

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



September 2018



Westmont at San Miguel Ranch

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8:30-12:00 Church Transportation 9:00 Worship Service(CR) 1:00 Stationary Bikes-FC 1:30 Resident Choice Games-AR 2:30 Movie Matinee-RT 6:00 Puzzle Time-AR	2	Labor Day 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 11:30 Barbecue Luncheon-DR 1:00 Shopping Trip to Vons/Rite Aid-Lobby 3:30 Wii Games w/Ignacio 6:00 Evening movie-RT	3	10:00 Zumba w/Diana-FC 10:30 Nickels Bingo-AR 2:00 Spanish Class-AR 4:00 Happy ½ Hour w/Karina -AR	4	10:00 Core & Balance w/Robert-FC 11:00 Lunch Outing to Applebee's-Lobby 3:30 Poker-AR 6:00 Evening Movie-RT	5	10:00 Yoga w/Margo 10:30 Crafting w/Adria-AR 1:30 Trivia w/Leo of Sojourn Hospice-AR 3:30 Bean Bag Toss-CY 6:00 Cities of Italy-RT	6	10:00 Morning Stretches-FC 10:30 Inspiration Reading-FC 11:00 Resident Council-RT 1:30 Book Club-RT 3:00 Happy Hour with the California Girls 6:30 Evening Movie-RT	7	10:00 Flexibility & Toning-FC 11:30 Grandparents Day Luncheon Celebration-DR 1:30 Activity Meeting-B 2:30 Movie Matinee-RT 4:00 SMR Walks-L	8
8:30-12:00 Church Transportation 9:00 Worship Service(CR) 1:00 Stationary Bikes-FC 2:30 Movie Matinee-RT 6:00 Puzzle Time-AR <small>Grandparents Day</small>	9	9:15 Bank/Post Office-Lobby 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 1:00 Shopping Trip to Walmart-Lobby 3:30 Wii Games w/Ignacio 6:00 Evening Movie-RT <small>Rosh Hashanah</small>	10	10:00 Zumba w/Diana 10:30 Nickels Bingo-AR 1:30 Speaker-Gadgets, Gizmos, & Good Health w/Susan Taylor of Scripps-In the Bistro 4:00 Happy Half Hour w/Joey-AR	11	10:00 Core & Balance w/Robert-FC 10:30 The History Guy-RT 2:00 Scenic Walk at Border Field State Park-L 6:00 Evening Movie-RT	12	10:00 Yoga w/Margo 10:30 Spanish Class Review 1:00 Film Forum w/Ralph Film: In A Lonely Place-RT 4:00 Darts-B	13	10:00 Morning Stretches-FC 10:30 Inspiration Reading-FC 1:30 Book Club-RT 3:00 Karaoke Happy Hour w/Lori & Don 6:30 Evening Movie-RT	14	9:30 Donut Social-B 10:00 Flexibility & Toning-FC 10:30 Jane Eyre Episode 1-RT 1:30 Phase 10 2:30 Movie Matinee-RT 4:00 SMR Walks-L	15
8:30-12:00 Church Transportation 9:00 Worship Service(CR) 1:00 Stationary Bikes-FC 1:30 Resident Choice Games-AR 2:30 Movie Matinee-RT 6:00 Puzzle Time-AR	16	9:15 Bank/Post Office-Lobby 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 1:00 Shopping Trip to Target-Lobby 3:30 Wii Games w/Ignacio 6:00 Evening Movie-RT	17	10:00 Zumba w/Diana 10:30 Nickels Bingo-AR 2:00 Spanish Class-AR 4:00 Happy Half Hour Honoring our founding residents-B	18	10:00 Core & Balance w/Robert-FC 10:30 Outing to Viejas Casino-Lobby 1:30 Shoot Pool w/George 6:00 Evening Movie-RT <small>Yom Kippur</small>	19	10:00 Yoga w/Margo 10:30 Crafting W/Adria-AR 1:30 Speaker- Nutrition vs. Malnutrition w/Stephanie w/Healthy Living 3:30 Bean Bag Toss 6:00 The Perfect English Village-RT	20	10:00 Morning Stretches-FC 10:30 Inspirational Reading-FC 1:30 Book Club-RT 3:00 Happy Hour w/Peggy 6:30 Evening Movie-RT	21	National Ice Cream Cone Day 10:00 Flexibility & Toning-FC 10:30 Jane Eyre, Episode 2-FC 1:30 Ice Cream Social-B 2:30 Movie Matinee-RT <small>Autumn Begins Oktoberfest Begins</small>	22
8:30-12:00 Church Transportation 9:00 Worship Service(CR) 1:00 Stationary Bikes-FC 1:30 Resident Choice Games-AR 2:30 Movie Matinee-RT 6:00 Puzzle Time-AR	23	9:15 Bank/Post Office-Lobby 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 11:00 Men's Club Luncheon All Star Sports Bar & Grill-L 1:00 Shopping Trip to <small>Sukkot</small> 6:00 Evening Movie-RT	24	10:00 Zumba w/Diana 11:30 September Birthday Celebration Lunch w/Joey-PD 1:30 Spanish Review w/Karina-AR 3:30 Black Jack w/George-AR	25	10:00 Core & Balance w/Robert-FC 10:30 Dish It Up w/Chef-B 2:30 Dessert outing to Cheesecake Factory-Lobby 6:00 Evening Movie-RT	26	10:00 Yoga w/Margo 10:30 Mexico The Royal Tour-RT 1:30 Gospel music w/Diane & Steve-B 400 Darts-B	27	10:00 Morning Stretches w/Joey-FC 10:30 Inspirational Reading w/Karina-FC 1:30 Book Club-RT 3:00 Happy Hour w/Joseph 6:30 Evening Movie-RT	28	10:00 Flexibility & Toning-FC 10:30 Jane Eyre, Episode 3-RT 1:30 Phase 10-AR 2:30 Movie Matinee-RT	29
8:30-12:00 Church Transportation 9:00 Worship Service(CR) 1:00 Stationary Bikes-FC 1:30 Resident Choice Games-AR 2:30 Movie Matinee-RT 6:00 Puzzle Time-AR	30	<p>*Transportation for medical appointments available 8:30am-3:00pm Tuesday & Thursday</p> <p>*Resident run games always available in the Activity Room</p>											

AR-Activity Room, B-Bistro, CR-Compass Rose, DR-Dining Room, FC-Fitness Center, L-Lobby, RT-Rolling Hills Theater