 4th Fl. Art Studio 1:45 Body Strengthening – Lobby 2:30 Benvenuti Italy 3:00 <i>Italian Music w/ Jim Bianchi</i> 5:45 Bingo Night – CR 6:45 Cinema (Mystery/Action)-L</p>	<p>10:00 Fun Exercise w/ Alma - CR 13 10:30 Bingo Mania – CR 11:30 Horoscope, Gem & more– CR 1:30 Balloon Tennis – CR 2:30 Bienvenue en France! <i>3:00 Entertainment by Diane Polinski – Foyer (1st Floor)</i> 5:45 Hymns Sing-along – CR 6:45 Inspirational Movie- L 7:00 Jewish Shabbat Service -HC</p>	<p>9:00 Saturday Worship – Lounge 14 10:00 Discussion: Wellness “Tips” - CR 10:20 Adv. Worship/PV Valley/ Plaza Pick-up 10:30 Stretch & Be Fit w/ Maile - CR 1:00 Movie Matinee (Doc.) – L 1:30 Afternoon Walk -PG 2:30 Arrival to India 3:00 Entertainment- Foyer 5:45 Left, Center, Right Game – CR 6:45 Saturday Cinema – L</p>
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<p>15 9:30 Methodist Mission Valley (Bus) 9:30 Eastlake Church- LH 10:00 Morning Stretch – CR 10:30 Sing-along - CR 11:00 Catholic Mass – LH 1:45 Ball Strike Game w/ Faye – CR 2:30 Sunday Bingo – CR 3:45 Flower Arrangement - Cafe 5:45 Rummikub Game– CR 6:45 Movie Night (Contemporary)</p>	<p>16 10:00 Balance Exercise w/ Minnie – Hallway 1st floor 11:00 Word Game – Lobby 1:45 Indoor Volley – CR 2:30 Reminiscence/ Discussion-CR 3:00 <i>Eye Screening with Dr. Mani – Lounge (4th Floor)</i> 4:00 Garden Visit – Patio 5:30 Mexican Train Domino - CR 6:45 Movie (Comedy/ Romance)-L</p>	<p>17 10:00 Morning Stretch – CR 11:00 <i>Blood Pressure /Weight w/ Bridge Hospice</i> - CR 12:30 Scenic Drive: “East Lake” 1:00 Bible Study – C. Library 1:45 Fun & Fit Exercise- CR 2:00 Crafting Group - CR 5:45 Bingo Night with Claudia – CR 6:45 Movie Feature:(Musical) – L</p>	<p>18 10:00 Chair Fitness w/ Faye - CR 11:00 Healthy Living (Topic requested) - CR 12:00 Eastlake Shopping 1:00 Rummikub - CR 2:00 Chi Gong – CP (Plaza) 2:30 <i>Scarf Dye Creation w/ Trudy</i> – CR (Cost: \$5.00) 5:30 Lavender w/ Alma -CR 6:45 Movie Night (Classic) – L</p>	<p>19 10:00 Color appreciation With Miracle Moments - CR 11:00 Stretch & Be Fit - CR 11: 00 Lunch Bunch: “Black Angus Steak House” 1:00 Bridge Class w/ William- 4th Fl. Art Studio 1:45 Body Strengthening - Lobby 2:30 <i>Meet & Greet Newcomers- Lob.</i> 3:00 Entertainment: Lawrence- Lob. 6:45 Cinema (Mystery/Action)-L</p>	<p>20 10:00 Fun Exercise w/ Alma - CR 10:30 Bingo Mania – CR 2:15 Pretty Nails – CR 3:00 “Don’t You Know...?” (Conversing Session) - CR 5:45 Hymns Sing-along - CR 6:45 Inspirational Movie- L</p>	<p>9:00 Saturday Worship – Lounge 21 10:00 Discussion: Wellness “Tips” - CR 10:20 Adv. Worship/PV Valley/ Plaza Pick-up 10:30 Stretch & Be Fit w/ Maile - CR 1:00 Movie Matinee (Doc.) – L 1:30 Afternoon Walk -PG 2:00 Chat & Reminisc with Faye- CR 5:45 Left, Center, Right Game – CR 6:45 Saturday Cinema – L</p> <p style="text-align: right; font-size: small;">Oktoberfest Begins</p>
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<p>22 9:30 Methodist Mission Valley (Bus) 9:30 Eastlake Church- LH 10:00 Morning Stretch – CR 10:30 Sing-along - CR 11:00 Catholic Mass – LH 1:30 Walking Club: “Mission Bay” 3:00 Sunday Bingo – CR 3:00 <i>Ruth Sax Movie: Holocaust</i> - LH 4:15 Flower Arrangement - Cafe 5:45 Rummikub Game– CR 6:45 Movie Night (Contemporary)L</p>	<p>23 10:00 Balance Exercise w/ Minnie – Hallway 1st floor 11:00 Word Game – Lobby 2:00 Cooking Class - CR 4:00 Garden Visit – Patio 5:30 Mexican Train Domino - CR 6:45 Movie (Comedy/ Romance)-L</p> <p style="text-align: right; font-size: small;">Autumn Begins</p>	<p>24 10:00 Glee Club Rehearsal – CR 11:00 Ball Game with Miracle Moments Kids- CR 12:30 Scenic Drive: “Coronado Strand” 1:00 Bible Study – C. Library 1:45 Fun & Fit Exercise- CR 3:00 <i>Bingo Bazaar</i> - CR 5:45 Bingo Night with Claudia – CR 6:45 Movie Feature:(Musical) – L</p>	<p>25 10:00 Chair Fitness with Faye– CR 11:00 Healthy Living w/ Faye -CR 12:00 North Island NEX Shopping 1:00 Rummikub - CR 2:00 Tai Chi – CP (Plaza) 2:30 <i>Resident Council</i> – CR 5:45 Jewelry Making w/ Alma - CR 6:45 Movie Night (Classic) – L</p>	<p>26 9:00 <i>Birch Aquarium Trip</i> 10:00 Fun Social w/ D Kidz – CR 11:00 Stretch & Be Fit - CR 1:00 Bridge Class w/ William- 4th Fl. Art Studio 1:45 Body Strengthening - Lobby 2:30 Social Hour - Lobby 3:00 <i>BirthDay Bash w/ “Melody Makers”</i> - Lobby</p>	<p>27 10:00 Fun Exercise w/ Alma - CR 10:30 Bingo Mania – CR 1:30 Balloon Tennis – CR 2:15 Pretty Nails – CR 3:00 “What’s your thought?” (Interactive discussion) - CR 5:45 Hymns Sing-along - CR 6:45 Inspirational Movie- L</p>	<p>9:00 Saturday Worship – Lounge 28 10:00 Discussion: Wellness “Tips” - CR 10:20 Adv. Worship/PV Valley/ Plaza Pick-up 10:30 Stretch & Be Fit w/ Maile - CR 1:00 Movie Matinee (Doc.) – L 1:30 Afternoon Walk -PG 2:00 Chat & Reminisc with Alma- CR 5:45 Left, Center, Right Game – CR</p>
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<p>29 9:30 Methodist Mission Valley (Bus) 9:30 Eastlake Church- LH 10:00 Morning Stretch – CR 10:30 Sing-along - CR 11:00 Catholic Mass – LH 1:45 Fun Exercise w/ Faye - CR 3:00 Sunday Bingo – CR 3:00 Belly Dance Lessons – CP (Plaza) 4:00 Flower Arrangement - Cafe 5:45 Rummikub Game– CR 6:45 Movie Night (Contemporary)L</p>	<p>30 10:00 Gentle Stretch w/ Alma - CR 11:00 Word Game – CR 1:45 Balloon Volley - CR 2:30 Head Bandz Fun Game – CR 4:00 Garden Visit - Patio 5:30 Mexican Train Domino - CR 6:45 Movie (Comedy/ Romance)-L</p> <p style="text-align: right; font-size: small;">Rosh Hashanah (first Day)</p>	 <p style="font-size: 2em; font-weight: bold; color: red;">SEPTEMBER 2019</p> <p style="font-size: 1.2em; font-weight: bold;">Paradise Village – Cedars AL 2740 E. 4th St.</p> <p style="font-size: 1.2em; font-weight: bold;">National City, Ca.91950 RCFE # 374602869 (619)475-5040</p>				
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AD – Plaza Activity Deck (2nd Floor), BR – Plaza Board Room (2nd Floor), CL – Cedars Library (4th Floor), CP – Club Paradise (Plaza), CR – Community Room (3rd Floor), DR – Dining Room (1st Floor), HC – Heritage Chapel (Plaza 2nd Floor), L – Lounge (4th Floor), LH – Liberty Hall (Plaza 2nd Floor), MC - Med. Clinic (Plaza 2nd Floor), P - Patio by the DR, PG – Putting Green, RA – Reception Area (Cedars 1st Floor), PRA (Plaza Reception Area), WW - Cedars West Wing 4th Floor , TCA – Tennis Court Area, Wi/Pa – Willows/Palms (1st Fl. Parlor), VC - Vitality