



KATELLA

Senior Living Community

# JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY										
8:30 Daily Devotions, FR <b>1</b> 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>2</b> 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Ralph's &amp; Riteaid</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>3</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	<b>INDEPENDENCE DAY 4</b> 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 10:30 4th of July Entertainment, CY 1:30 Volleyball, DR 2:30 History of 4th of July, DR	8:45 Daily Devotions, FR <b>5</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:00 Resident Council, DR 2:45 Journey Back in Time w/Hildy, DR <b>6:00 Ages Entwined® - Hymns of Praise, DR</b>	8:45 Daily Devotions, FR <b>6</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:30 Pizza in the Park</b> 2:30 Happy Hour w/Eddie, DR 3:30 Packing for the Homeless, DR 6:00 Netflix Movie, DR	8:45 Daily Devotions, FR <b>7</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Painting by Numbers, DR 2:30 Brain Games, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR <b>8</b> 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>9</b> 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Target</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>10</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR <b>11</b> 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 5:30 Game Show w/Lisbeth, DR	8:45 Daily Devotions, FR <b>12</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Zumba w/Sandra, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR <b>13</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:30 Movies at LB Town Center</b> 2:30 Happy Hour w/Justus, DR 5:30 Men's Poker, DR	8:45 Daily Devotions, FR <b>14</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Bocce Ball, DR 2:30 Guess Who Game, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR <b>15</b> 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>16</b> 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Ralph's &amp; Riteaid</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>17</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR <b>18</b> 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Stamp Class w/Loren, DR	8:45 Daily Devotions, FR <b>19</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Bowling, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR <b>20</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:30 Picnic at the Park</b> 2:30 Happy Hour w/Tony, DR 3:45 Mandalas Relaxation Art Class, DR 5:30 Group Crosswords, DR	8:45 Daily Devotions, FR <b>21</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR <b>22</b> 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>23</b> 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Goodwill</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>24</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR <b>25</b> 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 5:30 Craft Corner, DR	8:45 Daily Devotions, FR <b>26</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:45 Journey Back in Time w/Hildy, DR 4:45 Candlelight Dinner, DR	8:45 Daily Devotions, FR <b>27</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>2:00 Beach Party, DR</b>	8:45 Daily Devotions, FR <b>28</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Mind Joggers, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR <b>29</b> 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>30</b> 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Ralphs &amp; Riteaid</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>31</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	<p><b>Locations</b></p> <table> <tr> <td>Alamitos West, AW</td> <td>Lobby, L</td> </tr> <tr> <td>Cafe 3952, Cafe</td> <td>Rose Garden, RG</td> </tr> <tr> <td>Courtyard, CY</td> <td>Southern Dining</td> </tr> <tr> <td>Dining Room, DR</td> <td>Room Exit, E</td> </tr> <tr> <td>Fireside Room, FR</td> <td>Upstairs Library, LIBR</td> </tr> </table> <p><b>Calendar events subject to change.</b></p>				Alamitos West, AW	Lobby, L	Cafe 3952, Cafe	Rose Garden, RG	Courtyard, CY	Southern Dining	Dining Room, DR	Room Exit, E	Fireside Room, FR	Upstairs Library, LIBR
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