

July 2018 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Activity Sign Ups/OR 1:30 Adult Coloring/C1 Elevator 2:00 Movie/OR "The Man in the Gray Flannel Shirt" 7:15 Movie/OR "Dark Passage"	2 9:30 Balance Exercise/OR 10:00 Poker/C1 elevator 10:30 Exercise w/Tony 1:30 Nature DVD/ALAR "DUCKumentary" 7:15 Movie/OR "Mr. Roberts"	3 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:30 Richard on Piano 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "We Are Marshall"	4 4th of July 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:00 New Resident Social & 4th of July Activities! 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR	5 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:45 Episcopal Service/Chp 11:15 Leave for Picnic/SUAD 3:00-4:00 AL HAPPY HOUR with live music 4:00-5:30 HAPPY HOUR/OR	6 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Meditation Group/Chapel 1:30 Adult Coloring-C1 elevator 5:30 Assisted Living Movie "Hannah & Her Sisters"	7 10:00 Music w/Karen Rodriguez by the C1 elevator 10:15 Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "Seven Brides for Seven Brothers" 4:00 Mass/OR 7:15 Movie/OR "Notting Hill"
8 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:30 Adult Coloring/C1 elevator 2:00 Movie/OR "Notting Hill" 7:15 Movie/OR "Seven Brides For Seven Brothers"	9 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 AL Conversation 1:45 Art Class for those enrolled 2:30 Rummikub & Scrabble	10 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 11:30 New Resident Luncheon 1:30 Music w/Nick/Courtyard 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Sleepless in Seattle"	11 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 1:45—4:20 Opera DVD/ OR Donizetti's "La Fille du Regiment" 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR	12 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 10:30 Mary Boer Writing Group/OR 1:00 Rummikub & Scrabble 4:00-5:30 HAPPY HOUR/OR JADE performs	13 9:30 Exercise w/Tony 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Meditation Group/Chapel 1:30 Adult Coloring-C1 elevator 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "My Fair Lady" 7:15 Villanelle Singing Duo/OR	14 11:30-1:30 Family BBQ/ Sports Courtyard & Rose Garden <i>Previous Sign Up Required</i> 1:30 Movie/COFFEE CORNER "Look at Me" 4:00 Mass/OR 7:15 Movie/AR "The Greatest Showman"
15 10:15 Qi Gong DVD/OR 1:30 Adult Coloring/C1 elevator 2:00 Movie/OR "The Greatest Showman" 7:15 Movie/ OR "Look at Me"	16 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 AL Sharing Memories w/Fran 2:00 Movie/OR "Rear Window" 7:15 Movie/OR "Rear Window"	17 9:30 Exercise w/Tony/OR 9:45 Walk West Cliff Drive/SUAD 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:30 Music w/Jack Bowers 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Joe Vs. the Volcano"	18 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 DA's Office Speaker: "Senior Scams" 1:00 Rummikub & Scrabble 3:15 Knitting & Crocheting/AR. 7:00 Bingo/OR	19 9:30 Exercise w/Tony/OR 9:45 Leave for Bocce Ball at DeLaveaga Park/SUAD 10:00 Hearing Aid Check/ W/C 10:30 Exercise w/Tony 1:30 Rummikub & Scrabble 4:15 Birthday, New Resident Dinner/Main Dining Room	20 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Meditation Group/Chapel 1:30 Adult Coloring-C1 elevator 5:30 Assisted Living Movie "Overboard" 7:15 Pianist Martan Mann/OR	21 10:00 Music w/David Field by the C1 elevator 10:15 Qi Gong DVD/ OR 1:30 Movie/ALAR "Working Girl" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 4:30 Lobby Piano Serenade w/Bob 7:15 Movie/OR "Lady Bird"
22 10:15 Qi Gong DVD/OR 1:15 AL Resident Ride 1:30 Adult Coloring/C1 elevator 1:30 Beading Class/AR/SUAD 2:00 Movie/OR "Lady Bird" 7:15 Movie/OR "Working Girl"	23 9:30 Balance Exercise/OR 9:45 Shop Trader Joes/SUAD 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 Sing Along w/Charlotte 1:45 Art Class for those enrolled	24 9:30 Exercise w/Tony/OR 10:30 Qi Gong DVD/OR 10:30 Exercise w/Tony 1:30 Music w/Karen/Courtyard 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Lavender Hill Mob"	25 9:30 Balance Exercises/OR 9:45 Trip to Dollar Tree/SUAD 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 1:30 WORD WARP/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR	26 8:30 Breakfast at the Beach 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:00 Bookmobile/Lobby 3:00-4:00 AL HAPPY HOUR w/Joe Ferrara 4:00 HAPPY HOUR/OR	27 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Meditation Group/Chapel 1:30 Adult Coloring-C1 elevator 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "Finding Neverland" 7:15 Pianist Richard Stauff/OR	28 10:00 Music w/Sunny Sampson by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR "I, Tonya" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 7:15 Movie/OR "Beirut"
29 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:30 Adult Coloring/C1 elevator 2:00 Movie/OR "Beirut" 7:15 Movie/ OR "I, Tonya"	30 9:30 Balance Exercise/OR 10:00 Poker/ C1 elevator 10:30 Exercise w/Tony 1:30 Nature DVD/ALAR "Animal Childhood" 2:00 Movie/OR "Big Miracle"	31 9:15 Leave for Cabrillo Music Festival at the Civic/SUAD 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 1:30 Music w/David Field 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Ladykillers"		Adult Coloring Come Check it Out! Friday & Sunday 1:30 pm By the C1 elevator	SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)	Activities take place in the Assisted Living Activity Room unless otherwise noted. Activities subject to change without notice. Please check daily flyers for updates.