


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Type of Activity R– Reminiscing, SE– Social Engagement, M- Music, S/I– Spiritual/Inspirational, LS-Life Skills, PW – Physical Wellness, C– Cognitive, CE– Creative Expression, O– Outdoors</p>	 <h2 style="color: purple;">Happy Birthday</h2> <h3 style="color: blue;">Berta U 9/08</h3> <h3 style="color: blue;">Gladys H 9/20</h3>					<p>LOCATION: TAR-Transitions activity room, MR-music room, CH-clubhouse, CGR-clubhouse game room, ICP-ice-cream parlor, CT-clubhouse theater, CR-cypress room, Santorini Dining Room-SDR</p>	<p>1 September Day 9:30 Daily Chronicles Chat 10:00 Jean Heatley Music <u>M</u> 11:00 Chair Exercise, PW, M 1:00 Scenic Drive, O,SE 2:00 Sunshine Stroll P, R 3:00 Easy Does it Trivia SE,R <u>TAR</u> 5:30 Monthly Gazette/ Fun Facts SE, 6:00 Music w/ AI SE, <u>M</u></p>
<p>2 Piano Day 9:00 Daily Chronicles & Coffee 10:00 Painting CE, SE 11:00 Church Services ,SI,<u>CAR</u> 1:30 Piano w/ John M. 2:30 Ice Cream Social R,SE <u>FSIS</u> 3:00 Community Walk, PW, SE 3:00 Bingo ,C,SE,O <u>TAR</u></p>	<p>3 Labor Day 9:30 Daily Chronicles & Coffee 10:00 Chair Exercise PW,<u>TAR</u> 11:00-3:00 Labor Day BBQ P 1:30 Balloon Game SE PW <u>TAR</u> 2:00 Card Games SE 3:00 Name 10 SE, R <u>TAR</u> 5:30 Manicures SE <u>TAR</u></p>	<p>4 Games Hot of the Press 9:00 Daily Chronicles & Coffee 10:00 Garden Club SE,LS,O,P 10:30 Creative Cooking, SE,LS 11:15 Sit & Be Fit E.AR Clubhouse 1:00 Parachute fun SE,PW, O 1:45 Candy Bingo SE, <u>CGR</u> 3:00 New Paper Game SE, PW <u>TAR</u> 5:30 Hand Massage/ Movie Time</p>	<p>5 A Home Run of a Day 9:30 Daily Chronicles & Coffee 10:00 Therapy Dog Visit: Chablis 11:00 Chair stretches, PW,<u>TAR</u> 1:00 Scenic Drive O,SE 1:00 Movie Time R,SE,<u>TAR</u> 2:30 Babe Ruth Facts/Snack <u>TAR</u> 3:00 Kick Ball SE, PW <u>TAR</u> 5:45 Music w/ Haley SE,M, <u>P</u></p>	<p>6 Kick off Day 9:00 Daily Chronicles & Coffee 10:00 Exercise w/ Kianna PW, <u>TAR</u> 10:30 Balloon Game SE,<u>TAR</u> 1:00 Card Game SE, <u>TAR</u> 1:30 Manicures SE, R <u>TAR</u> 2:00 Wii Bowling SE <u>Game Room</u> 3:00 Bingo SE, C <u>TAR</u> 5:30 Make Paper Foot Balls <u>TAR</u></p>	<p>7 Grandma Moses Day 9:00 Daily Chronicles & Water R,C,O, 10:00 Let's Go to the Theater, SE 10:00 Sing along R,SE,C, O 1:00 Grandma Moses Art work <u>TAR</u> 1:30 Getting to Know You R, SE 2:00 Ice Cream Social R,SE <u>FSIS</u> 3:00 Who am I? C,R, <u>TAR</u> 6:00 Racked Balloon SE,PW <u>TAR</u></p>	<p>8 Pizza Day 9:30 Daily Chronicles Chat 10:00 Community Walk PW,SE 10:00 Jean Heatley Music <u>M</u> 11:00 Chair Exercise, PW, M 1:30 Happy Hour w/ AL <u>SDR</u> 2:30 Make mini Pizzas <u>TAR</u> 3:00 Bingo C,SE <u>TAR</u> 6:00 Lawrence Welk & Popcorn</p>	
<p>9 Grandparents Day 9:00 Daily Chronicles & Coffee 10:00 Chair Exercise PW <u>TAR</u> 11:00-3:00 Brunch 11:00 Church Services ,SI,<u>CAR</u> 1:30 Dog Visit: Nina & Ricky <u>TAR</u> 2:30 Ice Cream Social R,SE <u>FSIS</u> 3:00 Hangman game SE,<u>TAR</u> 6:00 Manicures SE,<u>TAR</u></p>	<p>10 Good News Day 10:00 Balloon Game PW <u>TAR</u> 11:00 Chair Exercise PW <u>TAR</u> 11:30 Kick Ball PW, SE <u>TAR</u> 1:30 Bowling SE, PW, <u>P</u> 2:00 Shake Loose Memory <u>TAR</u> 3:00 Bingo C,SE, <u>TAR</u> 5:30 Good News Talk SE, <u>P</u></p>	<p>11 Taste of Honey Day 9:00 Daily Chronicles & Coffee 10:00 Garden Club SE,LS,O,P 10:30 Creative Cooking w/Honey 11:15 Sit & Be Fit PW <u>CAR</u> 2:00 Sing Along w/ Meg SE. M 3:00 Kick ball Game PW, R <u>P</u> 6:00 Teri & Her Drums SE, M <u>P</u></p>	<p>12 Every Cat Should Have it's Day 9:30 Daily Chronicles & Coffee 10:00 Bean Bag toss, PW,SE,<u>TAR</u> 11:00 Chair stretches, PW,<u>TAR</u> 1:00 Scenic Drive O,SE 2:30 Cat Chat/ Snacks SE <u>TAR</u> 3:00 Watercolor Painting SE,R <u>TAR</u> 5:30 Banana Splits SE, R <u>FSIS</u></p>	<p>13 Chocolate Factory Day 9:00 Daily Chronicles & Coffee 10:00 Chair Exercise PW, <u>TAR</u> 10:30 Music w/ Diane <u>TMR</u> 1:30 Patio time PW,SE,R <u>P</u> 2:00 Card Games SE, R <u>TAR</u> 3:00 Bingo C,SE <u>TAR</u> 5:30 Chocolate Treat / Movie</p>	<p>14 Kreme-Filled Donut Day 9:00 Daily Chronicles & Donuts <u>TAR</u> 10:00 Let's Go to the Theater, SE 10:00 Sing along R,SE,C, O 1:00 Flower Arranging, CE, LS 2:00 Ice Cream Social R,SE <u>FSIS</u> 3:00 Hangman C,R, <u>TAR</u> 5:30 Movie Time SE <u>TAR</u></p>	<p>15 Apple Day 9:30 Daily Chronicles Chat 10:00 Jean Heatley Music <u>M</u> 11:00 Chair Exercise, PW, M 11:30 Balloon Game SE,PW <u>TAR</u> 1:45 Ice Cream Celebration w/ AI <u>SDR</u> 3:00 Bingo, C,SE 5:30 Cooking Club: Apple Crisp/ Chat</p>	
<p>16 Planting Day 9:00 Daily Chronicles & Coffee 10:00 Crafter's Club: Clothes pin Planter <u>TAR</u> 11:00 Church Services ,SI,<u>CAR</u> 1:30 Creative Coloring SE,R <u>TAR</u> 2:00 Sing Along w/Curt , M <u>Lobby</u> 3:15 Shake Loose Memory <u>TAR</u> 5:30 Movie Time/ Hand Massages</p>	<p>17 Trivia Day 9:30 Daily Chronicles & Coffee 10:00 Music Therapy SE,R <u>M</u> 11:00 Chair Exercise PW, <u>TMR</u> 1:30 EZ Does it Trivia <u>TAR</u> 2:00 Racked Balloon PW,SE <u>TAR</u> 3:00 Hangman game SE, C, <u>TAR</u> 5:30 Manicures SE <u>TAR</u></p>	<p>18 Greta Garbo Day 9:00 Daily Chronicles & Coffee 10:00 Discussion: All About Greta Garbo 10:30 Creative Cooking SE, LS 11:15 Sit & Be Fit PW <u>CAR</u> 1:45 Candy Bingo SE, <u>CGR</u> 3:00 Balloon Game PW, R, <u>TAR</u> 5:30 Aroma Therapy, LS, SE, CE</p>	<p>19 Painting Day 9:30 Daily Chronicles & Coffee 10:00 Therapy Dog Visit: Chablis 11:30 Chair stretches, PW,<u>TAR</u> 1:00 Scenic Drive O, SE 1:00 Movie Time R,SE,<u>TAR</u> 2:30 Snacks/ Chat SE, <u>TAR</u> 3:00 Water Color Painting SE,R, <u>TAR</u> 6:00 Family Night SE,R <u>TAR</u></p>	<p>20 Tiger Day 9:00 Daily Chronicles & Coffee 10:00 Exercise w/ Kianna PW, <u>TAR</u> 11:00 Balloon Game PW <u>TAR</u> 1:30 Manicures SE, R <u>TAR</u> 2:00 Creative Coloring SE, <u>TAR</u> 3:00 Bingo C, SE,<u>TAR</u> 5:30 Discussion: All About Tigers & Tiger Trivia</p>	<p>21 Funny Saying Day 9:00 Daily Chronicles & Water <u>TAR</u> 10:00 Let's Go to the Theater, SE 10:00 Sing along R,SE,C, O 1:00 Flower Arranging, CE, LS 2:00 Ice Cream Social R,SE <u>FSIS</u> 3:00 Funny Sayings SE,R <u>TAR</u> 5:30 Movie Time/ Hand Massage <u>TAR</u></p>	<p>22 Autumn Day 9:30 Daily Chronicles Chat 10:00 Jean Heatley Music <u>M</u> 11:00 Chair Exercise, PW, M 11:30 Kick Ball PW, SE, <u>TAR</u> 2:00 AL B-Day Celebration <u>SDR</u> 3:00 Bingo, C,SE 5:30 Let's Reminisc: Autumn/ Can you guess the smell?</p>	
<p>23 Ice Cream Cone Day 11:00 Church Services ,SI,<u>CAR</u> 1:30 Dog Visit: Nina & Ricky <u>TAR</u> 2:30 Ice Cream Social R,SE <u>FSIS</u> 3:00 Racked Balloon PW,SE <u>TAR</u> Balloon Day 30 11:00 Church Services ,SI,<u>CAR</u> 1:30 Big Balloon Volley Ball <u>TAR</u> 2:30 Ice Cream Social R,SE <u>FSIS</u> 3:00 Bingo ,C,SE,O <u>TAR</u></p>	<p>24 Cherry Day 9:30 Daily Chronicles & Coffee 11:00 Chair Exercise PW <u>TMR</u> 1:30 Parachute fun SE,PW, O 2:00 Cherry& Ice cream <u>FSIS</u> 3:00 Bingo C,SE, <u>TAR</u> 5:30 Patio Games SE, PW <u>TAR</u> 6:30 Hand Massage/Movie Time</p>	<p>25 Pacific Ocean Day 9:00 Daily Chronicles & Coffee 10:00 Ocean Fun Facts <u>TAR</u> 10:30 Creative Cooking SE, LS 11:15 Sit & Be Fit PW <u>CAR</u> 1:45 Candy Bingo SE <u>CGR</u> 3:00 Kick ball game PW <u>P</u> 5:30 Aroma Therapy, LS, SE, CE</p>	<p>26 Apple Tree Day 9:30 Daily Chronicles & Coffee 10:00 Bean Bag toss, PW,SE <u>TAR</u> 11:00 Chair stretches, PW,<u>TAR</u> 1:00 Scenic Drive O, SE 1:00 Movie Time R,SE,<u>TAR</u> 2:30 Snack & Chat w/ Kianna 3:00 Tree– Mendous Apples Painting 5:30 Root Beer Floats SE, R <u>FSIS</u></p>	<p>27 Chocolate Milk Day 9:00 Daily Chronicles & Coffee 10:00 Chair Exercise PW, <u>TAR</u> 11:00 Music w/ Ron SE <u>TMR</u> 1:00 Card Game choices SE, <u>TAR</u> 2:00 Chocolate Milk– Shakes Social <u>FSIS</u> 3:00 Bingo C, SE <u>TAR</u> 5:30 Balloon Game PW,SE <u>TAR</u></p>	<p>28 Fall Foliage Day 9:00 Daily Chronicles & Water R,P 10:00 Let's Go to the Theater, SE 10:00 Sing along R,SE,C, O 1:00 Flower Arranging, CE, LS 2:00 Ice Cream Social R,SE <u>FSIS</u> 3:00 Fall Leaf Stamping <u>TAR</u> 5:30 Kick Ball SE, PW,<u>TAR</u></p>	<p>29 Biscotti Day 9:30 Daily Chronicles Chat 10:00 Jean Heatley Music <u>M</u> 11:00 Chair Exercise, PW, M 1:00 Scenic Drive, O,SE 1:00Patio Time, SE,PW,O <u>P</u> 2:00 Karaoke w/ Erlinda M <u>SDR</u> 3:00 Bingo, C,SE 5:30 Coffee Chat w/ Biscotti's</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GR = Game Room SDR= Santorini Dining Rm AR = Activity Room T = Theater L = Lobby CAR= Chianti Activity Rm Bldg 1 - 1st floor CR= Cyprus Rm, Bld 1 CDR=Caprese DR SR = Salotto Room, Bld 1 across From Cyprus Rm.</p>	<p>9:30 DAILY COFFEE CHAT AND CHRONICLES IN THE SALOTTO RM.</p> <p>NOTE: ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>ONSITE DERMATOLOGY</p> <p>MONDAY, SEPT 10TH AT 9:00 AM.</p> <p>SIGN UP SHEET IS IN THE ACTIVITY BOOK</p>	<p>NOTE: Melody, Dental Hygienist Does a variety of dental Services and is at the Meridian the 2nd Thurs of The month from 10-2 Please call her for an Appointment (760) 304-4975</p>	<p>NEIGHBORHOOD WALKS</p> <p>EVERY SUNDAY—THURSDAY AT 10:30 AM</p> <p>PLEASE MEET IN THE LOBBY</p>	<p>WII BOWLING</p> <p>EVERY SATURDAY @3:15 IN THE GAME ROOM</p>	<p>1 8:45, 9:45 Shopping 10:30 Trivial Pursuit-AR 1:00 Aqua Aerobic Class 1:00 Mahjong -CR 1:00 Sit & Stretch w/ Dina -GR 1:30 Bridge-AR 2:00 Hand & Foot - CAR 3:00 & 7:00 Movie -T</p>
<p>2 8:30 Church Transportation 11:00 Church Service-AR 1:00 Poker - CAR 2:00 99 Cent Bingo -AR 3:00 & 7:00 Movie -T 3:15 Sit & Stretch w/Cynthia AR 3:15 Hand & Foot-CAR</p>	<p>3 10:00 Stay Fit w/Zack- AR 11:00 Pins & Needles GP -AR 11:00 -3:00 Labor Day BBQ 11:00 Hand & Foot - CAR 1:30 Labor Day Bingo 3:00 & 7:00 Movie -T</p>	<p>4 Doctor Appointments 10:30 Be Fit w/Zack - AR 10:30 Creative Cooking- GR 11:15 Sit & Be Fit w/Zack-AR 1:30 Bridge-AR 1:45 Candy Bingo -GR 3:00 & 7:00 Movie -T</p>	<p>5 8:45, 9:45 Shopping 7:00am-9:00am Omelette's In Solerno Market 10:00 Yoga Class- AR 11:15 Be & Fit w/Zack-AR 1:00 Poker-CAR 1:30 Bible Study W/Pastor Jim -AR 2:30 Sing Along w/Meg -GR 3:00 & 7:00 Movie -T</p>	<p>6 Doctor Appointments 9:00 Aqua Aerobic Class-Pool 10:30 Be Fit w/Zack - AR 10:30 Nail Salon & Hand Massages - GR 11:15 Sit & Be Fit w/Zack - AR 1:45 Bingo - CR 3:00 Rosary - CR 3:00 & 7:00 Movie -T</p>	<p>7 10:00 Stay Fit w/Zack-AR 11:00 Bingo-AR 1:00 Resident Council-AR Followed by Town Hall 2:00 Hand & Foot -CAR 2:00 Flower Arranging-SDR 3:00 & 7:00 Movie -T 3:00 Jeopardy Trivia -AR</p>	<p>8 8:45, 9:45 Shopping 10:30 Trivial Pursuit-AR 1:00 Mahjong -CR 1:30 Happy Hour w/AI -SDR 1:30 Bridge-AR 2:00 Aqua Aerobic Class 2:00 Hand & Foot - CAR 3:00 & 7:00 Movie -T</p>
<p>9 8:30 Church Transportation 11:00 Church Service-AR 11:00 -3:00 Grandparents Day Brunch 1:00 Poker - CAR 3:00 & 7:00 Movie -T 3:15 Sit & Stretch w/Cynthia AR 3:15 Hand & Foot-CAR</p>	<p>10 10:00 Stay Fit w/Zack- AR 11:00 Pins & Needles GP- AR 11:00 Hand & Foot - CAR 11:30 Imax Theater in Balboa Park 1:00 Poker-GR 1:30 Duplicate Bridge-AR 3:00 Boosting Your Computer IQ - GR 3:00 & 7:00 Movie -T</p>	<p>11 Doctor Appointments 10:30 Be Fit w/Zack-AR 10:30 Creative Cooking - GR 11:15 Sit & Be Fit w/Zack-AR 1:30 Travelogue w/Hernan-GR 1:30 Bridge-AR 2:00 Staff/Resident Scrapbooking Craft -AR 3:00 & 7:00 Movie -T</p>	<p>12 8:45, 9:45 Shopping 10:00 Yoga Class- AR 10:30 Neighborhood Walk-L 11:15 Be & Fit w/Zack-AR 1:00 Poker-CAR 1:30 Bible Study W/Pastor Jim -AR 2:00 Dining Mtg. -SDR 3:00 Activity Planning Mtg. -AR 3:00 & 7:00 Movie -T</p>	<p>13 Doctor Appointments 9:00 Aqua Aerobic Class-Pool 10:30 Be Fit w/Zack - AR 10:30 Nail Salon & Hand Massages - GR 11:15 Sit & Be Fit w/Zack - AR 1:45 Bingo - CR 2:30 Armchair Astronomy -T 3:00 & 7:00 Movie -T</p>	<p>14 10:00 Stay Fit w/Zack-AR 11:00 Bingo-AR 12:30 Steinmart Shopping (Limit 4) 1:00 Great American Bestsellers Theater 1:00 Billiards & Beer -GR 2:00 Hand & Foot -CAR 2:00 Flower Arranging-SDR 3:00 & 7:00 Movie -T</p>	<p>15 8:45, 9:45 Shopping 10:30 Trivial Pursuit-AR 1:00 Mahjong -CR 1:00-3:00 Ice Cream Social w/1:45 Music w/AI Estrella -SDR 1:30 Bridge-AR 2:00 Aqua Aerobic Class 2:00 Hand & Foot -CAR 3:00 & 7:00 Movie-T</p>
<p>16 8:30 Church Transportation 11:00 Church Service-AR 1:00 Poker - CAR 3:00 & 7:00 Movie -T 3:15 Sit & Stretch w/Cynthia AR 3:15 Hand & Foot-CAR</p>	<p>17 10:00 Stay Fit w/Zack- AR 10:30 Outing: Valley View Casino 11:00 Pins & Needles GP -AR 11:00 Hand & Foot - CAR 11:00 Music Matters -CR 1:00-2:30 Writing Class - AR 3:00 & 7:00 Movie -T</p>	<p>18 Doctor Appointments 10:00 Dudes & Donuts- SR 10:30 Be Fit w/Zack - AR 10:30 Creative Cooking- GR 11:15 Sit & Be Fit w/Zack-AR 1:30 Bridge-AR 1:45 Candy Bingo -GR 3:00 & 7:00 Movie -T</p>	<p>19 8:45, 9:45 Shopping 10:00 Yoga Class- AR 11:15 Be & Fit w/Zack-AR 1:00 Poker-CAR 1:30 Bible Study W/Pastor Jim -AR 2:00 Crafter's Club W/Dina-GR 3:00 & 7:00 Movie -T</p>	<p>20 Doctor Appointments 9:00 Aqua Aerobic Class-Pool 10:30 Be Fit w/Zack - AR 10:30 Nail Salon & Hand Massages - GR 11:15 Sit & Be Fit w/Zack - AR 3:00 Rosary - CR 3:00 & 7:00 Movie -T 3:00 Chimes</p>	<p>21 10:00 Stay Fit w/Zack-AR 11:00 Bingo-AR 12:45 Catholic Mass-AR 1:00 Great American Bestsellers-T Theater 2:00 Flower Arranging-SDR 3:00 Afternoon Movie-T 6:00-8:00 Five Year Anniversary Concert</p>	<p>22 8:45, 9:45 Shopping 10:30 Trivial Pursuit-AR 1:00 Aqua Aerobic Class 1:00 Mahjong -CR 1:30 Bridge-AR 2:00 Birthday Party Celebration - w/AI -SDR 3:00 & 7:00Movie -T</p>
<p>23 8:30 Church Transportation 11:00 Church Service-AR 1:00 Poker - CAR 2:00 Rock & Roll W/Curt -L 3:00 & 7:00 Movie -T</p> <p>30 8:30 Church Transportation 11:00 Church Service-AR 1:00 Poker - CAR</p>	<p>24 10:00 Stay Fit w/Zack- AR 11:00 Pins & Needles GP- AR 11:00 Hand & Foot - CAR 11:00 Lunch: The King & I Thai Restaurant 1:00 Poker-GR 1:30 Duplicate Bridge-AR 3:00 & 7:00 Movie -T</p>	<p>25 Doctor Appointments 10:30 Be Fit w/Zack - AR 10:30 Creative Cooking- GR 11:15 Sit & Be Fit w/Zack-AR 1:30 Bridge-AR 1:45 Candy Bingo -GR 3:00 & 7:00 Movie -T</p>	<p>26 8:45,9:45 Shopping 10:00 Yoga Class-AR 10:15 Golf With Mark 11:15 Be Fit w/Zack-AR 1:00 Poker-CAR 1:30 Bible Study W/Pastor Jim-AR 2:00 Armchair Travel : Bolivia (Empanadas Served) -GR 3:00 & 7:00 Movie -T</p>	<p>27 Doctor Appointments 9:00 Aqua Aerobic Class-Pool 10:30 Be Fit w/Zack - AR 10:30-1:30 Fall Florals Sales -GR 11:15 Sit & Be Fit w/Zack - AR 1:45 Bingo - CR 3:00 Rosary - CR 3:00 & 7:00 Movie -T 3:00 Chimes</p>	<p>28 10:00 Stay Fit w/Zack-AR 11:00 Bingo-AR 1:00 Great American Bestsellers Theater 2:00 Hand & Foot -CAR 2:00 Flower Arranging-SDR 3:00 & 7:00 Movie -T 3:00 Treasured Moments Social-AR</p>	<p>29 8:45, 9:45 Shopping 10:30 Trivial Pursuit-AR 1:00 Aqua Aerobic Class 1:00 Mahjong -CR 1:30 Bridge-AR 2:00 Karaoke Happy Hour with Erlinda -SDR 2:00 Hand & Foot - CAR 3:00 & 7:00 Movie -T</p>