



OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:00 Bus to Lemon Grove Churches*, RL 1</p> <p>9:00 FIT to Be Strong®/ FIT to Stretch®, RL</p> <p>1:00 Scenic Drive</p> <p>1:30 Skip-Bo Cards, RL</p> <p>1:30 Open Swim, P</p> <p>3:00 New Creation Church Service, A</p>	<p>9:00 FIT to Stretch®/ FIT to Pedal®, RL 2</p> <p>9:45 Smoothie Time, RL</p> <p>10:30 Residents' Meeting, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Wii Have Fun, RL</p> <p>1:00 Billiards Time, RL</p> <p>3:30 Round Table w/ Adrian, RL</p>	<p>9:00 Kings in the Corner, RL 3</p> <p>9:00 FIT to Stretch®/ FIT to Be Strong®, RL</p> <p>1:00 Billiards Time, RL</p> <p>1:30 Tai Chi Class, A</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>2:00 Ceramics, RL</p> <p>6:00 Bible Study, RL</p>	<p>9:00 Aquacise, P 4</p> <p>9:30 Catholic Communion, RL</p> <p>11:30 Showcase Luncheon, RL</p> <p>1:00 Bingo, A</p> <p>1:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>3:00 Happy Hour: Melody Makers, RL</p> <p>6:00 Ballroom Dancing Class, A</p>	<p>9:00 FIT to Stretch®/FIT to Be Strong®, RL 5</p> <p>9:00 Blood Pressure, RL</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>3:00 Root Beer Floats, RL</p>	<p>9:00 Bible Study, PD 6</p> <p>1:00 Wii Have Fun, RL</p> <p>1:00 Veterans Meeting, RL</p> <p>2:00 Therapy in Color, RL</p> <p>2:30 Brain Teasers, RL</p> <p>3:00 Cocktail Hour, RL</p>	<p>8:45 Chair Yoga, RL 7</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Singing, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Yahtzee, RL</p> <p>2:30 Let's Talk Social Networking, A</p>
<p>8:00 Bus to Lemon Grove Churches*, RL 8</p> <p>9:00 FIT to Be Strong®/ FIT to Stretch®, RL</p> <p>1:00 Scenic Drive</p> <p>1:30 Skip-Bo Cards, RL</p> <p>1:30 Open Swim, P</p> <p>3:00 College Avenue Baptist Church, A</p>	<p>COLUMBUS DAY 9</p> <p>9:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>9:45 Smoothie Time, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Wii Have Fun, RL</p> <p>1:00 Billiards Time, RL</p>	<p>9:00 Kings in the Corner, RL 10</p> <p>9:00 FIT to Stretch®/FIT to Be Strong®, RL</p> <p>1:00 Billiards Time, RL</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>6:00 Bible Study, RL</p>	<p>9:00 Aquacise, P 11</p> <p>9:30 Catholic Communion, RL</p> <p>1:00 Bingo, A</p> <p>1:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>3:00 Happy Hour: Piano Rick, RL</p> <p>6:00 Ballroom Dancing Class, A</p>	<p>9:00 FIT to Stretch®/ FIT to Be Strong®, RL 12</p> <p>11:30 Sunshine Ladies Luncheon, RL</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>3:00 Root Beer Floats, RL</p>	<p>9:00 Bible Study, PD 13</p> <p>1:00 Wii Have Fun, RL</p> <p>2:00 Therapy in Color, RL</p> <p>2:30 Brain Teasers, RL</p> <p>3:00 Navy Birthday Wine & Cheese, RL</p> <p>6:00 Square Dancing, A</p>	<p>8:45 Chair Yoga, RL 14</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Singing, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Yahtzee, RL</p>
<p>8:00 Bus to Lemon Grove Churches*, RL 15</p> <p>9:00 FIT to Be Strong®/ FIT to Stretch®, RL</p> <p>1:00 Scenic Drive</p> <p>1:30 Skip-Bo Cards, RL</p> <p>1:30 Open Swim, P</p> <p>3:00 Skyline Church Service, A</p>	<p>16</p> <p>9:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>9:45 Smoothie Time, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Wii Have Fun, RL</p> <p>1:00 Billiards Time, RL</p>	<p>7:30 Men's Breakfast, SD 17</p> <p>9:00 Kings in the Corner, RL</p> <p>9:00 FIT to Stretch®/FIT to Be Strong®, RL</p> <p>10:30 Sycuan Casino</p> <p>1:00 Billiards Time, RL</p> <p>1:30 Open Swim, P</p> <p>1:30 Tai Chi Class, A</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>2:00 Ceramics, RL</p> <p>6:00 Bible Study, RL</p>	<p>9:00 Aquacise, P 18</p> <p>9:30 Catholic Communion, RL</p> <p>1:00 Bingo, A</p> <p>1:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>3:00 Happy Hour: Sophisticats, RL</p> <p>6:00 Ballroom Dancing Class, A</p>	<p>9:00 FIT to Stretch®/FIT to Be Strong®, RL 19</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>3:00 Root Beer Floats, RL</p>	<p>9:00 Bible Study, PD 20</p> <p>1:00 Wii Have Fun, RL</p> <p>2:00 Therapy in Color, RL</p> <p>2:30 Brain Teasers, RL</p> <p>3:00 Cocktail Hour, RL</p>	<p>8:45 Chair Yoga, RL 21</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Singing, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Yahtzee, RL</p> <p>2:30 Let's Talk Social Networking, A</p>
<p>8:00 Bus to Lemon Grove Churches*, RL 22</p> <p>9:00 FIT to Be Strong®/ FIT to Stretch®, RL</p> <p>1:00 Scenic Drive</p> <p>1:30 Skip-Bo Cards, RL</p> <p>1:30 Open Swim, P</p> <p>3:00 Lemon Grove Christian Church, A</p>	<p>23</p> <p>9:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>9:45 Smoothie Time, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Wii Have Fun, RL</p> <p>1:00 Billiards Time, RL</p>	<p>9:00 Kings in the Corner, RL 24</p> <p>9:00 FIT to Stretch®/FIT to Be Strong®, RL</p> <p>10:00 Art for All Ages, A</p> <p>1:00 Billiards Time, RL</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>6:00 Bible Study, RL</p>	<p>9:00 Aquacise, P 25</p> <p>9:30 Catholic Communion, RL</p> <p>1:00 Bingo, A</p> <p>1:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>3:00 Happy Hour: Joe Pal & Friends, RL</p> <p>6:00 Ballroom Dancing Class, A</p>	<p>7:30 Veterans' Breakfast, SD 26</p> <p>9:00 FIT to Stretch®/FIT to Be Strong®, RL</p> <p>9:00 Blood Pressure, RL</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>3:00 Root Beer Floats, RL</p>	<p>9:00 Bible Study, PD 27</p> <p>1:00 Wii Have Fun, RL</p> <p>2:00 Therapy in Color, RL</p> <p>2:30 Brain Teasers, RL</p> <p>3:00 Cocktail Hour, RL</p>	<p>8:45 Chair Yoga, RL 28</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Singing, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Yahtzee, RL</p>
<p>8:00 Bus to Lemon Grove Churches*, RL 29</p> <p>9:00 FIT to Be Strong®/ FIT to Stretch®, RL</p> <p>1:00 Scenic Drive</p> <p>1:30 Skip-Bo Cards, RL</p> <p>1:30 Open Swim, P</p> <p>3:00 Sunday Church Service, A</p>	<p>30</p> <p>9:00 FIT to Stretch®/ FIT to Pedal®, RL</p> <p>9:45 Smoothie Time, RL</p> <p>1:00 Bingo, A</p> <p>1:00 Wii Have Fun, RL</p> <p>1:00 Billiards Time, RL</p>	<p>HALLOWEEN 31</p> <p>9:00 Kings in the Corner, RL</p> <p>9:00 FIT to Stretch®/FIT to Be Strong®, RL</p> <p>1:00 Billiards Time, RL</p> <p>1:30 Open Swim, P</p> <p>2:00 FIT to Stretch®/FIT to Balance®, RL</p> <p>2:00 Friendship Connection Singers, RL</p> <p>4:30 Halloween Party, A</p> <p>6:00 Bible Study, RL</p>	<p>Locations</p> <p>Auditorium, A Need To Sign Up For This Event, *</p> <p>Casa Del Norte, CN Private Dining Room, PD</p> <p>Computer Room, CR Resident Lounge, RL</p> <p>Gazebo, G North Lawn, NL Skill Nursing, SNF</p> <p>Heritage House, HH Outing, O South Dining Room, SD</p> <p>Pool, P South Lawn, SL</p>			<p>Calendar events subject to change.</p>