

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
1 8:00 Bus to Lemon Grove Churches 1:00 Scenic Bus Ride, * 3:00 New Creation Church Services, A	2 9:00 FIT to Be Strong®/ FIT to Pedal®, RL 10:30 Residents' Meeting, RL 1:00 Wii Have Fun, RL 1:00 Bingo, RL 3:30 Round Table w/ Adrian, RL	3 9:00 FIT to Stretch®, HH 10:00 Reminiscing w/ Marcelle, HH 10:00 Ball in the Basket, HH 1:00 Therapy in Color, HH 1:30 Tai Chi Class, A 2:00 Kings in the Corner, HH 5:15 Navy Wind Ensemble, *	4 INDEPENDENCE DAY 10:00 Catholic Communion, RL 10:00 Spa Nails, HH 1:00 Bingo, A 1:00 FIT to Be Strong®, HH 3:00 Happy Hour, RL	5 9:00 FIT to Stretch®, HH 9:30 Arts & Crafts, HH 12:00 Residents Birthday Luncheon, * 1:00 Bingo, HH 2:00 Sundae Thursday, HH 2:30 Charades, RL	6 9:00 Bible Study, PD 9:30 FIT to Stretch®, HH 10:30 Balloon Volleyball, HH 1:30 Walk & Roll, HH 3:00 Cocktail Hour, RL	7 9:00 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL 1:00 Yahtzee, RL 3:00 Bingo, HH															
8 8:00 Bus to Lemon Grove Churches 1:00 Scenic Bus Ride, * 3:00 College Avenue Baptist Church, A	9 9:00 FIT to Be Strong®/ FIT to Pedal®, RL 1:00 Wii Have Fun, RL 1:00 Bingo, RL	10 9:00 FIT to Stretch®, HH 10:00 Reminiscing w/ Marcelle, HH 10:00 Ball in the Basket, HH 1:00 Therapy in Color, HH 2:00 Kings in the Corner, HH 5:15 Ginger Cowgirl Country, *	11 10:00 Catholic Communion, RL 10:00 Spa Nails, HH 1:00 Bingo, A 1:00 FIT to Be Strong®, HH 3:00 Happy Hour, RL	12 9:00 FIT to Stretch®, HH 9:30 Arts & Crafts, HH 11:30 Sunshine Ladies Luncheon, RL 1:00 Bingo, HH 2:00 Sundae Thursday, HH 2:30 Pictionary, RL	13 9:00 Bible Study, PD 9:30 FIT to Stretch®, HH 10:30 Balloon Volleyball, HH 1:30 Walk & Roll, HH 3:00 Cocktail Hour, RL	14 9:00 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL 1:00 Yahtzee, RL 3:00 Bingo, HH															
15 8:00 Bus to Lemon Grove Churches 1:00 Scenic Bus Ride, * 3:00 Skyline Church Service, A	16 9:00 FIT to Be Strong®/ FIT to Pedal®, RL 1:00 Wii Have Fun, RL 1:00 Bingo, RL	17 7:30 Men's Breakfast 9:00 FIT to Stretch®, HH 10:00 Reminiscing w/ Marcelle, HH 10:00 Ball in the Basket, HH 1:00 Therapy in Color, HH 1:30 Tai Chi Class, A 2:00 Kings in the Corner, HH	18 10:00 Catholic Communion, RL 10:00 Spa Nails, HH 1:00 Bingo, A 1:00 FIT to Be Strong®, HH 3:00 Happy Hour, RL 5:15 Catillacs '50s Ballads, *	19 9:00 FIT to Stretch®, HH 9:30 Arts & Crafts, HH 1:00 Bingo, HH 2:00 Sundae Thursday, HH 2:30 Charades, RL	20 9:00 Bible Study, PD 9:30 FIT to Stretch®, HH 10:30 Balloon Volleyball, HH 1:30 Walk & Roll, HH 3:00 Cocktail Hour, RL	21 9:00 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL 1:00 Yahtzee, RL 3:00 Bingo, HH															
22 8:00 Bus to Lemon Grove Churches 1:00 Scenic Bus Ride, * 3:00 Lemon Grove Christian Church, A	23 9:00 FIT to Be Strong®/ FIT to Pedal®, RL 1:00 Wii Have Fun, RL 1:00 Bingo, RL	24 9:00 FIT to Stretch®, HH 10:00 Reminiscing w/ Marcelle, HH 10:00 Art for All Ages, * 10:00 Ball in the Basket, HH 1:00 Therapy in Color, HH 2:00 Kings in the Corner, HH	25 10:00 Catholic Communion, RL 10:00 Spa Nails, HH 1:00 Bingo, A 1:00 FIT to Be Strong®, HH 3:00 Happy Hour, RL 3:00 Happy Hour: Joe Pal & Friends 5:15 Mariachi Estrella's de CV, *	26 7:30 Veterans Breakfast, SD 9:00 FIT to Stretch®, HH 9:30 Arts & Crafts, HH 1:00 Bingo, HH 2:00 Sundae Thursday, HH 2:30 Pictionary, RL	27 9:00 Bible Study, PD 9:30 FIT to Stretch®, HH 10:30 Balloon Volleyball, HH 1:30 Walk & Roll, HH 2:00 Slideshow w/Bill 3:00 Cocktail Hour, RL	28 9:00 Guided Meditation, RL 10:00 Knitting Club, RL 11:00 Hymn Sing, RL 1:00 Bingo, RL 1:00 Yahtzee, RL 3:00 Bingo, HH															
29 8:00 Bus to Lemon Grove Churches 1:00 Scenic Bus Ride, * 3:00 Lemon Grove Christian Church, A	30 9:00 FIT to Be Strong®/ FIT to Pedal®, RL 1:00 Wii Have Fun, RL 1:00 Bingo, RL	31 9:00 FIT to Stretch®, HH 10:00 Reminiscing w/ Marcelle, HH 10:00 Ball in the Basket, HH 1:00 Therapy in Color, HH 2:00 Kings in the Corner, HH	<p>Locations</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> <p>Calendar events subject to change.</p>				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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