

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Auditorium, A Casa Del Norte, CN Computer Room, CR Gazebo, G Heritage House, HH Need To Sign Up For This Event, * North Lawn, NL</p>	<p>Outing, O Pool, P Private Dining Room, PD Resident Lounge, RL Skill Nursing, SNF South Dining Room, SD South Lawn, SL</p>		<p>9:00 FIT to Stretch®/ FIT to Balance® 1 9:30 Catholic Communion, RL 10:00 Aquacise, P 1:00 Bingo, A 1:00 FIT to Stretch®/ FIT to Pedal®, RL 3:00 Happy Hour: Melody Makers, RL 5:30 Jazz Jammers Dixieland/Swing, *</p>	<p>9:00 FIT to Stretch®/FIT to Be Strong®, RL 2 12:00 Residents Birthday Luncheon, * 1:00 Open Swim, P 2:00 FIT to Stretch®/FIT to Balance®, RL 2:00 Sundae Thursday, RL 2:30 Charades, RL</p>	<p>3 9:00 Guided Meditation, RL 9:00 Bible Study, PD 1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL</p>	<p>4 10:00 Virginia's Knitting Corner, RL 11:00 Hymn Singing, RL 1:00 Bingo, A 1:00 Yahtzee, RL</p>
<p>8:00 Bus to Lemon Grove Churches*, RL 5 9:00 FIT to Be Strong®/ FIT to Stretch®, RL 1:00 Open Swim, P 1:30 Skip-Bo Cards, RL 3:00 New Creation Church Service, A</p>	<p>9:00 FIT to Stretch®/ FIT to Pedal®, RL 6 9:45 Energy Shot, RL 10:30 Residents' Meeting, RL 1:00 Bingo, A 1:00 Wii Have Fun, RL 1:00 Billiards Time, RL 3:30 Round Table w/ Adrian, RL</p>	<p>9:00 Kings in the Corner, RL 7 9:00 FIT to Stretch®/ FIT to Be Strong®, RL 10:00 Lei Scarves w/Emily, RL 1:00 Billiards Time, RL 1:00 Open Swim, P 1:30 Tai Chi Class, A 2:00 FIT to Stretch®/FIT to Balance®, RL 2:00 Pamper Me Day, RL 3:00 Word Game, RL</p>	<p>9:00 FIT to Stretch®/ FIT to Balance® 8 9:30 Catholic Communion, RL 10:00 Aquacise, P 1:00 Bingo, A 1:00 FIT to Stretch®/ FIT to Pedal®, RL 3:00 Happy Hour w/ Piano Rick, RL</p>	<p>9:00 FIT to Stretch®/FIT to Be Strong®, RL 9 11:30 Sunshine Ladies Luncheon, RL 1:00 Open Swim, P 2:00 FIT to Stretch®/FIT to Balance®, RL 2:00 Sundae Thursday, RL 2:30 Charades, RL 2:30 Pictionary, RL</p>	<p>10 9:00 Guided Meditation, RL 9:00 Bible Study, PD 1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL</p>	<p>11 10:00 Virginia's Knitting Corner, RL 11:00 Hymn Singing, RL 1:00 Bingo, A 1:00 Yahtzee, RL</p>
<p>12 8:00 Bus to Lemon Grove Churches*, RL 9:00 FIT to Be Strong®/ FIT to Stretch®, RL 1:00 Open Swim, P 1:30 Skip-Bo Cards, RL</p>	<p>13 9:00 FIT to Stretch®/ FIT to Pedal®, RL 9:45 Energy Shot, RL 1:00 Bingo, A 1:00 Wii Have Fun, RL 1:00 Billiards Time, RL</p>	<p>14 9:00 Kings in the Corner, RL 9:00 FIT to Stretch®/FIT to Be Strong®, RL 10:00 Lei Scarves w/Emily, RL 1:00 Billiards Time, RL 1:00 Open Swim, P 2:00 FIT to Stretch®/FIT to Balance®, RL 3:00 Word Game, RL 5:30 Coronado Big Band Swing, *</p>	<p>15 9:00 FIT to Stretch®/ FIT to Balance® 9:30 Catholic Communion, RL 10:00 Aquacise, P 1:00 Bingo, A 1:00 FIT to Stretch®/ FIT to Pedal®, RL 3:00 Happy Hour: Sophisticats, RL</p>	<p>16 9:00 FIT to Stretch®/ FIT to Be Strong®, RL 9:00 Blood Pressure, RL 1:00 Open Swim, P 2:00 FIT to Stretch®/FIT to Balance®, RL 2:00 Sundae Thursday, RL 2:30 Charades, RL</p>	<p>17 9:00 Guided Meditation, RL 9:00 Bible Study, PD 1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL</p>	<p>18 10:00 Virginia's Knitting Corner, RL 11:00 Hymn Singing, RL 1:00 Bingo, A 1:00 Yahtzee, RL</p>
<p>19 8:00 Bus to Lemon Grove Churches*, RL 9:00 FIT to Be Strong®/ FIT to Stretch®, RL 1:00 Open Swim, P 1:30 Skip-Bo Cards, RL 3:00 Skyline Church Service, A</p>	<p>20 9:00 FIT to Stretch®/ FIT to Pedal®, RL 9:45 Energy Shot, RL 1:00 Bingo, A 1:00 Wii Have Fun, RL 1:00 Billiards Time, RL</p>	<p>21 7:30 Men's Breakfast, SD 9:00 Kings in the Corner, RL 9:00 FIT to Stretch®/FIT to Be Strong®, RL 10:00 Trip to a Local Casino, * 10:00 Lei Scarves w/Emily, RL 1:00 Open Swim, P 1:00 Billiards Time, RL 1:30 Tai Chi Class, A 2:00 FIT to Stretch®/FIT to Balance®, RL 5:30 Marine Band San Diego, *</p>	<p>22 9:00 FIT to Stretch®/ FIT to Balance® 9:30 Catholic Communion, RL 10:00 Aquacise, P 1:00 Bingo, A 1:00 FIT to Stretch®/ FIT to Pedal®, RL 3:00 Happy Hour: Joe Pal & Friends, RL</p>	<p>23 9:00 FIT to Stretch®/ FIT to Be Strong®, RL 1:00 Open Swim, P 2:00 FIT to Stretch®/FIT to Balance®, RL 2:00 Sundae Thursday, RL 2:30 Charades, RL 2:30 Pictionary, RL</p>	<p>24 9:00 Guided Meditation, RL 9:00 Bible Study, PD 1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL</p>	<p>25 10:00 Virginia's Knitting Corner, RL 11:00 Hymn Singing, RL 1:00 Bingo, A 1:00 Yahtzee, RL</p>
<p>26 8:00 Bus to Lemon Grove Churches*, RL 9:00 FIT to Be Strong®/ FIT to Stretch®, RL 1:00 Open Swim, P 1:30 Skip-Bo Cards, RL 3:00 Lemon Grove Christian Church, A</p>	<p>27 9:00 FIT to Stretch®/ FIT to Pedal®, RL 9:45 Energy Shot, RL 1:00 Bingo, A 1:00 Wii Have Fun, RL 1:00 Billiards Time, RL</p>	<p>28 9:00 Kings in the Corner, RL 9:00 FIT to Stretch®/ FIT to Be Strong®, RL 10:00 Art for All Ages, A 10:00 Lei Scarves w/Emily, RL 1:00 Billiards Time, RL 1:00 Open Swim, P 2:00 FIT to Stretch®/FIT to Balance®, RL 3:00 Word Game, RL 5:30 Coronado Concert Band, *</p>	<p>29 9:00 FIT to Stretch®/ FIT to Balance® 9:30 Catholic Communion, RL 10:00 Aquacise, P 1:00 Bingo, A 1:00 FIT to Stretch®/ FIT to Pedal®, RL</p>	<p>30 9:00 FIT to Stretch®/FIT to Be Strong®, RL 9:00 Blood Pressure, RL 11:30 Luau Party, A 1:00 Open Swim, P 2:00 FIT to Stretch®/FIT to Balance®, RL 2:00 Sundae Thursday, RL 2:30 Charades, RL</p>	<p>31 9:00 Guided Meditation, RL 9:00 Bible Study, PD 1:00 Wii Have Fun, RL 2:00 Therapy in Color, RL 3:00 Cocktail Hour, RL</p>	<p>Calendar events subject to change.</p>