

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
<p><b>1</b></p> <p>8:00 Bus to Lemon Grove Churches <b>1:00 Scenic Bus Ride, *</b> 2:30 Shake It Up, CN 3:00 New Creation Church Service, A</p>	<p><b>2</b></p> <p>9:00 FIT to Pedal®, CN 10:00 Kings in the Corner, RL 10:30 Residents' Meeting, RL 1:00 Bingo, RL 3:30 Round Table w/ Adrian, RL</p>	<p><b>3</b></p> <p>10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN 1:30 Tai Chi Class, A <b>5:15 Navy Wind Ensemble, *</b></p>	<p><b>4</b> INDEPENDENCE DAY</p> <p>9:30 Catholic Communion, CN 10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Bingo, A 1:00 FIT to Pedal®, RL 3:00 Happy Hour, RL</p>	<p><b>5</b></p> <p>10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN 1:00 Movie Time, CN 2:00 Sundae Thursday, CN</p>	<p><b>6</b></p> <p>1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL 3:00 Brain Teasers, RL</p>	<p><b>7</b></p> <p>8:45 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL</p>															
<p><b>8</b></p> <p>8:00 Bus to Lemon Grove Churches 9:30 Foot &amp; Hand Massage, CN <b>1:00 Scenic Bus Ride, *</b> 2:30 Shake It Up, CN</p>	<p><b>9</b></p> <p>9:00 FIT to Pedal®, CN 10:00 Kings in the Corner, RL 1:00 Bingo, RL</p>	<p><b>10</b></p> <p>10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN <b>5:15 Ginger Cowgirl Country Music, *</b></p>	<p><b>11</b></p> <p>9:30 Catholic Communion, CN 10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Bingo, A 1:00 FIT to Pedal®, RL 3:00 Happy Hour, RL</p>	<p><b>12</b></p> <p>10:00 FIT/Stretch, FIT to Be Strong®, CN 11:30 Sunshine Ladies Luncheon, RL 1:00 Spa Nails, CN 2:00 Sundae Thursday, CN</p>	<p><b>13</b></p> <p>1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL 3:00 Brain Teasers, RL</p>	<p><b>14</b></p> <p>8:45 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL</p>															
<p><b>15</b></p> <p>8:00 Bus to Lemon Grove Churches <b>1:00 Scenic Bus Ride, *</b> 2:30 Shake It Up, CN 3:00 Skyline Church Service, A</p>	<p><b>16</b></p> <p>9:00 FIT to Pedal®, CN 10:00 Kings in the Corner, RL 1:00 Bingo, RL</p>	<p><b>17</b></p> <p>7:30 Men's Breakfast, RL 9:45 Reminiscing w/ Tim, CN 10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN 1:30 Tai Chi Class, A</p>	<p><b>18</b></p> <p>9:30 Catholic Communion, CN 10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Bingo, A 1:00 FIT to Pedal®, RL 3:00 Happy Hour, RL <b>5:15 Catillacs Concert/'50s Ballads, *</b></p>	<p><b>19</b></p> <p>10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN 1:00 Movie Time, CN 2:00 Sundae Thursday, CN</p>	<p><b>20</b></p> <p>1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL 3:00 Brain Teasers, RL</p>	<p><b>21</b></p> <p>8:45 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL</p>															
<p><b>22</b></p> <p>8:00 Bus to Lemon Grove Churches 9:30 Foot &amp; Hand Massage, CN <b>1:00 Scenic Bus Ride, *</b> 2:30 Shake It Up, CN 3:00 Lemon Grove Christian Church, A</p>	<p><b>23</b></p> <p>9:00 FIT to Pedal®, CN 10:00 Kings in the Corner, RL 1:00 Bingo, RL</p>	<p><b>24</b></p> <p>9:45 Reminiscing w/ Tim, CN 10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN</p>	<p><b>25</b></p> <p>9:30 Catholic Communion, CN 10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Bingo, A 1:00 FIT to Pedal®, RL 3:00 Happy Hour, RL <b>5:15 Mariachi Estrella's de CV, *</b></p>	<p><b>26</b></p> <p>10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN 2:00 Sundae Thursday, CN</p>	<p><b>27</b></p> <p>1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL 3:00 Brain Teasers, RL</p>	<p><b>28</b></p> <p>8:45 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL</p>															
<p><b>29</b></p> <p>8:00 Bus to Lemon Grove Churches <b>1:00 Scenic Bus Ride, *</b> 2:30 Shake It Up, CN</p>	<p><b>30</b></p> <p>9:00 FIT to Pedal®, CN 10:00 Kings in the Corner, RL 1:00 Bingo, RL</p>	<p><b>31</b></p> <p>9:45 Reminiscing w/ Tim, CN 10:00 FIT/Stretch, FIT to Be Strong®, CN 1:00 Spa Nails, CN</p>	<p><b>Locations</b></p> <table border="0"> <tr> <td>Auditorium, A</td> <td>Need To Sign Up For This Event, *</td> <td>Resident Lounge, RL</td> </tr> <tr> <td>Casa Del Norte, CN</td> <td>North Lawn, NL</td> <td>Skill Nursing, SNF</td> </tr> <tr> <td>Computer Room, CR</td> <td>Outing, O</td> <td>South Dining Room, SD</td> </tr> <tr> <td>Gazebo, G</td> <td>Pool, P</td> <td>South Lawn, SL</td> </tr> <tr> <td>Heritage House, HH</td> <td>Private Dining Room, PD</td> <td></td> </tr> </table>				Auditorium, A	Need To Sign Up For This Event, *	Resident Lounge, RL	Casa Del Norte, CN	North Lawn, NL	Skill Nursing, SNF	Computer Room, CR	Outing, O	South Dining Room, SD	Gazebo, G	Pool, P	South Lawn, SL	Heritage House, HH	Private Dining Room, PD	
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**Calendar events subject to change.**