

November 2019
Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div><div><div></div><div></div><div></div></div><div>SIENNA</div><div>AT OTAY RANCH</div><div>Senior Living</div></div><div><div>1290 Santa Rosa Dr.</div><div>Chula Vista, CA 91913</div><div>619-779-7400</div></div></div><div><div><div>CC</div>Community Connections</div><div><div>CE</div>Continuing Education</div><div><div>LL</div>Lifestyle & Leisure</div><div><div>PE</div>Physical Engagement</div><div><div>SS</div>Spiritual Support</div></div></div>	<div><div>Location Keys</div><div>Computer RoomCR</div><div>Dinning RoomDR</div><div>Front LobbyFL</div><div>GymGym</div><div>Main Dinning roomMDR</div><div>Movie TheaterMT</div><div>Multi purpose roomMPR</div><div>PatioPatio</div><div>Upstairs BistroUB</div><div>Upstairs sitting roomUSR</div></div>		<div><div>9:30 <div>PE</div> Keeping Fit [Gym]1</div><div>10:30 Craft [CR]</div><div>11:30 <div>LL</div> Bingo [CR]</div><div>1:00 <div>LL</div> Sienna Walk [FL]</div><div>2:00 <div>LL</div> Pictionary [FL]</div><div>3:00 p <div>LL</div> Happy Hour [Patio]</div><div>4:00 <div>LL</div> Hand Massages & Daily Happenings [UB]</div><div>6:00 <div>LL</div> Movie Night with Friends [MT]</div></div>	<div><div>9:30 a <div>PE</div> Yoga - Patio2</div><div>10:30 <div>LL</div> Celebrate Dia de Los Muertos [FL]</div><div>11:30 <div>LL</div> Name that word [FL]</div><div>1:00 Art [UB]</div><div>2:00 <div>CE</div> Ted Talk - Goal setting [CR]</div><div>3:00 <div>CE</div> Root beer Floats - Lobby</div><div>4:00 <div>LL</div> Sienna Walk [FL]</div><div>6:00 <div>LL</div> Movie Night with Friends [MT]</div></div>		
<div>Daylight Saving Time Begins3</div> <div>9:30 <div>LL</div> Meditation [CR]</div> <div>10:30 <div>PE</div> Bowling [Patio]</div> <div>11:30 <div>CE</div> Name that phrase [FL]</div> <div>12:00 p <div>CE</div> Bowling [Patio]</div> <div>2:00 <div>PE</div> Sienna walk [FL]</div> <div>2:30 <div>CE</div> Trivia [CR]</div> <div>3:00 <div>PE</div> Craft [CR]</div> <div>4:00 <div>LL</div> Bingo [CR]</div> <div>6:30 <div>LL</div> Movie Night & games with friends. [MT]</div>	<div>9:30 <div>PE</div> Stretching & Toning [Gym]4</div> <div>10:00 <div>PE</div> Sienna Walk [FL]</div> <div>10:30 <div>LL</div> Trivia [FL]</div> <div>1:00 Craft [MPR]</div> <div>1:00 <div>CE</div> Parkinson's Group [CR]</div> <div>2:00 <div>LL</div> Hand Massages [CR]</div> <div>3:00 <div>LL</div> Rootbeer Floats [FL]</div> <div>4:30 p <div>SS</div> Deep Breathing Meditation [MT]</div> <div>6:30 <div>LL</div> Movie Night & games with Friends. [MT]</div>	<div>Election Day5</div> <div>9:30 <div>LL</div> Meditation [MT]</div> <div>10:30 Book club [Patio]</div> <div>11:00 <div>CE</div> Name that phrase [FL]</div> <div>1:30 <div>LL</div> Bingo [CR]</div> <div>2:30 <div>LL</div> Trivia & Daily News [CR]</div> <div>3:00 <div>LL</div> High Tea Social / Today's Happenings [Patio]</div> <div>4:00 <div>LL</div> Mini Facials [Patio]</div> <div>6:30 <div>LL</div> Movie Night & games with friends [MT]</div>	<div>9:30 a <div>PE</div> Meditation [MT]6</div> <div>10:00 <div>LL</div> Music by Joseph [FL]</div> <div>11:30 <div>LL</div> Trivia [MT]</div> <div>1:00 <div>CE</div> Ted Talk- Ecology [MT]</div> <div>3:00 p <div>LL</div> Mimosa's & Appetizers [Patio]</div> <div>4:00 p <div>CE</div> Pictionary. [FL]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 a <div>PE</div> Toning & Stretching [Gym]7</div> <div>10:30 <div>LL</div> Scenic Outing</div> <div>11:00 <div>CC</div> Thank you letters to Veterans [CR]</div> <div>1:00 Art [UB]</div> <div>2:00 <div>PE</div> Sienna Walk Challenge [UB]</div> <div>4:00 <div>LL</div> Craft [CR]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 <div>PE</div> Keeping Fit [Gym]8</div> <div>10:30 <div>LL</div> Uplifting Talks with Chopra [MT]</div> <div>11:30 <div>LL</div> Mini Facials & Hand Massages [CR]</div> <div>1:30 <div>LL</div> Bingo [CR]</div> <div>2:00 <div>CC</div> Baking Surprises [MDR]</div> <div>3:00 p <div>LL</div> Happy Hour [Patio]</div> <div>4:00 <div>CE</div> Brain Teasers [CR]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 a <div>PE</div> Yoga - Patio9</div> <div>10:00 <div>CC</div> Our Furry Friends visit [FL]</div> <div>11:00 <div>CE</div> Ted Talk on Ecology [MT]</div> <div>1:00 p <div>SS</div> Strengthening and Stretching [MPR]</div> <div>2:00 Art [MPR]</div> <div>3:00 <div>CE</div> Root beer Floats - Lobby</div> <div>4:00 p <div>LL</div> Games & Gardening. [Patio]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>
<div>9:30 a <div>LL</div> Meditation10</div> <div>10:00 <div>PE</div> Bowling [Patio]</div> <div>11:00 <div>LL</div> Trivia [FL]</div> <div>11:30 <div>LL</div> Hand Massages [CR]</div> <div>12:00 p <div>PE</div> Sienna Walk [FL]</div> <div>2:00 Art [MPR]</div> <div>3:00 <div>PE</div> Sienna walk [FL]</div> <div>4:00 <div>LL</div> Meditation [MT]</div> <div>6:30 <div>LL</div> Movie Night & games with friends. [MT]</div>	<div>Veterans Day11</div> <div>8:45 <div>LL</div> Veterans Day Celebration [MDR]</div> <div>10:30 <div>LL</div> Bingo [CR]</div> <div>11:30 <div>PE</div> Muscle Toning & Stretching [Gym]</div> <div>1:00 <div>LL</div> Gardening</div> <div>2:00 <div>LL</div> Rootbeer Floats [Patio]</div> <div>4:30 p <div>SS</div> Deep Breathing Meditation [MT]</div> <div>6:30 <div>LL</div> Movie Night & games with Friends. [MT]</div>	<div>9:30 <div>PE</div> Toning & Muscle Strengthening. [Gym]12</div> <div>10:00 <div>CC</div> Merry Ukuleles presentation [FL]</div> <div>1:30 <div>CE</div> Name that phrase [FL]</div> <div>2:00 <div>LL</div> Craft [CR]</div> <div>3:00 <div>LL</div> High Tea Social / Today's Happenings [Patio]</div> <div>4:00 <div>PE</div> Sienna Walk [FL]</div> <div>6:30 <div>LL</div> Movie Night & Games with friends [MT]</div>	<div>9:30 a <div>PE</div> Meditation [MT]13</div> <div>10:00 <div>CE</div> Ted Talk - Food [MT]</div> <div>10:30 <div>LL</div> Hand Massages [UB]</div> <div>11:30 <div>LL</div> Name that phrase [FL]</div> <div>1:30 <div>LL</div> Monthly Resident Birthday Celebration</div> <div>2:00 <div>LL</div> Bingo [UB]</div> <div>3:00 p <div>LL</div> Mimosa's & Appetizers [Patio]</div> <div>4:00 p <div>CE</div> Pictionary. [FL]</div> <div>6:30 <div>LL</div> Movie night & Games with friends [MT]</div>	<div>11:00 <div>LL</div> Name that phrase [FL]14</div> <div>10:30 <div>CC</div> Shopping Day</div> <div>1:00 Art [CR]</div> <div>2:00 <div>LL</div> Bake, Make & Take [CR]</div> <div>4:00 <div>CC</div> Uplifting talks with Chopra. [MT]</div> <div>6:30 <div>LL</div> Movie Night - Movie Theater</div>	<div>9:30 a <div>PE</div> Keeping Fit [Gym]15</div> <div>10:00 <div>LL</div> Mini Facials & Daily News [CR]</div> <div>11:00 <div>LL</div> Bingo [CR]</div> <div>1:00 <div>LL</div> Sienna Surprise Store [CR]</div> <div>2:00 <div>LL</div> Rootbeer Floats [FL]</div> <div>3:00 p <div>LL</div> Happy Hour [Patio]</div> <div>4:00 <div>LL</div> Meditation [MT]</div> <div>6:30 <div>LL</div> Movie Night & Games with friends [MT]</div>	<div>9:30 a <div>PE</div> Yoga - Patio16</div> <div>9:45 <div>CC</div> Ted Talk- Global Issues [MT]</div> <div>10:30 <div>PE</div> Gym Workout [Gym]</div> <div>11:30 Meditation [MT]</div> <div>1:00 p <div>SS</div> Strengthening and Stretching [Patio]</div> <div>2:30 <div>LL</div> Rootbeer Floats [FL]</div> <div>3:30 <div>LL</div> Craft [USR]</div> <div>4:00 p <div>LL</div> Trivia [Patio]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>
<div>9:30 <div>PE</div> Toning & Sienna Walk [Gym]17</div> <div>10:30 <div>PE</div> Bowling, Golfing [Patio]</div> <div>1:30 <div>LL</div> Name that Phrase [FL]</div> <div>1:00 Art [Patio]</div> <div>2:00 <div>PE</div> Sienna walk [FL]</div> <div>2:30 <div>LL</div> Brain Teasers [FL]</div> <div>3:30 <div>LL</div> Chip & Dip Social [Patio]</div> <div>4:30 <div>LL</div> Meditation [MT]</div> <div>6:30 <div>LL</div> Movie Night & games with friends. [MT]</div>	<div>9:30 <div>PE</div> Keeping Fit [Gym]18</div> <div>10:30 <div>LL</div> Bingo [CR]</div> <div>11:30 <div>LL</div> Brain Teasers [Patio]</div> <div>1:00 <div>LL</div> Manicures [FL]</div> <div>2:00 <div>LL</div> Sundae Surprise [Patio]</div> <div>3:00 <div>LL</div> Deep Breathing Meditation [MT]</div> <div>4:00 <div>LL</div> Bowling, Golfing [Patio]</div> <div>6:30 <div>LL</div> Movie Night & games with Friends. [MT]</div>	<div>9:30 <div>CC</div> Uplifting Talks with Chopra [MT]19</div> <div>10:30 Book club [Patio]</div> <div>11:30 <div>LL</div> Jewellery Making [CR]</div> <div>1:00 Ted Talk - Science [MT]</div> <div>2:00 <div>PE</div> Sienna Challenge Walk [MDR]</div> <div>3:00 <div>LL</div> High Tea Social / Today's Happenings [Patio]</div> <div>4:00 <div>LL</div> Mini Facials & Hand Massages [UB]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 <div>PE</div> Yoga [Patio]20</div> <div>10:30 <div>LL</div> Bingo [CR]</div> <div>11:30 <div>CC</div> Trivia, Daily News [CR]</div> <div>1:00 <div>CC</div> Resident Council Meeting [MPR]</div> <div>3:00 <div>CC</div> Sienna's One Year Anniversary Dinner [MDR]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 <div>LL</div> Meditation [MT]21</div> <div>10:30 <div>LL</div> Shopping Day</div> <div>11:30 <div>PE</div> Sienna Walk [FL]</div> <div>1:00 <div>LL</div> Name that Phrase [FL]</div> <div>2:00 <div>LL</div> Brushetta & Crackers Social [CR]</div> <div>4:00 <div>LL</div> Hand Massages [UB]</div> <div>6:30 <div>LL</div> Movie Night - Movie Theater</div>	<div>9:30 a <div>PE</div> Keeping Fit [Gym]22</div> <div>10:00 <div>CC</div> Uplifting Talks with Chopra [MT]</div> <div>11:00 <div>PE</div> Sienna Walk [FL]</div> <div>11:30 <div>LL</div> Bingo [CR]</div> <div>1:30 <div>LL</div> Craft [CR]</div> <div>2:30 <div>LL</div> Rootbeer Floats [FL]</div> <div>3:00 p <div>LL</div> Happy Hour [Patio]</div> <div>4:00 <div>LL</div> Hand Massages [UB]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 a <div>PE</div> Yoga - Patio23</div> <div>10:30 <div>PE</div> Sienna Walk [FL]</div> <div>11:00 <div>LL</div> Hot Coco Social [CR]</div> <div>1:30 <div>LL</div> Make it, Take it Craft [CR]</div> <div>2:30 <div>LL</div> Pictionary [FL]</div> <div>4:00 p <div>LL</div> Games & Gardening. [Patio]</div> <div>4:00 <div>LL</div> Hand Massages [UB]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>
<div>9:30 <div>LL</div> Yoga [Patio]24</div> <div>10:30 <div>LL</div> Pictionary [FL]</div> <div>11:30 <div>PE</div> Gardening</div> <div>12:00 <div>LL</div> Resident Brunch [MDR]</div> <div>3:00 <div>PE</div> Sienna walk [FL]</div> <div>4:00 <div>PE</div> Laddle & Golfing [Patio]</div> <div>6:30 <div>LL</div> Movie Night & games with friends. [MT]</div>	<div>9:30 <div>LL</div> Meditation [MT]25</div> <div>10:30 <div>PE</div> Sienna Walk [FL]</div> <div>11:00 <div>LL</div> Craft [CR]</div> <div>1:00 <div>LL</div> Mini Facials & Hand Massages [CR]</div> <div>2:00 <div>PE</div> Yoga [Patio]</div> <div>3:00 <div>LL</div> Manicures [UB]</div> <div>4:00 <div>LL</div> Volleyball [Patio]</div> <div>6:30 <div>LL</div> Movie Night & games with Friends. [MT]</div>	<div>9:30 <div>CE</div> Ted Talk - How our Brain works [MT]26</div> <div>10:30 Book club [Patio]</div> <div>11:00 <div>CE</div> Name that phrase [FL]</div> <div>1:30 <div>LL</div> Make Chocolate covered surprises! [DR]</div> <div>2:30 <div>LL</div> Sienna Walk [FL]</div> <div>3:00 <div>LL</div> High Tea Social / Today's Happenings [Patio]</div> <div>4:00 <div>LL</div> Meditation [MT]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 a <div>PE</div> Meditation [MT]27</div> <div>9:45 <div>PE</div> Sienna Walk [Patio]</div> <div>10:30 <div>CC</div> Ted Talk - Foreign Policy [MT]</div> <div>11:30 <div>LL</div> Craft [CR]</div> <div>1:30 <div>LL</div> Mini Facials & Hand Massages [CR]</div> <div>2:30 <div>LL</div> Hot Cocoa social [UB]</div> <div>3:00 p <div>LL</div> Mimosa's & Appetizers [Patio]</div> <div>4:00 p <div>CE</div> Pictionary. [FL]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>Thanksgiving28</div> <div>9:30 <div>CC</div> Ted Talk - Lifestyle [MT]</div> <div>10:00 <div>LL</div> Name that phrase [FL]</div> <div>11:30 <div>LL</div> Resident & Family Thanksgiving Dinner [MDR]</div> <div>4:00 <div>LL</div> Meditation [MT]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 a <div>PE</div> Keeping Fit [Gym]29</div> <div>10:00 <div>CC</div> Uplifting Talk with Chopra [MT]</div> <div>11:00 <div>LL</div> Trivia [CR]</div> <div>1:00 Art [MPR]</div> <div>2:00 <div>LL</div> Bingo [CR]</div> <div>3:00 p <div>LL</div> Happy Hour [Patio]</div> <div>4:00 <div>LL</div> Trivia [CR]</div> <div>6:00 <div>LL</div> Liberty Station Tree Lighting</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>	<div>9:30 <div>LL</div> Meditation [MT]30</div> <div>10:30 <div>CC</div> Ted Talk - Family [MT]</div> <div>11:30 <div>PE</div> Sienna Walk [FL]</div> <div>1:00 <div>LL</div> Art [CR]</div> <div>2:00 <div>LL</div> Hand Massages [UB]</div> <div>3:00 <div>LL</div> Ice Cream Social [FL]</div> <div>4:00 <div>LL</div> Brain Teasers [Patio]</div> <div>6:30 <div>LL</div> Movie Night & Games with Friends [MT]</div>