

SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:00 Bus to Lemon Grove Churches</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>2:30 Shake It Up, CN</p> <p>3:00 New Creation Church Service, A</p>	<p>LABOR DAY</p> <p>2</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>10:00 Kings in the Corner, RL</p> <p>10:30 Resident Council Meeting, RL</p> <p>1:00 Bingo, RL</p> <p>2:00 Round Table w/ Adrian, RL</p>	<p>3</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:45 Reminiscing w/Tim, CN</p> <p>1:00 Spa Nails, CN</p> <p>1:30 Tai Chi Class, A</p> <p>2:15 FIT to Pedal®, RL</p>	<p>4</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:30 Catholic Communion, CN</p> <p>1:00 Bingo, RL</p> <p>3:00 Happy Hour, RL</p>	<p>5</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>12:00 Resident Birthday Luncheon, RL</p> <p>1:00 Spa Nails, CN</p> <p>2:00 Root Beer Floats, RL</p>	<p>6</p> <p>9:00 Chair Yoga, RL</p> <p>1:00 Wii Have Fun, RL</p> <p>2:00 Therapy in Color, RL</p> <p>3:00 Cocktail Hour, RL</p>	<p>7</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Sing, RL</p> <p>1:00 Bingo, RL</p>
<p>8</p> <p>8:00 Bus to Lemon Grove Churches</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>2:30 Shake It Up, CN</p>	<p>9</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>10:00 Kings in the Corner, RL</p> <p>1:00 Bingo, RL</p>	<p>10</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:45 Reminiscing w/Tim, CN</p> <p>1:00 Spa Nails, CN</p> <p>2:15 FIT to Pedal®, RL</p>	<p>PATRIOT DAY</p> <p>11</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:30 Catholic Communion, CN</p> <p>1:00 Bingo, RL</p> <p>3:00 Happy Hour, RL</p>	<p>12</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>11:30 Sunshine Ladies Luncheon, RL</p> <p>1:00 Spa Nails, CN</p> <p>2:00 Root Beer Floats, RL</p>	<p>13</p> <p>9:00 Chair Yoga, RL</p> <p>1:00 Wii Have Fun, RL</p> <p>2:00 Therapy in Color, RL</p> <p>3:00 Cocktail Hour, RL</p>	<p>14</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Sing, RL</p> <p>1:00 Bingo, RL</p>
<p>15</p> <p>8:00 Bus to Lemon Grove Churches</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>2:30 Shake It Up, CN</p> <p>3:00 Skyline Church Service, A</p>	<p>16</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>10:00 Kings in the Corner, RL</p> <p>1:00 Bingo, RL</p>	<p>17</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:45 Reminiscing w/Tim, CN</p> <p>1:00 Spa Nails, CN</p> <p>1:30 Tai Chi Class, A</p> <p>2:15 FIT to Pedal®, RL</p>	<p>18</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:30 Catholic Communion, CN</p> <p>1:00 Bingo, RL</p> <p>3:00 Happy Hour, RL</p>	<p>19</p> <p>7:30 Valiant Veterans® Breakfast, SD</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>1:00 Spa Nails, CN</p> <p>2:00 Root Beer Floats, RL</p>	<p>20</p> <p>9:00 Chair Yoga, RL</p> <p>1:00 Wii Have Fun, RL</p> <p>2:00 Therapy in Color, RL</p> <p>3:00 Cocktail Hour, RL</p>	<p>21</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Sing, RL</p> <p>1:00 Bingo, RL</p>
<p>22</p> <p>8:00 Bus to Lemon Grove Churches</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>2:30 Shake It Up, CN</p> <p>3:00 Lemon Grove Christian Church, A</p>	<p>AUTUMN BEGINS</p> <p>23</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>10:00 Kings in the Corner, RL</p> <p>1:00 Bingo, RL</p>	<p>24</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:45 Reminiscing w/Tim, CN</p> <p>1:00 Spa Nails, CN</p> <p>2:15 FIT to Pedal®, RL</p>	<p>25</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>9:30 Catholic Communion, CN</p> <p>1:00 Bingo, RL</p> <p>3:00 Happy Hour, RL</p>	<p>26</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>11:30 Men's Luncheon, SD</p> <p>1:00 Spa Nails, CN</p> <p>2:00 Root Beer Floats, RL</p>	<p>27</p> <p>9:00 Chair Yoga, RL</p> <p>1:00 Wii Have Fun, RL</p> <p>2:00 Therapy in Color, RL</p> <p>3:00 Cocktail Hour, RL</p>	<p>28</p> <p>10:00 Knitting Club, RL</p> <p>11:00 Hymn Sing, RL</p> <p>1:00 Bingo, RL</p>
<p>ROSH HASHANAH BEGINS AT SUNSET</p> <p>29</p> <p>8:00 Bus to Lemon Grove Churches</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>2:30 Shake It Up, CN</p>	<p>30</p> <p>9:00 FIT to Stretch®/ Strong/Balance, RL</p> <p>10:00 Kings in the Corner, RL</p> <p>1:00 Bingo, RL</p>	<p>LOCATIONS</p> <p>Auditorium, A Need To Sign Up For This Event, * Resident Lounge, RL</p> <p>Casa Del Norte, CN North Lawn, NL Skill Nursing, SNF</p> <p>Computer Room, CR Outing, O South Dining Room, SD</p> <p>Gazebo, G Pool, P South Lawn, SL</p> <p>Heritage House, HH Private Dining Room, PD</p>				

CALENDAR EVENTS SUBJECT TO CHANGE.