May 2018

Independent & Assisted Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 *~Dr. Appointments~* **10:00 Craft Class w/Adria** 11:00 Walk & Talk w/Director 1:30 Cards Corner/Uno-AR **3:00 Southwestern College Guitar Ensemble-DR** 5:00-7:00 Valued Volunteers 6:00 Games & Puzzles AR May Day	**2** 10:00 Core & Balance w/Robert-FC 10:30 Darts-B 11:00 Resident Games-AR **1:30 Scenic Walk at J Street Marina-Lobby** 3:30 Coloring Mandalas-AR 4:00 Play Pool-BR 6:00 Movie Night	**3** *~Dr. Appointments~* 10:00 Morning Stretches-FC 11:00 Resident Council Meeting-RT 1:30 Ted Talks-B 4:00 Courtyard Company **6:30 pm Ballet Folklorico w/Mar Vista High School-B**	**4** 10:00 Morning Exercise-FC 10:30 Invest in Inspiration-AR 11:00 Resident Choice Games-AR 1:30 Book Club & Coffee-B **3:00 SMR Meet & Greet Happy Hour-B** 6:00 Movie Night	**5** 10:00 Flexibility and Toning w/Dmitry-FC 10:30 Phase10 11:00 Resident Games **11:30-2:00 Cinco de Mayo Luncheon w/ San Ysidro High School Mariachi** 2:30 Movie Matinee 4:00 Walking Workout Cinco de Mayo
6 8:30-12pm Church Transportation 9:00 Worship Service-CR 11:00 Resident Games-AR 1:30 Stationary Bikes-FC 2:30 Movie Matinee 6:00 Puzzle Time-AR	**7** 9:15 Bank/Post Office-Lobby 10:00 Zumba w/Rafael-Lobby 10:45 Rosary-RT 11:00 Rummikub-AR **1:00 Shopping at Vons Plaza** 2:30 Build-A-Word 3:30 Wii Bowling-B 6:00 Monday Night Movie	**8** 10:00 Morning Stretches-FC 10:30 Rummikub-AR 11:00 Tuesday Ted Talks-RT 1:30 Cards Corner/Poker-AR 3:00 Bocce Ball-CY 4:00 Walking & Rolling w/Ellen-Lobby 5:00-7:00 Valued Volunteers 6:00 Games & Puzzles-AR	**9** 10:00 Core & Balance w/Robert-FC 10:30 The History Guy-RT 11:00 Resident Games-AR **12:00 Lunch Outing to Islands $** 1:30 Tricky Trivia w/Leo-B 3:30 Hobby Hour 6:00 Movie Night	**10** 10:00 Morning Stretches-FC 11:00 Resident Games-AR 1:30 Play Pool-BR **2:30 Mother's Day Tea-B** 4:00 Courtyard Company 5:00-7:00 Game Time w/Volunteers-AR	**11** 10:00 Morning Exercise-FC 10:30 Invest in Inspiration-AR 11:00 Rummikub-AR 1:30 Book Club & Coffee-AR **3:00 Happy Hour Karaoke w/Don & Lori** 6:00 Movie Night	**12** 10:00 Flexibility & Toning w/Dmitry-FC 10:30 Sitcom Saturday 11:00 Resident Games 1:30 Activity Meeting-B 2:30 Movie Matinee 4:00 Walking Workout
13 9:00 Worship Service-CR 11:00 Resident Games-AR **12:00-2:30 Mother's Day Buffet-DR** 1:30 Stationary Bikes 2:30 Movie Matinee 6:00 Puzzle Time-AR Mother's Day	**14** 9:15 Bank/Post Office-Lobby 10:00 Chair Yoga/Robert-FC 10:45 Rosary-RT 11:00 Rummikub-AR **1:00 Shopping at Walmart** 2:30 Build-A-Word 3:30 Wii Bowling-B 6:00 Monday Night Movie	**15** **8:00 Men's Group Breakfast In the Bistro** 10:00 Morning Stretches **10:30 Art for All Ages-AR** 1:30 Cards Corner/Phase10-AR 3:00 Bocce Ball 4:00 Walking & Rolling w/Ellen-Lobby 5:00-7:00 Valued Volunteers 6:00 Games & Puzzles AR	**16** 10:00 Core & Balance w/Robert-FC 10:30 Resident Games-AR 11:00 Letter Writing-AR **1:30 Trip to Niederfrank's Ice Cream $** 3:30 Coloring Mandalas-AR 4:00 Play Pool-BR 6:00 Movie Night First Day of Ramadan	**17** 10:00 Morning Stretches **11:00 Culinary Creations Food-4-Thought w/Chef-B** 1:30 Creative Crafting-AR 3:30 Resident Games-AR 4:00 Doggy Day-CT 5:00-7:00 Game Time With Volunteers-AR	**18** 10:00 Morning Exercise 10:30 Invest in Inspiration-AR 11:00 Bingo-AR 10:30-1:30 Jewelry by Janet in Library 1:30 Book Club & Coffee-AR **3:00 Happy Hour w/Peggy** 6:00 Movie Night	**19** 9:30 Donut Social-B 10:00 Flexibility & Toning w/Dmitry-FC **Royal Wedding Broadcast-To be announced** 10:30 Crafting w/Carol 11:00 Resident Games 2:30 Movie Matinee 4:00 Walking Workout Armed Forces Day
20 8:30-12pm Church Transportation 9:00 Worship Service-CR 11:00 Resident Games-AR 1:30 Stationary Bikes 2:30 Movie Matinee 6:00 Puzzle Time-AR First Day of Shavuot	**21** 9:15 Bank/Post Office-Lobby 10:00 Chair Yoga/Robert-FC 10:45 Rosary-RT 11:00 Rummikub-AR **1:00 Shopping at Target** 2:30 Build-A-Word 3:30 Wii Bowling-B 6:00 Monday Night Movie-RT	**22** 10:00 Zumba w/Diana 10:30 Rummikub-AR 11:00 Tuesday Ted Talks-B 1:30 Posh Nail Polishing 4:00 Walking & Rolling w/Ellen-Lobby 5:00-7:00 Valued Volunteers 6:00 Games & Puzzles-AR	**23** 10:00 Core & Balance w/Robert-FC 11:00 Resident Games-AR **12:00 Picnic at Liberty Station/Scenic Drive to Cabrillo National Monument** 3:30 Poker-AR 6:00 Movie Night-RT	**24** 10:00 Morning Stretches 10:30 Talk w/Marlon King-B Emergency Services Coord CVFD 11:00-1:30 Unique Treasures by Alice-Library 1:30 Play Pool-BR 4:00 Outdoor Bingo-CY 5:00-7:00 Game Time with Volunteers	**25** 10:00 Morning Exercise 10:30 Invest in Inspiration-AR 11:00 4 Kings in a Corner-AR 1:30 Book Club & Coffee **3:00 Happy Hour w/Joseph** 6:00 Movie Night	**26** 10:00 Flexibility & Toning w/Dmitry-FC 10:30 Sitcom Saturday-RT 11:00 Resident Games 1:30 Play Pool-2nd Floor 2:30 Movie Matinee 4:00 Walking Workout
27 8:30-12pm Church Transportation 9:00 Worship Service-CR 11:00 Resident Games-AR 1:30 Stationary Bikes 2:30 Movie Matinee 6:00 Puzzle Time-AR	**28** 10:00 Chair Yoga/Robert-FC 10:45 Rosary-RT 11:00 Rummikub-AR **12-2:00 Memorial Day BBQ-CY** **2:00 Shopping at DollarTree** 2:30 Build-A-Word 3:30 Wii Bowling Tournament Residents vs. Directors-B 6:00 Monday Night Movie-RT Memorial Day	**29** 10:00 Zumba w/Diana 10:30 Rummikub-AR 11:00 Tuesday Ted Talks-B 1:30 4 Kings in a corner -AR 4:00 Walking & Rolling w/Ellen-Lobby 5:00-7:00 Valued Volunteers 6:00 Games & Puzzle-AR	**30** 10:00 Morning Exercises w/Robert-FC **10:30 Eastlake Errands-Lobby** 11:00 Resident Games-AR **11:30 Birthday Lunch w/Joey** 1:30 Build-A-Word-AR 4:00 Darts-B 6:00 Movie Night-RT	**31** 10:00 Morning Stretches **10:30 Craft Class w/Adria** **1:00 Film Forum w/Ralph Delaro-RT** 1:30 Ice Cream Social-B 4:00 Courtyard Company 6:00 Puzzle	Westmont at San Miguel Ranch Happy Mother's Day! WESTMONT® at San Miguel Ranch inspired retirement living®	**AR- Activity Room** **B-Bistro** **BR-Billiard Room** **CY-Courtyard** **DR-Dining Room** **FC-Fitness Center** **L-Library/Livingroom** **RT-Theater** **$-Out of pocket expense**

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Calendar Subject to changes