


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Location Keys</b></p> <p>Activity Room AR            Bus B            Courtyard CTYD            Fireside Room FR            Generations Activity Room G-Act            Private Dining Room PDR            TV Room TV-R</p>	<p> Be Adventurous   Be Challenged   Be Connected   Be Family   Be inspired   Be social   Be well</p>	<p><b>Resident Birthdays</b></p> <p>James T. 11/5            Jane C. 11/8            Jim F. 11/9            Charles M. 11/14            Mike D. 11/14            Iretha C. 11/15            John R. 11/23            Alica M. 11/24            Beverly P. 11/28            Ralph M. 11/29</p>	<p>8:45  Doctor Appointments [B] <b>1</b>            9:00  Chair Yoga w/ Yana [AR]            1:30  B-Strengthened Exercises [AR]            2:00  Food Forum w/Chef [PDR]            2:00  Ice Cream Social [AR]            2:30  Bingo [AR]            5:00  Comedic Movie Night [TV-R]            6:45  Bible Study</p>	<p>9:30  B-Strong Exercises [AR] <b>2</b>            10:00  Smoothie Social! [AR]            10:15  Scenic Lunch- La Jolla Shores [B]            1:30  B-Heart healthy Exercises [AR]            1:30  Resident Council Meeting [FR]            2:30  Tell Me Something I Don't Know! [AR]            3:00  Happy Hour w/ Candy Cortez [AR]            6:30  Classic Movie Night [TV-R]</p>	<p>9:30  B-Flexible Exercises [AR] <b>3</b>            11:15  Trivia in the Garden!! [CTYD]            2:30  Zumba! [CTYD]            3:00  Bingo! [AR]            5:00  Evening Matinee [TV-R]</p>
<p><b>Daylight Saving Time Begins</b> <b>4</b></p> <p>9:00  Church Transport [B]            10:15  Pen Pal Meet Up! [AR]            10:30  Therapy in Color!! [AR]            1:00  One day Story Telling!! [AR]            2:00  Sunday Trivia! [AR]            5:00  Evening Matinee [TV-R]</p>	<p>9:30  B-Strong Exercises [AR] <b>5</b>            10:00  Good Shepherd Service [FR]            10:15  Current Events and Trivia! [FR]            11:30  Lunch Outing- Islands Hamburgers [B]            1:00  Dementia Seminar [FR]            2:00  B-Flexible Exercises [AR]            5:00  Action Movie Night! [TV-R]</p>	<p><b>Election Day</b> <b>6</b></p> <p>8:45  Doctors Appointments [B]            9:30  B-Balanced Exercises [AR]            10:30  Courtyard Trivia! [CTYD]            1:30  B-Heart Healthy Exercises [AR]            2:00  Bingo!! [AR]            3:15  Wine Cheese and Trivia! [FR]            5:00  Classic Movie Night! [TV-R]</p>	<p>9:00  Catholic Services [FR] <b>7</b>            9:30  B-Strengthened Exercises [AR]            10:15  Courtyard Gardening! [CTYD]            10:15  Shopping Day- Walmart            11:00  Bank Trips [B]            1:30  "History Man" Gary [AR]            2:00  B-Flexible Exercises [AR]            2:30  Left Right Center Game!! [AR]            5:00  Romantic Movie Night [TV-R]</p>	<p>8:45  Doctor Appointments [B] <b>8</b>            9:00  Chair Yoga w/ Yana [AR]            10:00  Podiatrist [TV-R]            1:30  B-Strengthened Exercises [AR]            2:00  Ice Cream Social [AR]            2:30  Bingo [AR]            5:00  Comedic Movie Night [TV-R]            6:45  Bible Study</p>	<p>9:30  B-Strong Exercises [AR] <b>9</b>            10:00  Smoothie Social! [AR]            10:15  Scenic Lunch- Cabrillo National Monument [B]            1:30  B-Heart healthy Exercises [AR]            2:00  Tell Me Something I Don't Know! [AR]            3:00  Happy Hour w/ Danny Lopez [AR]            6:30  Classic Movie Night [TV-R]</p>	<p>9:30  B-Flexible Exercises [AR] <b>10</b>            10:15  Spa and Nails w/ Rose [AR]            11:15  Trivia in the Garden!! [CTYD]            2:30  Zumba! [CTYD]            3:00  Bingo! [AR]            5:00  Evening Matinee [TV-R]</p>
<p><b>Veterans Day</b> <b>11</b></p> <p>9:00  Church Transport [B]            10:30  Therapy in Color!! [AR]            1:00  One day Story Telling!! [AR]            2:00  Sunday Trivia! [AR]            5:00  Evening Matinee [TV-R]</p>	<p>9:30  B-Strong Exercises [AR] <b>12</b>            10:00  Good Shepherd Service [FR]            10:15  Current Events and Trivia! [FR]            11:30  Lunch Outing- Gally at the Marina [B]            2:00  B-Flexible Exercises [AR]            3:00  Now This-Interesting News!! [AR]            5:00  Action Movie Night! [TV-R]</p>	<p>8:45  Doctors Appointments [B] <b>13</b>            9:30  B-Balanced Exercises [AR]            10:00  "Merrie Yukes" [AR]            10:30  Courtyard Trivia! [CTYD]            1:30  B-Heart Healthy Exercises [AR]            2:00  Bingo!! [AR]            3:15  Wine Cheese and Trivia! [FR]            5:00  Classic Movie Night! [TV-R]</p>	<p>9:00  Catholic Services [FR] <b>14</b>            9:30  B-Strengthened Exercises [AR]            10:15  Courtyard Gardening! [CTYD]            10:15  Shopping Day- Dollar Tree [B]            11:00  Bank Trips [B]            2:00  B-Flexible Exercises [AR]            2:00  What Do You Want On Your Calendar? [AR]            3:00  \$\$\$Bingo\$\$\$ [AR]            5:00  Romantic Movie Night [TV-R]</p>	<p>8:45  Doctor Appointments [B] <b>15</b>            9:00  Chair Yoga w/ Yana [AR]            10:30  Arts and Crafts with Adria! [AR]            1:30  B-Strengthened Exercises [AR]            2:00  Ice Cream Social [AR]            2:30  Bingo [AR]            5:00  "Resident Birthday Dinner" [PDR]            5:00  Comedic Movie Night [TV-R]            6:45  Bible Study</p>	<p>9:30  B-Strong Exercises [AR] <b>16</b>            10:00  Smoothie Social! [AR]            10:15  Scenic Lunch- Coronado Silver Strand [B]            1:30  B-Heart healthy Exercises [AR]            2:00  Tell Me Something I Don't Know! [AR]            3:00  Happy Hour w/Raymond [AR]            6:30  Classic Movie Night [TV-R]</p>	<p>9:30  B-Flexible Exercises [AR] <b>17</b>            11:15  Trivia in the Garden!! [CTYD]            11:30  Thanksgiving Lunch! [AR]            1:00  Resident Ambassador Meeting [FR]            2:30  Zumba! [CTYD]            3:00  Bingo! [AR]            5:00  Evening Matinee [TV-R]</p>
<p>9:00  Church Transport [B] <b>18</b>            10:30  Therapy in Color!! [AR]            1:00  One day Story Telling!! [AR]            2:00  Sunday Trivia! [AR]            5:00  Evening Matinee [TV-R]</p>	<p>9:30  B-Strong Exercises [AR] <b>19</b>            10:00  Good Shepherd Service [FR]            10:15  Current Events and Trivia! [FR]            11:30  Lunch Outing- Outback Steakhouse [B]            2:00  B-Flexible Exercises [AR]            3:00  Fine Dining at Villa Bonita! [AR]            5:00  Action Movie Night! [TV-R]</p>	<p>8:45  Doctors Appointments [B] <b>20</b>            9:30  B-Balanced Exercises [AR]            10:30  Courtyard Trivia! [CTYD]            1:30  B-Heart Healthy Exercises [AR]            2:00  Bingo!! [AR]            3:15  Wine Cheese and Trivia! [FR]            5:00  Classic Movie Night! [TV-R]</p>	<p>9:00  Catholic Services [FR] <b>21</b>            9:30  B-Strengthened Exercises [AR]            10:15  Courtyard Gardening! [CTYD]            10:15  Shopping Day- Vons &amp; Rite-Aid            11:00  Bank Trips [B]            2:00  B-Flexible Exercises [AR]            2:30  The Price Is Right! [AR]            3:30  Director's Meeting [AR]            5:00  Romantic Movie Night [TV-R]</p>	<p><b>Thanksgiving</b> <b>22</b></p> <p>8:45  Doctor Appointments [B]            9:00  Chair Yoga w/ Yana [AR]            1:30  B-Strengthened Exercises [AR]            2:00  Ice Cream Social [AR]            2:30  Bingo [AR]            5:00  Comedic Movie Night [TV-R]            6:45  Bible Study</p>	<p>9:30  B-Strong Exercises [AR] <b>23</b>            10:00  Smoothie Social! [AR]            10:15  Scenic Lunch- Fiesta Island [B]            1:15  "Art for all Ages" [G-Act]            1:30  B-Heart healthy Exercises [AR]            2:00  Tell Me Something I Don't Know! [AR]            3:00  Happy Hour w/ The Melody Makers [AR]            6:30  Classic Movie Night [TV-R]</p>	<p>9:30  B-Flexible Exercises [AR] <b>24</b>            10:15  Spa and Nails w/ Rose [AR]            11:15  Trivia in the Garden!! [CTYD]            2:30  Zumba! [CTYD]            3:00  Bingo! [AR]            5:00  Evening Matinee [TV-R]</p>
<p>9:00  Church Transport [B] <b>25</b>            10:30  Therapy in Color!! [AR]            1:00  One day Story Telling!! [AR]            2:00  Sunday Trivia! [AR]            5:00  Evening Matinee [TV-R]</p>	<p>9:30  B-Strong Exercises [AR] <b>26</b>            10:00  Good Shepherd Service [FR]            10:15  Current Events and Trivia! [FR]            11:30  Lunch Outing- P.F. Changs [B]            2:00  B-Flexible Exercises [AR]            3:00  This Is Your Life [AR]            5:00  Action Movie Night! [TV-R]</p>	<p>8:45  Doctors Appointments [B] <b>27</b>            9:30  B-Balanced Exercises [AR]            10:15  Travel Log w/ Hernan [AR]            1:30  B-Heart Healthy Exercises [AR]            2:00  Bingo!! [AR]            3:15  Wine Cheese and Trivia! [FR]            5:00  Classic Movie Night! [TV-R]</p>	<p>8:45  Shopping Day- Trader Joes [B] <b>28</b>            9:00  Catholic Services [FR]            9:30  B-Strengthened Exercises [AR]            10:15  Courtyard Gardening! [CTYD]            11:00  Bank Trips [B]            1:30  Casino Trip- Hollywood Casino [B]            2:00  B-Flexible Exercises [AR]            2:30  Family Feud!! [AR]            5:00  Romantic Movie Night [TV-R]</p>	<p>8:45  Doctor Appointments [B] <b>29</b>            9:00  Chair Yoga w/ Yana [AR]            1:30  B-Strengthened Exercises [AR]            2:00  Ice Cream Social [AR]            2:00  Villa Bonita Country Store Sale! [FR]            2:30  Bingo [AR]            5:00  Comedic Movie Night [TV-R]            6:45  Bible Study</p>	<p>9:30  B-Strong Exercises [AR] <b>30</b>            10:00  Smoothie Social! [AR]            11:00  Movie Outing to AMC Theaters!! [B]            1:30  B-Heart healthy Exercises [AR]            2:30  Tell Me Something I Don't Know! [AR]            3:00  Happy Hour w/ Silvia &amp; Sal [AR]            6:30  Classic Movie Night [TV-R]</p>	<p><b>All activity programs are subject to change.</b></p>