



# November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Welcome to PACE Akaloa</b> 630 L Street Chula Vista CA, 91911 (619) 271-7100</p>	<p><b>1</b></p> <p>9:30 Arts &amp; Crafts 1:00 Funny Videos</p>	<p><b>2</b></p> <p><b>Wellness Visits</b> (activity Packages)</p> 	<p><b>3</b></p> <p>9:30 Documentaries 1:00 Arts and Crafts</p>	<p><b>4</b></p> <p><b>Wellness Visits</b> (activity Packages)</p> 	<p><b>5</b></p> <p>9:30 Balance &amp; Strength exercise 10:30 Music 1:00 National Geographic</p>	<p><b>6</b></p> <p>Activities subject to change without prior notice, for questions see Recreation Dept</p>
<p><b>8</b></p> 	<p><b>9</b></p> <p><b>Wellness Visits</b> (activity Packages)</p>	<p><b>9</b></p> <p>9:30 Balance &amp; Strength exercise 10:30 Music 1:00 Arts and Crafts</p>	<p><b>10</b></p> <p>10:30 Music</p> <p><b>Wellness Visits</b> (activity Packages)</p> 	<p><b>11</b></p> <p>9:30 Arts &amp; Carfts 1:00 Funny Videos</p>	<p><b>12</b></p> <p>10:30 Music</p> <p><b>Wellness Visits</b> (activity Packages)</p>	<p><b>13</b></p> <p>10:30 Music</p> 
<p><b>15</b></p> 	<p><b>16</b></p> <p>9:30 Balance &amp; Strength exercise 10:30 Music 1:00 Documentaries</p> 	<p><b>17</b></p> <p>10:30 Music</p> <p><b>Wellness Visits</b> (activity Packages)</p>	<p><b>18</b></p> <p>9:30 Balance &amp; Strength exercise 1:00 Arts and Crafts</p> 	<p><b>19</b></p> <p>10:30 Dance w/ Nadidrah</p> <p><b>Wellness Visits</b> (activity Packages)</p>	<p><b>20</b></p> <p>9:30 Documentaries 1:00 Arts and Crafts</p> 	<p><b>21</b></p> 
<p><b>29</b></p> 	<p><b>30</b></p> <p>9:30 Balance &amp; Strength exercise 1:00 Funny Videos</p>	<p><b>23</b></p> <p><b>Wellness Visits</b> (activity Packages)</p>	<p><b>24</b></p> <p>9:30 Balance &amp; Strength exercise 10:30 Music 1:00 Arts and Crafts</p>	<p><b>25</b></p> <p><b>Wellness Visits</b> (activity Packages)</p>	<p><b>26</b></p> 	<p><b>27</b></p> <p><b>Wellness Visits</b> (activity Packages)</p> 
			<p>Activities can take place at any time and are not limited to a formal group</p>		<p><b>28</b></p> 	