November 2019
Memory Support

created with Sagely

SIENNA AT OTAY RANCH
Senior Living

1290 Santa Rosa Dr.
Chula Vista, CA 91913
619-779-7400

CC Community Connections
CE Continuing Education
LL Lifestyle & Leisure
PE Physical Engagement
SS Spiritual Support

Healthy Snacks & Hydration offered throughout each day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 Sing Alongs 1:30 LL Bingo 2:30 LL Happy Hour 4:00 PE Chair Tai Chi 6:00 LL New Release Movie	**2** All Soul's Day 9:30 PE Sit and Be Fit 10:00 CE Daily Chronicle 10:30 LL Aviation History and Craft 1:30 Balloon Volleyball 2:30 SS Hand Massages / Pretty Nails 3:30 CE Bingo 6:00 LL Wine and Cheese Happy Hour
3 Daylight Saving Time Begins 8:00 SS Catholic Mass (Streamed) 9:30 PE Chair Yoga 10:00 CE Daily Chronicle 10:30 SS Christian Worship Hour 1:30 CC Coupons for Troops 2:30 LL Ice Cream Social 3:00 Karaoke Dance off 4:00 PE Shoot a Hoop 6:00 LL Sunday Cinema Classics	**4** 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 LL Board / Card Games 1:30 CE Joggin' Your Noggin' 1:30 CC Parkinson's Support Group 2:30 LL Bingo 4:00 SS Deep Breathing Meditation 6:00 Chicken Soup for the Soul Book Club	**5** Election Day Election Day 9:30 PE Stretch & Flex 10:00 CE Daily Chronicle 10:30 Craft Corner 1:30 PE Volleyball Tourney 2:30 CE Loteria 4:00 PE Chair Dancing 6:00 SS Moods of Nature	**6** 9:30 PE Chair Zumba 10:00 CE Daily Chronicle 10:15 LL Scenic Drive/ Outing 10:30 Mandala Art 1:30 SS Hot Cocoa and Classics 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	**7** 9:30 PE Strength & Balance 10:00 CE Daily Chronicle 10:30 Garden Club 1:30 LL Blast from the Past 2:30 LL Let's go to the Movies! 3:00 CE Give me a Word 4:00 PE Chair Boxing 6:00 CE Wheel of Fortune	**8** 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 Sing Alongs 1:30 LL Bingo 2:30 LL Happy Hour 4:00 PE Chair Tai Chi 6:00 LL New Release Movie	**9** 9:30 PE Sit and Be Fit 10:00 CE Daily Chronicle 10:30 LL Origami Corner 1:30 Balloon Volleyball 2:30 SS Hand Massages / Pretty Nails 3:30 CE Bingo 6:00 LL Wine and Cheese Happy Hour
10 8:00 SS Catholic Mass (Streamed) 9:30 PE Chair Yoga 10:00 CE Daily Chronicle 10:30 SS Christian Worship Hour 1:30 CC Coupons for Troops 2:30 LL Ice Cream Social 3:00 Karaoke Dance off 4:00 PE Shoot a Hoop 6:00 LL Sunday Cinema Classics	**11** Veteran's Day Veterans Day 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 LL Patriotic Sing Alongs 1:30 CE Joggin' Your Noggin' 2:30 LL Bingo 4:00 SS Deep Breathing Meditation 6:00 Chicken Soup for the Soul Book Club	**12** 9:30 PE Stretch & Flex 10:00 CE Daily Chronicle 10:30 Memories in the Making 1:30 PE Parachute Games 2:30 CE Loteria 4:00 PE Chair Dancing 6:00 SS Moods of Nature	**13** World Kindness Day 9:30 PE Chair Zumba 10:00 CE Daily Chronicle 10:15 LL Scenic Drive/Outing 10:30 Mandala Art 1:30 SS Hot Cocoa and Classics 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	**14** 9:30 PE Strength & Balance 10:00 CE Daily Chronicle 10:30 Garden Club 1:30 LL Blast from the Past 2:30 LL Let's go to the Movies! 3:00 CE Give me a Word 4:00 PE Chair Boxing 6:00 CE Jeopardy	**15** 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 Sing Alongs 1:30 LL Bingo 2:30 LL Happy Hour 4:00 PE Chair Tai Chi 6:00 LL New Release Movie	**16** 9:30 PE Sit and Be Fit 10:00 CE Daily Chronicle 10:30 LL Origami Corner 1:30 Balloon Volleyball 2:30 SS Hand Massages / Pretty Nails 3:30 CE Bingo 6:00 LL Wine and Cheese Happy Hour
17 8:00 SS Catholic Mass (Streamed) 9:30 PE Chair Yoga 10:00 CE Daily Chronicle 10:30 SS Christian Worship Hour 1:30 CC Coupons for Troops 2:30 LL Ice Cream Social 3:00 Karaoke Dance off 4:00 PE Shoot a Hoop 6:00 LL Sunday Cinema Classics	**18** 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 LL Board / Card Games 1:30 CE Joggin' Your Noggin' 2:30 LL Bingo 4:00 SS Deep Breathing Meditation 6:00 Chicken Soup for the Soul Book Club	**19** 9:30 PE Stretch & Flex 10:00 CE Daily Chronicle 10:30 Grateful Tree Craft 1:30 PE Volleyball Tourney 2:30 CE Loteria 4:00 PE Chair Dancing 6:00 SS Moods of Nature	**20** 9:30 PE Chair Zumba 10:00 CE Daily Chronicle 10:15 LL Scenic Drive/Outing 10:30 Mandala Art 1:30 SS Happy Anniversary Queen Elizabeth / English Tea Party 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	**21** 9:30 PE Strength & Balance 10:00 CE Daily Chronicle 10:30 Garden Club 1:30 LL Blast from the Past 1:30 CE Taste and Tell 2:30 LL Let's go to the Movies! 3:00 CE Give me a Word 4:00 PE Chair Boxing	**22** 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 Sing Alongs 1:30 LL Bingo 2:30 LL Happy Hour 4:00 PE Chair Tai Chi 6:00 LL New Release Movie	**23** 9:30 PE Sit and Be Fit 10:00 CE Daily Chronicle 10:30 LL Origami Corner 1:30 Balloon Volleyball 2:30 SS Hand Massages / Pretty Nails 3:30 CE Bingo 6:00 LL Wine and Cheese Happy Hour
24 8:00 SS Catholic Mass (Streamed) 9:30 PE Chair Yoga 10:00 CE Daily Chronicle 10:30 SS Christian Worship Hour 12:00 LL Thanksgiving Brunch 1:30 CC Coupons for Troops 2:30 LL Ice Cream Social 3:00 Karaoke Dance off 4:00 PE Shoot a Hoop 6:00 LL Sunday Cinema Classics	**25** 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 LL Fold and Fly it Day Airplane Craft 1:30 CE Joggin' Your Noggin' 2:30 LL Bingo 4:00 SS Deep Breathing Meditation 6:00 Chicken Soup for the Soul Book Club	**26** 9:30 PE Stretch & Flex 10:00 CE Daily Chronicle 10:30 Memories in the Making 1:30 PE Parachute Games 2:30 CE Loteria 4:00 PE Chair Dancing 6:00 SS Moods of Nature	**27** 9:30 PE Chair Zumba 10:00 CE Daily Chronicle 10:15 LL Scenic Drive/ Outing 10:30 Mandala Art 1:30 SS Hot Cocoa and Classics 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	**28** Happy Thanksgiving Thanksgiving 9:30 PE Strength & Balance 10:00 CE Daily Chronicle 10:30 Garden Club 1:30 LL Blast from the Past 2:30 LL Let's go to the Movies! 3:00 CE Give me a Word 4:00 PE Chair Boxing 6:00 CE Wheel of Fortune	**29** Native American Heritage Day 9:30 PE Moovin' & Grooving 10:00 CE Daily Chronicle 10:30 Sing Alongs 1:30 LL Bingo 2:30 LL Happy Hour 4:00 PE Chair Tai Chi 6:00 LL New Release Movie	**30** 9:30 PE Sit and Be Fit 10:00 CE Daily Chronicle 10:30 LL Origami Corner 1:30 Balloon Volleyball 2:30 SS Hand Massages / Pretty Nails 3:30 CE Bingo 6:00 LL Wine and Cheese Happy Hour

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