

September 2017 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)</p>	<p>Activities take place in the Assisted Living Activity Room unless otherwise noted.</p> <p>Activities subject to change without notice. Please check daily flyers for updates.</p>	<p style="text-align: center;">Podiatrist <i>Across from D204</i> Sept. 20 Oct. 17 & 18 Tuesday appts. 9AM to 12 PM Wednesdays 9AM to 2:30 PM Call Dr. Alles at 609-6096 <i>You may get voicemail.</i></p>	<p style="text-align: center;"><u>New Time for Bible Study</u> Tuesday mornings 10:30 am In the Acorn Room</p>		<p>1 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 Activity Sign Ups/OR 10:30 DOGGS SING/AR 1:30 Texas Poker-C1 elevator 5:30 Assisted Living Movie "An American in Paris" 7:15 Movie "Zookeeper's Wife"/OR</p>	<p>2 10:00 Music w/David /C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/CC "Children of a Lesser God" 4:00 Mass/OR 7:15 Movie/OR " Fargo"</p>
<p>3 10:15 Qi Gong DVD/OR 1:30 Texas Poker/C1 elevator 1:30 AL Resident Ride 2:00 Movie/OR " Fargo" 7:15 Movie/OR "Children of a Lesser God"</p>	<p>4 Labor Day 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 10:30 Memoir Writing/OR 1:30 Nature DVD "Koko the Gorilla Who Talks" 2:00 Movie/OR "Fences"</p>	<p>5 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:30 Richard on Piano in the Sports Courtyard 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Zookeeper's Wife"</p>	<p>6 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 1:30 Nature DVD "Lizard Kings" 2:00 Cello & Piano Concert/OR Spanish & Argentine Classical Music 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>7 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 10:45 Episcopal Service/Chp 1:30 Movie "The Artist" 4:00 HAPPY HOUR/OR with live Mariachi music"</p>	<p>8 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS Sing/AR 1:30 Texas Poker-C1 elevator 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "Casablanca" 7:15 Villanelle Singing Duo/OR</p>	<p>9 10:00 Music w/Michelle Kiba by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/CC "When Harry Met Sally" 4:00 Mass/OR 7:15 Movie/AR "The Lives of Others"</p>
<p>10 9:30 Leave for Dollar Tree & Farmers Market/SUAD 10:15 Qi Gong DVD/OR 1:15 Leave for Bingo Musical/SUAD 1:30 Beading Class/AR/SUAD 1:30 Texas Poker/C1 elevator 2:00 Movie/OR "The Lives of Others" 7:15 Movie/ OR "When Harry Met Sally"</p>	<p>11 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 AL Conversation 1:30 Opera/OR "Aida" 2:30 Musical Room Visits with Ginny Mitchell</p>	<p>12 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 11:30 New Resident Luncheon 1:15 Trip to the Capitola Mall/SUAD 1:30 Music w/Karen Rodriguez in the Sports Courtyard 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "PBS DVD "Coney Island"</p>	<p>13 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 PBS DVD/OR "Coney Island" 12:00 Leave for the Senior Follies 1:00 Rummikub & Scrabble 2:00 Movie/OR "A Song to Remember" 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>14 8:30 Breakfast at the Beach/SUAD 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Opening to Joy/OR 1:30 WORD WARP/OR 1:30 DVD: Bach & Vivaldi "Il Giardino Armonico" 4:00 HAPPY HOUR/ Thomas Patio Timo on Steel Drums</p>	<p>15 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:30 DOGGS Sing/AR 1:30 Texas Poker-C1 elevator 5:30 Assisted Living Movie "The Sound of Music" 7:15 Movie/OR "Fences"</p>	<p>16 10:00 Music w/David Field by the C1 elevator 10:15 Qi Gong DVD/ OR 1:30 Movie/CC "Effie Gray" 4:00 Mass/OR 7:15 Movie/OR "The Godfather Part II"</p>
<p>17 10:15 Qi Gong DVD/OR 10:00 Bingo w/Lori 1:30 Texas Poker/C1 elevator 2:00 Rabbi Lori Klein Presents: The Jewish High Holy Days/OR <i>Open to all to learn about this special time of year</i> 7:15 Movie/OR "Effie Gray"</p>	<p>18 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 10:30 Memoir Writing/OR 1:30 Richard on Keyboard in the Sports Courtyard 7:15 Movie/OR "Coney Island"</p>	<p>19 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 11:15 Picnic at Henry Cowell/SUAD 1:30 Nature DVD "Earth" 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Julie & Julia" 6:30 Threshold Choir Rehearses/Chp</p>	<p>20 Rosh Hashanah begins at sunset 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:30 New Resident Social/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>21 <i>No Exercise w/Tony/OR</i> 10:00 Bookmobile/Lobby 10:00 Hearing Aid Check W/C 10:30 Exercise w/Tony 11:30 Leave for Munching w/Mozart/SUAD 1:45 Reminiscing w/Fran 4:15 Birthday, New Resident Dinner/Main Dining Room</p>	<p>22 Fall Begins <i>9:30 No Exercise w/Tony/OR</i> 10:00 Poker by C1 elevator 10:30 DOGGS /Across from D204 1:30 Texas Poker-C1 elevator 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "Victor Victoria" 7:15 Pianist Richard Stauff/OR</p>	<p>23 10:00 Music w/Nick Royal by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/CC "The King's Speech" 4:00 Mass/OR 7:15 Movie/OR "Masterpiece Contemporary: Page Eight"</p>
<p>24 10:15 Qi Gong DVD/ OR 1:30 Texas Poker/C1 elevator 2:00 Movie/OR "Masterpiece Contemporary: Page Eight" 7:15 Movie/ OR "The King's Speech"</p>	<p>25 9:30 Balance Exercises/OR 9:30 Shop at Trader Joes/SUAD 10:00 Poker/ C1 elevator 10:30 Exercise w/Tony 1:30 Sing Along w/Charlotte 7:15 Movie/OR "The Zookeeper's Wife"</p>	<p>26 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:15 Trip to the Capitola Mall/SUAD 1:30 Music w/David Field 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Alexander's Ragtime Band"</p>	<p>27 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 Let's Chat w/Jim/AR 1:00 Rummikub & Scrabble 1:45 Bocci Ball at DeLaveaga Park/SUAD 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>28 <i>9:30 No Exercise w/Tony /OR</i> 9:00-12:00 Flu Shot Clinic/OR 10:30 Exercise w/Tony 1:30 Bingo w/Lori in the Sports Courtyard 4:00 HAPPY HOUR/OR</p>	<p>29 Yom Kippur begins at sunset 9:30 Exercise w/Tony/OR 10:30 DOGGS Sing/AR 10:30 Congregational Service/Chp 1:30 Texas Poker/C1 elevator 5:30 Assisted Living Movie "Beauty and the Beast"</p>	<p>30 10:00 Music w/Sunny by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/CC "Mrs. Miniver" 4:00 Mass/OR 7:15 Movie/OR "Rams"</p>