



JANUARY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PLEASE SEE RECREATION COORDINATOR FOR QUESTIONS.</p>	<p>Exercise is important to improve the quality of your life.</p>		<p>2</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 DRUMS W/ GARY 1:00 BALLET MVT W/ SONG</p>	<p>3</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 LIFE SKILLS GROUP 1:00 ECUM. WORSHIP SERVICE 1:45 PAINTING</p>	<p>4</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 10:30 GARY SINGS SINATRA 1:00 B-I-N-G-O 2:30 MUSICAL MEMORIES</p>	
	<p>7</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 MEDITATION W/ DIAHNA 2:00 ANAGRAMS</p>	<p>8</p> <p>8:00 COFFEE & NEW 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 9:45 PET THERAPY 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</p>	<p>9</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION 2:00 SING-ALONG</p>	<p>10</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 LIFE SKILLS GROUP 1:00 ECUM. WORSHIP SERVICE 1:45 COLORING</p>	<p>11</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 10:30 RIKACHA GROUP 1:00 B-I-N-G-O 2:30 ARMCHAIR TRAVEL</p>	<p>St. Paul's PACE 111 Elm Street San Diego, CA 92101 619-677-3800</p>
	<p>14</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 B-I-N-G-O 2:00 ARMCHAIR TRAVEL</p>	<p>15</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 9:45 PET THERAPY VISIT 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 1:15 DRAW FOR SMILES 2:30 NAIL-CARE</p>	<p>16</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 DRUMS W/ GARY 1:00 BALLET MVT W/ SONG 2:00 BEADING</p>	<p>17</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 LIFE SKILLS GROUP 1:00 ECUM. WORSHIP SERVICE 1:45 PAINTING</p>	<p>18</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 9:30 NUTRITION CLASS 10:00 FALL PREVENTION 1:00 B-I-N-G-O 2:30 NAIL-CARE</p>	
<p>A total workout, combining all elements of fitness - Muscle conditioning balance and flexibility</p>	<p>21</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 MUSIC W/ MARCIA 1:00 M. LUTHER KING TRIVIA 2:00 BEADING</p>	<p>22</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:30 COMM. CLASS W/ ULDIS 10:30 YOGA W/ BOBBIE 1:00 MUSIC W/ MARCIA 2:30 MOVIE TIME</p>	<p>23</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 9:30 SING-A-LONG W/ TOM 10:30 COMMUNICATION CLASS 1:00 COMMUNITY CONNECTION 2:00 NAIL-CARE</p>	<p>24</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 LIFE SKILLS GROUP 1:00 ECUM. WORSHIP SERVICE 1:45 COLORING</p>	<p>25</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 10:00 PETER ON GUITAR 1:00 B-I-N-G-O 2:30 BEADING</p>	<p>A new year is like a blank book. The pen is in your hands. It is your chance to write a beautiful story for yourself.</p> <p>HAPPY NEW YEAR</p>
	<p>28</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 ZUMBA W/ RUTH 10:00 PARTICIPANT COUNCIL 1:00 B-I-N-G-O 2:00 TRIVIA</p>	<p>29</p> <p>8:00 COFFEE & NEWS 9:00 SNACKS W/ TONY 9:30 NAIL -CARE 10:30 YOGA W/ BOBBIE 1:00 B-I-N-G-O 1:15 DRAW FOR SMILI 2:30 NAIL-CARE</p>	<p>30</p> <p>8:00 COFFEE & NEWS 8:45 SNACKS W/ TONY 9:00 QLT. FOR LIFE THERAPY 9:30 WELLNESS CARE 10:30 DRUMS W/ GARY 1:00 BALLET MVT W/ SONG 2:00 ARMCHAIR TRAVEL</p> <p>BIRTHDAY CELEBRATION</p>	<p>31</p> <p>8:00 COFFEE & NEV 8:45 SNACKS W/ TC... 9:00 ZUMBA W/ RUTH 10:00 SOUND THERAPY W/ HALEY 11:00 LIFE SKILLS GROUP 1:00 ECUM. WORSHIP SERVICE 1:45 PAINTING</p>		