



KATELLA

Senior Living Community

SEPTEMBER 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | | | | | | | |
|---|---|---|--|--|--|---|----------|-----------------|-----------------|---------------|-----------------|-----------------|--------------|-------------------|------------------------|
| <p>8:45 Daily Devotions, FR 1</p> <p>9:00 Aromatherapy, DR</p> <p>9:30 Catholic Church Service, FR</p> <p>10:00 Protestant Church Service, DR</p> <p>1:15 Bingo, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>3:30 Hydration Enrichment, DR</p> <p>5:45 Independent/Group Word Games, L</p> | <p>LABOR DAY 2</p> <p>8:45 Daily Devotions, FR</p> <p>10:45 Boot Camp Boogie (Fitness), DR</p> <p>12:30 Movies & Comedy w/Nikki, DR</p> <p>1:15 Shopping at Ralphs & Rite Aid</p> <p>3:30 News & Trivia w/Steve, DR</p> <p>6:00 Cottonwood Church Bible Study, FR</p> | <p>8:45 Daily Devotions, FR 3</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 FIT to Stretch®</p> <p>1:30 Ages Entwined® Bingo, DR</p> <p>3:00 Senior Topics w/Mary, DR</p> <p>5:45 Independent Word Games, L</p> | <p>8:45 Daily Devotions, FR 4</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>1:00 Mah-Jongg, FR</p> <p>1:30 Game Show, DR</p> <p>2:30 Traveling Class w/Hildy, DR</p> | <p>8:45 Daily Devotions, FR 5</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 Rings, DR</p> <p>1:30 Resident Council, DR</p> <p>2:45 Journey Back in Time w/Hildy, DR</p> | <p>8:45 Daily Devotions, FR 6</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>11:15 Lunch at Mama's</p> <p>2:30 Happy Hour w/Mike&Mandy, DR</p> <p>5:15 Bingo, DR</p> | <p>8:45 Daily Devotions, FR 7</p> <p>9:30 Catholic Church Service, FR</p> <p>10:15 Bingo, DR</p> <p>1:00 Volleyball, DR</p> <p>2:00 Painting w/Kristal, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>4:00 Hydration Enrichment, DR</p> | | | | | | | | | |
| <p>8:45 Daily Devotions, FR 8</p> <p>9:00 Aromatherapy, DR</p> <p>9:30 Catholic Church Service, FR</p> <p>10:00 Protestant Church Service, DR</p> <p>1:15 Bingo, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>3:30 Hydration Enrichment, DR</p> <p>5:45 Independent/Group Word Games, L</p> | <p>7:30 National Assisted Living Week 9</p> <p>8:00 Wizard of Oz Day</p> <p>8:45 Daily Devotions, FR</p> <p>10:45 Boot Camp Boogie (Fitness), DR</p> <p>12:30 Movies & Comedy w/Nikki, DR</p> <p>2:30 Wizard of Oz Show, DR</p> <p>3:30 News & Trivia w/Steve, DR</p> <p>6:00 Cottonwood Church Bible Study, FR</p> | <p>8:45 Daily Devotions, FR 10</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 FIT to Stretch®</p> <p>1:30 Ages Entwined® Bingo, DR</p> <p>1:30 Gone w/the Wind</p> <p>3:00 Senior Topics w/Mary, DR</p> <p>5:45 Independent Word Games, L</p> | <p>PATRIOT DAY 11</p> <p>8:45 Daily Devotions, FR</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>1:00 Mah-Jongg, FR</p> <p>1:00 Mary Poppins the Movie</p> <p>2:30 Traveling Class w/Hildy, DR</p> | <p>8:45 Daily Devotions, FR 12</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 Rings, DR</p> <p>1:00 Footloose</p> <p>2:45 Journey Back in Time w/Hildy, DR</p> | <p>8:45 Daily Devotions, FR 13</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>1:30 Grease Performance, DR</p> <p>3:00 Grease the Movie</p> <p>5:15 Bingo, DR</p> | <p>8:45 Daily Devotions, FR 14</p> <p>9:30 Catholic Church Service, FR</p> <p>10:15 Bingo, DR</p> <p>1:30 What Am I?, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>4:00 Hydration Enrichment, DR</p> | | | | | | | | | |
| <p>8:45 Daily Devotions, FR 15</p> <p>9:00 Aromatherapy, DR</p> <p>9:30 Catholic Church Service, FR</p> <p>10:00 Protestant Church Service, DR</p> <p>1:15 Bingo, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>3:30 Hydration Enrichment, DR</p> <p>5:45 Independent/Group Word Games, L</p> | <p>8:45 Daily Devotions, FR 16</p> <p>10:00 Catholic Mass, AW</p> <p>10:45 Boot Camp Boogie (Fitness), DR</p> <p>12:30 Movies & Comedy w/Nikki, DR</p> <p>1:15 Shopping at Ralphs & Rite Aid</p> <p>3:30 News & Trivia w/Steve, DR</p> <p>6:00 Cottonwood Church Bible Study, FR</p> | <p>8:45 Daily Devotions, FR 17</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 FIT to Stretch®</p> <p>1:30 Ages Entwined® Bingo, DR</p> <p>3:00 Senior Topics w/Mary, DR</p> <p>5:45 Independent Word Games, L</p> | <p>8:45 Daily Devotions, FR 18</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>1:00 Mah-Jongg, FR</p> <p>1:30 Traveling Game Show Christina, DR</p> <p>2:30 Traveling Class w/Hildy, DR</p> | <p>8:45 Daily Devotions, FR 19</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 Rings, DR</p> <p>1:30 Bingo, DR</p> <p>2:45 Journey Back in Time w/Hildy, DR</p> <p>4:30 Candlelight Dinner, DR</p> | <p>8:45 Daily Devotions, FR 20</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>11:15 Lunch at Black Bears</p> <p>2:30 Happy Hour w/Justus, DR</p> <p>5:15 Bingo, DR</p> | <p>8:45 Daily Devotions, FR 21</p> <p>9:30 Catholic Church Service, FR</p> <p>10:15 Bingo, DR</p> <p>1:00 Volleyball, DR</p> <p>2:00 Painting w/Kristal, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>4:00 Hydration Enrichment, DR</p> | | | | | | | | | |
| <p>8:45 Daily Devotions, FR 22</p> <p>9:00 Aromatherapy, DR</p> <p>9:30 Catholic Church Service, FR</p> <p>10:00 Protestant Church Service, DR</p> <p>1:15 Bingo, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>3:30 Hydration Enrichment, DR</p> <p>5:45 Independent/Group Word Games, L</p> | <p>AUTUMN BEGINS 23</p> <p>8:45 Daily Devotions, FR</p> <p>10:45 Boot Camp Boogie (Fitness), DR</p> <p>12:30 Movies & Comedy w/Nikki, DR</p> <p>1:15 Shopping at 99 Cents</p> <p>3:30 News & Trivia w/Steve, DR</p> <p>6:00 Cottonwood Church Bible Study, FR</p> | <p>8:45 Daily Devotions, FR 24</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 FIT to Stretch®</p> <p>1:30 Ages Entwined® Bingo, DR</p> <p>3:00 Senior Topics w/Mary, DR</p> <p>5:45 Independent Word Games, L</p> | <p>8:45 Daily Devotions, FR 25</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>1:00 Mah-Jongg, FR</p> <p>1:30 You Be the Judge, DR</p> <p>2:30 Traveling Class w/Hildy, DR</p> | <p>8:45 Daily Devotions, FR 26</p> <p>9:45 FIT to Pedal®, DR</p> <p>10:30 Rings, DR</p> <p>1:30 Bingo, DR</p> <p>1:30 Stamp Class w/Loren, DR</p> <p>2:45 Journey Back in Time w/Hildy, DR</p> | <p>8:45 Daily Devotions, FR 27</p> <p>9:45 FIT to Be Strong®, DR</p> <p>10:15 FIT to Balance®, DR</p> <p>11:15 Lunch at Polly's Pies</p> <p>2:30 Happy Hour w/George, DR</p> <p>5:15 Bingo, DR</p> | <p>8:45 Daily Devotions, FR 28</p> <p>9:30 Catholic Church Service, FR</p> <p>10:15 Bingo, DR</p> <p>1:30 Movie Class w/Theo, DR</p> <p>4:00 Hydration Enrichment, DR</p> | | | | | | | | | |
| <p>ROSH HASHANAH BEGINS AT SUNSET 29</p> <p>8:45 Daily Devotions, FR</p> <p>9:00 Aromatherapy, DR</p> <p>9:30 Catholic Church Service, FR</p> <p>10:00 Protestant Church Service, DR</p> <p>1:15 Bingo, DR</p> <p>3:00 FIT to Stretch®, DR</p> <p>3:30 Hydration Enrichment, DR</p> <p>5:45 Independent/Group Word Games, L</p> | <p>8:45 Daily Devotions, FR 30</p> <p>10:45 Boot Camp Boogie (Fitness), DR</p> <p>12:30 Movies & Comedy w/Nikki, DR</p> <p>1:15 Shopping at Ralph's & Riteaid</p> <p>3:30 News & Trivia w/Steve, DR</p> <p>6:00 Cottonwood Church Bible Study, FR</p> | <p>LOCATIONS</p> <table border="0"> <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> | | | | 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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CALENDAR EVENTS SUBJECT TO CHANGE.