

SEPTEMBER 2022

PACIFICA SENIOR LIVING NEWFOREST ESTATES

(210) 680-3649
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Room Location Key: Lobby L Living Room LR Activity Room AR Theater Room TR Gazebo G</p>	<p>P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities</p>	 <p>NEWFOREST ESTATES SENIOR LIVING Independent Living Assisted Living</p>		<p>1 P 9:30 Sit and Stretch (LR) P 10:30AM Walking Club (L) L 2:00PM Scrabble (AR) P 3:00PM Bowling (LR)</p>	<p>2 P 9:30AM Sit and Stretch (LR) 10:30AM Bingo (AR) O 2:00PM H-E-B Market Run (L) S 2:00PM Happy Hour (LR) L 2:30PM Dog Therapy (LR) 3:00PM Movie (TR)</p>	<p>3 L 10:30AM Puzzle (AR) L 1:30pm Dominoes (LR) 3:00PM Movie and Popcorn (TR)</p>
<p>4 O 8:30AM First Church Run (L) 9:30AM Second Church Run (L) C 10:30 Scrabble (AR) 2:00PM Movie (TR)</p>	<p>5 S 9:30AM Coffee and Chat (LR) 10:30AM Bingo (AR) P 2:00PM Bowling (LR) C 3:00PM Trivia (LR) Labor Day</p>	<p>6 P 9:30AM Sit and Stretch (LR) C 10:30AM Arts & Crafts (AR) S 2:00PM Smoothie Social (LR) L 3:00PM Tech Tuesday (LR) National Read a Book</p>	<p>7 O 9:00AM Wal-Mart Run (L) P 9:30AM Sit and Stretch (LR) O 12:00PM Resident Outing (L) 2:00PM Bingo w/ Special Guest (AR) L 3:00PM Armadillo Racing (AR)</p>	<p>8 P 9:30AM Sit and Stretch (LR) P 10:30AM Walking Club (L) L 2:00PM Painting w/ a Twist (AR) 3:00PM File and Polish (AR)</p>	<p>9 P 9:30AM Sit and Stretch (LR) 10:30AM Loteria (AR) L 2:00PM Baking (LR) O 2:00PM H-E-B Market Run (L) L 3:00PM Pet Therapy (LR)</p>	<p>10 L 10:30AM Word Search (AR) C 1:30PM Coloring (AR) 3:00PM Movie and Popcorn (TR)</p>
<p>11 O 8:30AM First Church Run (L) 9:30AM Second Church Run (L) C 10:30AM Connect Four (AR) 2:00PM Movie (TR)</p>	<p>12 S 9:30AM Coffee and Chat (LR) 10:30AM Bingo (AR) S 2:00PM Chocolate Milkshake Social (AR) L 3:00PM Trivia (AR)</p>	<p>13 P 9:30AM Sit and Stretch (LR) C 10:30AM Art's and Crafts (Making Art Toast) (AR) P 2:00PM Balloon Tennis (AR) 3:00PM Tech Tuesday (LR)</p>	<p>14 O 9:00AM Wal-Mart Run (L) P 11:00AM Zumba Class (LR) O 12:00PM Resident Outing (L) 2:00PM Table Game w/ Special Guest (AR) L 3:00PM Scrabble (AR)</p>	<p>15 P 9:30AM Sit and Stretch (LR) P 10:30AM Walking Club (L) S 2:00PM Food Committee Meeting (LR) 3:00PM File and Polish (AR)</p>	<p>16 P 9:30AM Sit and Stretch (LR) 10:30AM Loteria (AR) O 2:00PM H-E-B Market Run (L) S 2:00PM Happy Hour (LR) L 2:30PM Pet Therapy (LR) 3:00PM Movie & Popcorn (TR) National Play-Doh Day</p>	<p>17 C 10:30AM Puzzle (AR) L 1:30PM Dominoes (AR) 3:00PM Movie (and Popcorn (TR)</p>
<p>18 O 8:30AM First Church Run (L) 9:30AM Second Church Run (L) C 10:30AM Coloring (AR) 2:00PM Movie (TR)</p>	<p>19 S 9:30AM Coffee and Chat (LR) C 10:00AM Arts and Crafts w/ Special Guest (AR) L 2:00PM Bingo (AR) 3:00PM Trivia (AR)</p>	<p>20 P 9:30AM Sit and Stretch (LR) 10:00AM Food Committee Meeting 2:00PM Cooking (AR) 3:00PM Tech Tuesday (LR) L National Pepperoni Pizza Day</p>	<p>21 O 9:00AM Wal-Mart Run (L) P 9:30AM Sit and Stretch (LR) O 12:00PM Resident Outing (L) 2:00PM Bingo (AR) L 3:00PM Armadillo Racing (AR)</p>	<p>22 P 9:30AM Sit and Stretch (LR) P 10:30AM Walking Club (L) S 2:00PM Ice Cream Social (LR) L 3:00PM Scrabble (AR) S 5:30PM Family Night (LR)</p>	<p>23 P 9:30AM Sit and Stretch (LR) 10:30AM Loteria (AR) 2:00PM Movie & Popcorn (TR) O 2:00PM H-E-B Market Run (L) L 3:00PM Pet Therapy (LR)</p>	<p>24 L 10:30AM Read A book (G) L 1:30PM Uno (AR) 3:00PM Movie and Popcorn (TR) National Hunting and Fishing Day</p>
<p>25 O 8:30AM First Church Run (L) 9:30AM Second Church Run (L) L 10:30AM Dominoes (AR) 2:00PM Movie (TR)</p>	<p>26 S 9:30AM Coffee and Chat (LR) 10:30AM Bingo (AR) P 2:00PM Bowling (LR) L 3:00PM Trivia (LR) National Pancake Day</p>	<p>27 P 9:30AM Sit and Stretch (LR) L 10:30AM Bird Class w/ Greg (LR) C 2:00PM Brain Fit (AR) 3:00PM Tech Tuesday (LR)</p>	<p>28 O 9:00AM Wal-Mart Run (L) P 11:00AM Zumba Class (LR) O 12:00PM Resident Outing (L) S 2:00PM Birthday Celebration (AR) P 3:00pm Armadillo Racing (LR) National Women's Health & Fitness Day</p>	<p>29 P 9:30AM Sit and Stretch (LR) P 10:30AM Walking Club (L) 2:00PM Movie (TR) P 3:00PM Parachute Game (LR) National Coffee Day</p>	<p>30 P 9:30AM Sit and Stretch (LR) C 10:30AM Crafts w/ Special Guest (AR) S 2:00PM Happy Hour (LR) O 2:00PM H-E-B Market Run (L) L 3:00PM Pet Therapy (LR)</p>	