10 Hear	tland-Le	gacies	April 2018			PARK LANE
Sunday	Monday C	Tuesday	Wednesday	Thursday	Friday	Saturday
Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club Scenic Drive (2p)	2 Balance & Movement Kickball Bean bag Toss Balloon Volleyball Plaza Walking Club Music w/ Bob Phillip (2p)* Pop Movie	Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p)* Bowling Black & White Movie	A Balance & Movement No Scenic Drive Instrumental Vowels Soccer Ball Kick Music w/ Stefani (2p) Happy Hour Novel Reading Club	Rise the Rate Plaza Walking Club Historical Events Evolution of the Easter Bunny Mini Manicures Bingo	6 Daily Chronicle Line Dancing (11am)* Hairstyling w/ Staff Balloon Volleyball Gather! Plaza Walking Club	7 Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie
8 Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club Scenic Drive (2p)	9 Balance & Movement Kickball Bean bag Toss Balloon Volleyball Plaza Walking Club Music w/ Bob Phillips (2p)* Pop Movie	Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p)* Bowling Black & White Movie	11 Balance & Movement Scenic Drive (11:30) Soccer Ball Kick Music w/ Lee Durley (2p) Happy Hour Novel Reading Club	Rise the Rate Plaza Walking Club Historical Events Art Appreciation Mini Manicures Bingo	13 Daily Chronicle Line Dancing (11am)* Hairstyling w/ Staff Balloon Volleyball Gather! Plaza Walking Club	14 Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie
15 Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club Scenic Drive (2p)	16 Balance & Movement Kickball Bean bag Toss Balloon Volleyball Plaza Walking Club Music w/ Bob Phillips (2p)* Pop Movie	Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p)* Bowling Black & White Movie	18 Balance & Movement Scenic Drive (11:30) Soccer Ball Kick Tunes w/ Stefani (2p) Happy Hour Novel Reading Club	Rise the Rate Plaza Walking Club Historical Events Art Appreciation Mini Manicures Bingo	20 Daily Chronicle Line Dancing (11am) Hairstyling w/ Staff Balloon Volleyball Gather! Plaza Walking Club	21 MEarth Day Outing (10:30) Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie
Coffee & Chat Weekly Inspirations Earth Day Discussion Watercolor Painting Plaza Walking Club No Scenic Drive	23 Balance & Movement Kickball Bean bag Toss Balloon Volleyball Plaza Walking Club Music w/ Bob Phillips (2p)* Pop Movie	Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p)* Bowling Black & White Movie	25 Balance & Movement Lunch Box Scenic Drive (11:30) Soccer Ball Kick Music w/ Lee Durley (2p) Happy Hour Novel Reading Club	Rise the Rate Plaza Walking Club Historical Events Art Appreciation Mini Manicures Bingo	27 Arbor Day Daily Chronicle Line Dancing (11am) Hairstyling w/ Staff Balloon Volleyball Plaza Walking Club	28 Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie
Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club Scenic Drive (2p)	Balance & Movement Kickball Bean bag Toss Balloon Volleyball Plaza Walking Club Music w/ Bob Phillips (2p)* Pop Movie	Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p)* Bowling Black & White Movie	Happy Birthday Jo Ellen! April 5th	April shows the state of the st	Ne's	

Lifestyle Programs	

April 2019



Lifestyll	e Programs		April 2018			PARK LANE
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30a-1:00 Church Transportation 2:00-4:00 Downton Abbey Series	9:15 Fitness w/ Nima 10:00 Shop Serendipity 11:00 Veteran's Coffee Chat 12:30 New Beginnings w/ Mick 2:00 Bob Phillips Music 7:00 Evening Movie	9:45 Sunrise Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Pacific Grove 2:00 What's Cooking 4:00 Social Happy Hour	9:15 Fitness w/ Nima 10:00 Catholic Service 11:00 Lunch Box Outing 1:00 Bridge 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 HH w/ Mike Noonan	9:00 B/P & Hearing 9:45 Morning Exercise 10:00 Shop Serendipity 1:00 Bookmobile 2:00 Mexican Train Game 3:00 Curtain Call 4:00 HH w/ Ben Herod	9:15 Fitness w/ Nima 9:45 Morning Exercise 11:00 Line Dancing 2:00 Depression Discussion 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette	9:30 Mental Gym 9:45 Chair Exercise 10:00 Shop Monterey 1:00 Shop Carmel 2:00 Ice Cream Social 3:00 Bingo 7:00 Evening Movie
7:30a-1:00 Church Transportation 12:30 Bolshoi Ballet in Cinema 1:15-2:15 Christian Hymns 2:15-4:15 Downton Abbey Series	9:15 Fitness w/ Nima 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Bob Phillips Music 7:00 Evening Movie	9:45 Sunrise Exercise 10:00 Aquarium Trip* 11:00 Tai Chi 1:00 Shop Carmel 2:00 What's Cooking 3:00 History Talks w/ Pat 4:00 Social Happy Hour	9:15 Fitness w/ Nima 9:45 Gentle Chair Exercise 10:00 Catholic Service 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 HH w/ Lee Durley	9:45 Sunrise Exercise 10:00 Shop Serendipity 1:00 Bookmobile 1:30 Scenic Drive 2:00 Mexican Train Game 3:00 Curtain Call 4:00 HH w/ Nick Williams	9:15 Fitness w/ Nima 9:45 Morning Exercise 11:00 Line Dancing 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie	9:30 Mental Gym 9:45 Chair Exercise 10:00 Shop Monterey 1:00 Shop Carmel 2:00 Knitting w/ Mrs. Torres 3:00 Bingo 7:00 Evening Movie
7:30a-1:00 Church Transportation 1:30 Symphony Transportation 2:00-4:00 Downton Abbey Series	9:15 Fitness w/ Nima 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Bob Phillips Music 3:00 Program Chat 7:00 Evening Movie	9:45 Sunrise Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Marina/Sand City 2:00 What's Cooking 4:00 HH w/ Andrea's Fault	9:15 Fitness w/ Nima 9:45 Gentle Chair Exercise 10:00 Catholic Service 1:00 Bridge 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 HH w/ Ben Herod	9:00 B/P & Hearing 10:00 Shop Serendipity 1:00 Bookmobile 1:30 Scenic Drive 2:00 Chef Chat 3:00 Curtain Call 4:00 HH w/ Mike Noonan 6:00 AASMB Presentation	9:15 Fitness w/ Nima 9:45 Morning Exercise 11:00 Line Dancing 1:00 Restaurant Outing 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette	9:30 Mental Gym 9:45 Chair Exercise 1:00 Shop Carmel 1:30 MEarth Day 2:00 Knitting w/ Mrs. Torres 3:00 Bingo 7:00 Evening Movie
7:30a-1:00 Church Transportation 1:00 Annie Jr. the Musical 2:00-4:00 Downton Abbey Series	9:15 Fitness w/ Nima 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Bob Phillips Music 7:00 Evening Movie	9:45 Sunrise Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Monterey 2:00 Health & Vitality Lecture Series 4:00 HH w/ Young at Heart	9:15 Fitness w/ Nima 9:45 Gentle Chair Exercise 10:00 Catholic Service 1:00 Bridge 3:00 Community Town Hall 4:00 HH w/ Lee Durley	9:45 Sunrise Exercise 10:00 Shop Serendipity 1:00 Bookmobile 1:30 Scenic Drive 2:00 Mexican Train Game 3:00 Music w/ Wendy 4:00 An Evening At the Opera	9:15 Fitness w/ Nima 9:45 Morning Exercise 11:00 Line Dancing 11:30 Santa Catalina Trip 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette	9:30 Mental Gym 9:45 Chair Exercise 10:00 Shop Monterey 1:00 Shop Carmel 2:00 Ice Cream Social 3:00 Bingo 7:00 Evening Movie
7:30a-1:00 Church Transportation 2:00-4:00 Downton Abbey Series 4:00 Musical Tunes	9:15 Fitness w/ Nima 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Bob Phillips Music 7:00 Evening Movie	9:45 Morning Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Pacific Grove 2:00 What's Cooking 4:00 Social Happy Hour	Happy Bi	rthday!	4/1 Sylvia Eisenberg 4/4 Verna Parsons 4/5 Jo Ellen Hathaway 4/10 Giselle Berg 4/10 Peter Hoss	4/15 Helen Furter 4/15 Hannelore Meyer 4/15 Lucretia Portman 4/23 Mary Mahoney 4/29 Rose Leva