

October Independent Community Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="color: red; text-align: center;"><u>Hearing Aid Check</u> Wed Oct. 13 2:00 PM Call (831)462-8260 <u>To schedule</u> in Wellness Center Across from D201</p>	<p>Blood Pressure checks staffed by Stacy Smith-Paynter, RN Tuesdays from 1 to 2 PM Wellness Center Across from D201</p>		<p>Acom Room - AR Chapel - CH Sign up at Activity Desk (in red) Thomas Patio - TP Sports Courtyard - SC Wellness Center - WC</p>		<p>1 10:45 Exercise w/Annette 7:15 Movie</p>	<p>2 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>3 10:00 Nature Documentary 1:30 Zumba Class 1:30 Table Games - AR 7:15 Movie</p>	<p>4 10:30 Annual Employee Appreciation Celebration - SC 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group - AR 7:15 Movie</p>	<p>5 9:00 Shopping Whole Foods & Rite Aid 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 2:30 Bingo 3:40 Rosary - CH</p>	<p>6 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - AR 3:00 Word Warp 7:00 Bingo</p>	<p>7 10:00 Shopping Dollar Tree 9:30 Qi Gong 10:30 Line Dancing 2:00 Painting Class Group#1</p>	<p>8 10:45 Exercise with Annette 3:00 Jewish Cultural Club 7:15 Movie</p>	<p>9 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>10 10:00 Nature Documentary 1:30 Episcopal Service – CH 1:30 Zumba Class 1:30 Table Games - AR 7:15 Movie</p>	<p>11 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>12 9:00 Shopping Nob Hill & CVS 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 1:30 Book Mobile (outside of Of lobby) 3:00 Who Wants to be a Millionaire Game 3:40 Rosary - CH</p>	<p>13 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis - TP 2:00 Hearing Aid Check - WC 1:30 Beading with Marcia - AR 1:30 Spanish Speaking Group - CH 7:00 Bingo</p>	<p>14 8:30 Breakfast at the Beach 10:00 Sharing Life Stories w/Fran 1:30 Shopping Capitola Mall 2:00 Painting Class Group#2</p>	<p>15 10:45 Exercise with Annette 4:00 Happy Hour 7:15 Movie</p>	<p>16 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>17 10:00 Nature Documentary 1:30 Table Games - AR 7:15 Movie</p>	<p>18 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>19 9:00 Shopping Luckys & Rite Aid 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 2:30 Bingo 3:40 Rosary - CH</p>	<p>20 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - AR 3:00 Word Warp 7:00 Bingo</p>	<p>21 10:00 Shopping Dollar Tree 9:30 Qi Gong 10:30 Line Dancing 1:30 Trip to Anatum Winery 2:00 Painting Class Group#1</p>	<p>22 10:45 Exercise with Annette 1:30 Jewish Cultural Club 7:15 Movie</p>	<p>23 10:015 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>24 10:00 Nature Documentary 1:30 Zumba Class 1:30 Table Games - AR 7:15 Movie</p> <hr/> <p>31 10:00 Nature Documentary 1:30 Zumba Class 1:30 Table Games - AR 7:15 Movie</p>	<p>25 10:45 Exercise with Annette 1:00 Catholic Bible Study - CP 2:00 Meditation Group 4:00 Conversations 7:15 Movie</p>	<p>26 9:00 Shopping Trader Joe's & Bed Bath and Beyond 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 1:30 Book Mobile (outside of lobby) 2:30 Bingo 3:40 Rosary - CH 4:00 Conversations</p>	<p>27 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis 1:30 Spanish Speaking Group - AR 3:00 Word Warp 4:00 Conversations 7:00 Bingo</p>	<p>28 9:45 Bocce Bal in the Redwoods 10:00 Sharing Life Stories w/Fran 1:30 Shopping Capitola Mall 2:00 Painting Class Group#2</p>	<p>29 10:45 Exercise with Annette 7:15 Movie</p>	<p>30 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>