October 2018

Westmont at San Miguel Ranch

Calendar is subject to changes and additions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
It is cooling off. Walks are back on the Calendar for Thursdays. Join us!! Resident run games are always available in the Activity Room.	**1** 9:15 Bank/Post Office-L 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 1:00 Shopping Trip to Vons-L 3:30 Wii Games w/Ignacio 6:00 Evening Movie-RT	**2** 10:00 Zumba w/Diana-FC 10:30 Ted Talks-RT 1:30 Nickels Bingo-AR **4:00 Happy ½ Hour-AR** Simchat Torah	**3** 10:00 Exercise w/Dmitry **11:00 Lunch outing to Okawa $$-L** 3:30 Rummikub-RT 6:00 Evening Movie	**4** 10:00 Yoga w/Alicia 10:30 Planet Earth-AR 1:30 Spanish Class Review-AR 4:00 SMR Saunterer's-L	**5** 10:00 Morning Stretches-FC 10:30 Inspiration Reading-FC **11:00 Resident Council-RT** 1:30 Book Club-RT **3:00 Happy Hour Kevin Roth-L** 6:00 Evening Movie-RT	**6** 10:00 Flexibility & Toning-FC 10:30 Coffee, Tea & Bagels-AR 1:30 Monopoly-AR 2:30 Movie Matinee-RT 4:00 SMR Walks-L
7 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	**8** 9:15 Bank/Post Office-L 10:00 Chair Yoga w/Robert 10:45 Rosary-RT 1:00 Shopping Trip to Walmart-L 3:30 Wii Games w/Ignacio 6:00 *1942 Conquest of Paradise* Evening Movie-RT Columbus Day (US) Thanksgiving Day (Canada)	**9** 10:00 Zumba w/Diana-FC 10:30 Nickels Bingo-AR 2:00 Spanish Class-AR **4:00 Happy ½ Hour-AR** 6:00 PBS series The Americans (54 min)-RT	**10** 10:00 Core & Balance w/Robert-FC 10:30 The History Guy-RT **2:00 Dessert Outing to 85*-$-L** 6:00 Evening Movie	**11** 10:00 Yoga w/Alicia **10:30 Craft Class w/Adria-AR** **1:00 Film Forum w/Ralph Film: -RT** 3:30 Darts-B 4:00 SMR Saunterer's-L	**12** 10:00 Chair Tai Chi-RT 10:30 Friday Devotional-RT 1:30 Book Club-RT **3:00 Happy Hour W/Pianist Rick Spenser-L** 6:00 Evening Movie-RT	**13** 10:00 Flexibility & Toning-FC 10:30 Coffee, Tea & Pastry-AR 1:30 Phase 10 2:30 Movie Matinee-RT 4:00 SMR Walks-L
14 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	**15** 9:15 Bank/Post Office-L 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 1:00 Shopping Trip to Target 3:30 Wii Games w/Ignacio 6:00 Evening Movie-RT	**16** 10:00 Zumba w/Diana-FC **10:30 Art for All Ages Watercolor art class-AR** 1:30 Nickels Bingo **4:00 Happy ½ Hour-AR**	**17** 10:00 Core & Balance w/Robert-FC **11:00 Picnic at Mission Bay** 3:30 Shoot Pool w/George 6:00 Evening Movie	**18** 10:00 Yoga w/Alicia 10:30 TED Talks-RT 1:30 Spanish Class Review-AR 4:00 SMR Saunterer's-L	**19** 10:00 Morning Stretches-FC 10:30 Inspiration Reading-FC 1:30 Book Club-RT **3:00 Happy Hour w/Don & Lori-B** 6:00 Evening Movie-RT	**20** 10:00 Flexibility & Toning-FC 10:30 Coffee, Tea & Donuts-AR 1:30 Poker-AR 2:30 Movie Matinee-RT 4:00 SMR Walks-L
21 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	**22** 9:15 Bank/Post Office-L 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 1:00 Shopping Trip to Khol's 3:30 Wii Games w/Ignacio 6:00 Evening Movie-RT	**23** 10:00 Zumba w/Diana-FC 10:30 Nickels Bingo-AR 2:00 Spanish Class-AR **4:00 Happy ½ Hour-AR** 6:00	**24** 10:00 Core & Balance w/Robert-FC **1:00 Men's Group Movie Outing $-L (Sign up)** 3:30 Corn Hole-CY 6:00 Evening Movie	**25** 10:00 Yoga w/Alicia **10:30 Day of the Dead Craft Class w/Adria-AR** **1:30 Trivia w/Leo of Sojourn Hospice-AR** 3:30 Loteria-AR	**26** 10:00 Chair Tai Chi-RT 10:30 Friday Devotional-RT 1:30 Book Club-RT **3:00 Happy Hour w/Joseph** 6:00 Evening Movie-RT	**27** 10:00 Flexibility & Toning-FC 10:30 Coffee, Tea & Muffins-AR **1:30 Tea Party Social w/Eastlake Community Church-B** 4:00 SMR Walks-L 6:00 Evening Movie-RT
28 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	**29** 9:15 Bank/Post Office-L 10:00 Chair Yoga w/Robert-FC 10:45 Rosary-RT 1:00 Shopping Trip to 3:30 Wii Games w/Ignacio 6:00 Evening Movie-RT	**30** 10:00 Zumba w/Diana **11:30 October Birthday Celebration Lunch w/Joey-PD** 1:30 Nickels Bingo-AR **4:00 Happy ½ Hour**	**Halloween** **31** 10:00 Core & Balance w/Robert-FC **11:30 Halloween Luncheon & Costume Party-DR** **3:00 Swinging with Dean Show-DR** 6:00 Evening Movie Halloween			

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