


September 2020

Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SIENNA AT OTAY RANCH Senior Living</p>	<p>CC Community Connections LL Lifestyle & Leisure PE Physical Engagement</p>	<p>10:00 PE Chair Yoga [CR] 1 10:30 LL Movie [MT] 10:30 CC Tasty Tea social [CR] 11:00 PE Walkabout [CR] 1:30 LL Read aloud [UB] 2:00 LL Happy Hour [CR] 3:00 LL Movie [MT] 3:30 LL Trivia [CR]</p>	<p>10:00 PE Chair Cycling w/ Lidia [CR] 2 10:30 CC Movie [MT] 11:15 PE Crafty Knitters [CR] 1:30 PE Bingo [CR] 2:00 PE Who.. What.. When.. [CR] 2:30 LL Parfaits [CR] 3:00 LL Movie [MT]</p>	<p>10:00 PE Zumba [CR] 3 11:00 LL Sienna Walk [CR] 11:30 LL Mani's 1:30 LL Read Aloud - Novel [DL] 2:00 LL Happy Hour [CR] 3:00 LL Movie [MT]</p>	<p>10:00 LL Crossfit / Stretching [CR] 4 10:30 PE Walk about [CR] 11:00 PE Balloon Swatting [FL] 1:30 LL Mix & Match [CR] 2:00 LL Happy Hour [CR] 3:00 LL Movie [CR]</p>	<p>10:30 LL Yoga [CR] 5 11:15 PE Walkabout [CR] 1:30 LL Read Aloud [CR] 2:30 LL Celebrity Bingo [UB] 3:00 LL Bridge / Games [CR] 3:00 LL Movie [CR]</p>
<p>10:00 LL Meditation [MT] 6 10:30 LL Movie [MT] 10:30 PE Walkabout [CR] 11:15 LL Bingo [CR] 1:30 LL Read Aloud Novel [DL] 2:30 PE Sundae Social [CR] 3:00 Movie [MT]</p>	<p>Labor Day 7 10:00 LL Walk [CR] 10:30 LL Movie [MT] 10:30 PE Yoga [CR] 11:15 LL Knitting Class [CR] 2:00 LL Labor Day Celebration ! [CR] 3:15 LL Movie [FL]</p>	<p>10:00 PE Chair Yoga [CR] 8 10:30 LL Craft [CR] 10:30 LL Movie [MT] 11:00 PE Sienna Walk [CR] 2:00 LL Happy Hour [CR] 3:00 LL Movie [MT]</p>	<p>10:00 PE Resident Meeting [MPR] 9 11:15 PE Knitting Class [CR] 11:15 PE Sienna Walk [CR] 1:30 LL Celebrity Bingo [CR] 2:00 LL Games & more [CR] 2:30 Rootbeer Floats [CR] 3:00 LL Movie [MT]</p>	<p>10:00 PE Zumba [CR] 10 11:00 LL Walk About [CR] 1:30 LL Read Aloud - Novel [MT] 2:15 LL Art [CR] 3:00 LL Movie [MT]</p>	<p>10:00 LL Stretching / Toning [CR] 11 10:30 PE Walkabout [CR] 11:15 PE Balloon Swatting [FL] 1:30 LL Cooking w/ Chef Fernando [MDR] 2:15 LL Happy Hour [CR] 3:00 LL Movie [CR]</p>	<p>10:30 LL Yoga [CR] 12 11:00 PE Sienna Walk [CR] 1:30 LL Read Aloud [CR] 2:15 LL Bingo & Prizes [UB] 2:45 LL Fun Sundaes w/ Friends [CR] 3:00 LL Movie [CR]</p>
<p>10:00 PE Walkabout [CR] 13 10:30 PE Games [CR] 11:15 PE Balloon Volleyball [CR] 1:30 LL Readaloud [CR] 2:30 LL Sundae Social [CR] 3:00 LL Movie [MT]</p>	<p>10:00 LL Cycling [CR] 14 10:30 Yoga 11:15 LL Knitting Class [CR] 1:30 LL Game Adventures [CR] 2:00 PE Who, What, When [CR] 3:00 LL Movie [FL]</p>	<p>Taco Tuesday ! 15 10:00 PE Chair Yoga [CR] 10:30 Movie [MT] 10:45 LL Craft [CR] 11:15 PE Walk About [CR] 1:30 Read Aloud - Novel [DL] 2:15 Happy Hour [CR] 3:00 LL Movie [MT]</p>	<p>10:00 PE Resident Meeting [MPR] 16 11:15 PE Knitting Class [CR] 1:30 PE Art [MPR] 2:30 LL Fruity Smoothies [CR] 3:00 LL Movie [MT]</p>	<p>10:00 PE Zumba [CR] 17 11:00 LL Sienna Walk [CR] 1:30 LL Read Aloud - Novel [MT] 2:30 LL Nacho Social [CR] 3:00 LL Movie [MT] 3:15 Games [CR]</p>	<p>10:00 LL Chair Excersizes [CR] 18 11:00 PE Balloon Swatting [FL] 1:30 LL Mix & Match [CR] 2:15 LL Happy Hour [CR] 3:00 Movie [MT] 3:15 LL Balloon Swatting [CR]</p>	<p>Resident Appreciation Day! 19 10:00 LL Yoga [CR] 10:30 Movie [MT] 11:00 PE Walk About [CR] 1:30 LL Read Aloud [CR] 2:15 Rootbeer Floats [CR] 3:00 Movie [MT] 3:15 LL Celebrity Bingo [CR]</p>
<p>10:00 LL Walk About [CR] 20 10:30 LL Yoga [MT] 1:30 LL Read Aloud - Novel [DL] 2:15 PE Celebrity Bingo [CR] 3:00 LL Movie [MT]</p>	<p>10:00 LL Chair Excersizes [CR] 21 10:30 PE Walk About [CR] 11:15 LL Knitting Class [CR] 1:30 LL Game Adventures [CR] 2:00 LL Labor Day Celebration ! [CR] 3:00 LL Movie [FL]</p>	<p>10:00 PE Chair Yoga [CR] 22 10:30 LL Movie [MT] 11:00 LL Craft [CR] 1:30 PE Read Aloud [CR] 2:15 LL Happy Hour [CR] 3:00 LL Movie [MT]</p>	<p>10:00 PE Chair Cycling [CR] 23 11:15 PE Knitting Class [CR] 11:30 PE Sienna Walk [FL] 1:30 LL Celebrity Bingo [CR] 2:15 PE Flower Arrangments [CR] 3:30 LL Movie [MT]</p>	<p>10:00 PE Zumba 24 11:00 LL Walk About [CR] 1:30 LL Read Aloud [DL] 2:00 LL Yoga [CR] 2:30 LL Games and More! [CR] 3:00 LL Movie [MT]</p>	<p>10:00 LL Yoga [CR] 25 10:30 Movie [MT] 11:00 PE Balloon Swatting [CR] 1:30 LL Bingo [CR] 1:30 LL Cooking w/ Chef Fernando [CR] 2:15 LL Happy Hour [CR] 3:00 LL Movie [MT]</p>	<p>10:00 LL Yoga [CR] 26 10:30 LL Movie [MT] 11:00 PE Walk About [MDR] 1:30 LL Read Aloud [CR] 2:00 LL Bingo & Prizes [UB] 3:00 LL Movie [MT]</p>
<p>10:00 LL Chair Yoga [CR] 27 10:30 Movie [MT] 10:30 PE Walkabout [CR] 11:00 PE Hand Volleyball [CR] 1:30 LL Read Aloud [DL] 2:00 PE Fancy Mani's 3:00 LL Movie [MT]</p>	<p>10:00 LL Cycling [CR] 28 10:30 LL Movie [MT] 10:45 PE Walk About [CR] 11:15 LL Knitting Class [CR] 1:30 LL Game Adventures [CR] 2:00 LL Head Massages 3:00 LL Movie [FL]</p>	<p>Taco Tuesday! 29 10:00 PE Chair Yoga [CR] 10:30 LL Movie [MT] 10:45 PE Walk About [CR] 11:00 LL Craft [CR] 1:30 LL Read Aloud [DL] 2:00 PE Current Events / Who, What, When [CR] 3:00 LL Movie [MT]</p>	<p>10:00 PE Cycling [CR] 30 10:45 PE Walk About [CR] 11:15 PE Celebrity Bingo [CR] 1:30 PE Craft [CR] 2:30 LL Bingo [CR] 3:00 LL Movie [MT]</p>	<p>Location Keys</p> <ul style="list-style-type: none"> Computer Room CR Downstairs Library DL Front Lobby FL Main Dinning room MDR Movie Theater MT Multi purpose room MPR Upstairs Bistro UB 		