

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>9:00am Total Body Strength (CP) 9:30am Shopping: Walmart H. Street Chula Vista (RA) 10: 00am Balance Class w/ Kathryn (CP) 11:00am Resident Council Chat Table(A) 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Shopping: Ralphs & CVS Sun bow Plaza (RA) 7:00pm BYOB Social w/ Gemini Trio (AD)</div>	<div>2</div> <div>9:00am Men's Prayer Group (HC) 10:00am Sit & Get Fit for Beginners 10:00am Tech Support (L) 11:00am Moments with the Chaplain (HC) 1:00pm Hula Hoop Chair Workout (CP) 2:00pm Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00pm Sewing Group (AS) 4:00pm BINGO (AD) 6:30pm Dartball (CP)</div>	<div>3</div> <div>9:00am Total Body Strength (CP) 10:00am Cardio Workout w/ Kathryn 10:00am New Resident Orientation (AD) 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Hollywood Canasta (Pn. 3rd Fl.) 1:00pm Liverpool Rummy (Pn. 2nd Fl.) 2:00pm Mobile Internal Medicine Clinic 6:30pm Movie: A Beautiful Mind (LH) 6:30pm Shuffleboard Bowling (Plaza 2nd)</div>	<div>4</div> <div>10:00am Balance for Beginners (CP) 1:00pm Hula Hoop Chair Workout (CP) 1:00pm Pinochle (Pn. 3rd Fl.) 2:30pm PV Drama Club (LH) 3:00pm Moments with the Chaplain (HC) 4:00pm BINGO (AD) 5:30pm Free Twilight Concert at Balboa Park: Mariachi Estrellas De Chula Vista (RA) 6:00pm TOPS Meeting (Take Off Pounds Sensibly) 7:00pm Armchair Astronomy: Longitude: How Do We Know Where We Are? (LH)</div>	<div>5</div> <div>9:00am Advance Balance & Stabilize 9:00am Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00am Chair Yoga w/ Kathryn (CP) 1:00pm Bridge (Pn. 5th Fl.) 1:30pm Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 6:30pm Dartball (CP) 6:30pm Film: Secrets to Wellness, Pt. 8 Sunshine (HC)</div>	<div>6</div> <div>9:00am Walking Club: Embarcadero Park (RA) 11:00am Women's Bible Study (AS) 1:00pm Bridge (Pn. 5th Fl.) 2:00pm Documentary: 72 Most Dangerous Animals of Asia Series (LH) 3:00pm Bible Study w/ "Cat" Morris (BR)</div>
<div>7</div> <div>9:30am Eastlake Church Service (LH) 9:50am Bus to First Church Mission Valley (RA) 11:15am Catholic Mass (LH) 2:00pm Asian Mah Jong (Mg. 5th Fl.) 6:30pm Left, Right, Center Game (AD)</div>	<div>8</div> <div>9:00am Total Body Strength (CP) 9:30am Shopping: Target at Plaza Bonita (RA) 10:00am Balance Class w/ Kathryn (CP) 11:00am Resident Council Chat Table (A) 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 7:00pm BYOB Social w/ The Bayou Brothers (AD)</div>	<div>9</div> <div>9:00am Men's Prayer Group (HC) 10:00am Sit & Get Fit for Beginners 10:00am Tech Support (L) 11:00am Moments with the Chaplain (HC) 1:00pm Hula Hoop Chair Workout (CP) 2:00pm Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00pm Sewing Group (AS) 4:00pm BINGO (AD) 6:30pm Dartball (CP)</div>	<div>10</div> <div>9:00am Total Body Strength (CP) 10:00am Cardio Workout w/ Kathryn 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Club Paradise New Resident Orientation 1:00pm Hollywood Canasta (Pn. 3rd Fl.) 1:00pm Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00pm Mobile Internal Medicine Clinic 6:30pm Shuffleboard Bowling (Plaza 2nd Fl.) 6:30pm The Elktone Band (LH)</div>	<div>11</div> <div>10:00am Balance for Beginners (CP) 1:00pm Hula Hoop Chair Workout 1:00pm Pinochle (Pn. 3rd Fl.) 1:30pm Resident Council Meeting (LH) 2:30pm PV Drama Club (LH) 3:00pm Moments with the Chaplain (HC) 4:00pm BINGO (AD) 6:00pm TOPS Meeting (Take Off Pounds Sensibly)</div>	<div>12</div> <div>9:00am Advance Balance & Stabilize 9:30am Shopping: Coronado Commissary & NEX (RA) 10:00am Chair Yoga w/ Kathryn (CP) 1:00pm Bridge (Pn. 5th Fl.) 1:30pm Shopping: Walmart H. Street Chula Vista (RA) 6:30pm Dartball (CP) 6:30pm Jewish Shabbat Service (HC)</div>	<div>13</div> <div>9:00am Walking Club: Mission Bay Park (RA) 11:00am Women's Bible Study (AS) 1:00pm Bridge (Pn. 5th Fl.) 2:00pm Documentary: 72 Most Dangerous Animals of Asia Series (LH) 3:00pm Bible Study w/ "Cat" Morris (BR)</div>
<div>14</div> <div>9:30am Eastlake Church Service (LH) 9:50am Bus to First Church Mission Valley (RA) 10:50am Catholic Confessions (HC) 11:15am Catholic Mass (LH) 12:00pm Anglican Church Service (HC) 2:00pm Asian Mah Jong (Mg. 5th Fl.) 6:30pm Gary Robertson Guitar Concert (LH) 6:30pm Left, Right, Center Game (AD)</div>	<div>15</div> <div>9:00am Total Body Strength (CP) 10:00am Balance Class w/ Kathryn 10:30am Lunch at Stone Brewery in Liberty Station (RA) 11:00am Resident Council Chat Table (A) 1:00pm Bridge (Pn. 5th Fl.) 2:00pm Shopping 99 Cent Store National City (RA) 7:00pm BYOB Social w/ Double Take</div>	<div>16</div> <div>9:00am Men's Prayer Group (HC) 10:00am Sit & Get Fit for Beginners 10:00am Tech Support (L) 11:00am Moments with the Chaplain (HC) 1:00pm Hula Hoop Chair Workout (CP) 2:00pm Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00pm Sewing Group (AS) 4:00pm BINGO (AD) 6:30pm Dartball (CP)</div>	<div>17</div> <div>9:00am Total Body Strength (CP) 10:00am Cardio Workout w/ Kathryn 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Hollywood Canasta (Pn. 3rd Fl.) Pa. 1:00pm Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00pm Mobile Internal Medicine Clinic 6:30pm Inspirational Movie: Miracles of Heaven (LH) 6:30pm Shuffleboard Bowling (Plaza 2nd Fl.)</div>	<div>18</div> <div>10:00 Balance for Beginners 10:30am Women's Friendship Group Luncheon: Mayor of National City (LH) 1:00pm Hula Hoop Chair Workout (CP) 1:00pm Pinochle (Pn. 3rd Fl.) 2:30pm PV Drama Club (LH) 3:00pm Moments with the Chaplain (HC) 4:00pm BINGO (AD) 5:30pm Free Twilight Concert at Balboa Park: SantanaWays(RA) 6:00pm TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30pm Movie: London Has Fallen (LH)</div>	<div>19</div> <div>9:00am Shopping: Vons in Bonita 10:00am Chair Yoga w/ Kathryn 1:00pm Bridge (Pn. 5th Fl.) 1:30pm Shopping: Imperial Beach Farmer's Market (RA) 3:00pm August Birthday Party w/ Blue Zone Band (A) 6:30pm Dartball (CP) 6:30pm Film: Secrets to Wellness, PT. 9</div>	<div>20</div> <div>9:00am Walking Club Shelter Island (RA) 11:00am Women's Bible Study (AS) 1:00pm Bridge (Pn. 5th Fl.) 2:00pm Documentary: 72 Most Dangerous Animals of Asia Series (LH) 3:00pm Bible Study w/ "Cat" Morris (BR)</div>
<div>21</div> <div>9:30am Eastlake Church Service (LH) 9:50am Bus to First Church Mission Valley (RA) 10:30am Plaza Americas San Ysidro Outlets (RA) 11:15am Catholic Mass (LH) 2:00pm Asian Mah Jong (Mg. 5th Fl.) 6:30pm Left, Right, Center Game (AD)</div>	<div>22</div> <div>9:00am Total Body Strength (CP) 9:30am Shopping: Eastlake Walmart (RA) 10:00am Balance Class w/ Kathryn (CP) 11:00am Resident Council Chat Table (A) 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Shopping: Costco on H Street in Chula Vista (RA) 7:00pm BYOB Social w/ Rhythm Express</div>	<div>23</div> <div>9:00am Men's Prayer Group (HC) 10:00am Sit & Get Fit for Beginners 10:00am Tech Support (L) 11:00am Moments with the Chaplain (HC) 1:00pm Hula Hoop Chair Workout (CP) 2:00pm Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00pm Sewing Group (AS) 4:00pm BINGO (AD) 6:30pm Dartball (CP)</div>	<div>24</div> <div>9:00am Total Body Strength (CP) 9:30am A-1 Hearing Clinic (RRC) 10:00am Cardio Workout w/ Kathryn (CP) 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Hollywood Canasta (Pn. 3rd Fl.) 1:00pm Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00pm Mobile Internal Medicine Clinic 6:30pm Movie: Trouble with the Curve (LH) 6:30pm Shuffleboard Bowling (Plaza 2nd Fl.)</div>	<div>25</div> <div>10:00am Balance for Beginners 1:00pm Hula Hoop Chair Workout 1:00pm Pinochle (Pn. 3rd Fl.) 2:30pm PV Drama Club (LH) 3:00pm Moments with the Chaplain (HC) 4:00pm BINGO (AD) 6:00pm TOPS Meeting (Take Off Pounds Sensibly) (BR)</div>	<div>26</div> <div>9:00am Advance Balance & Stabilize (CP) 9:00am Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 10:00am Chair Yoga w/ Kathryn (CP) 1:00pm Bridge (Pn. 5th Fl.) 1:30pm Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 6:30pm Dartball (CP)</div>	<div>27</div> <div>11:00am Women's Bible Study (AS) 1:00pm Bridge (Pn. 5th Fl.) 2:00pm Documentary: 72 Most Dangerous Animals of Asia Series (LH) 3:00pm Bible Study w/ "Cat" Morris (BR)</div>
<div>28</div> <div>9:30am Eastlake Church Service 9:50am Bus to First Church Mission Valley (RA) 11:15am Catholic Mass (LH) 12:00pm Anglican Church Service (HC) 2:00pm Asian Mah Jong (Mg. 5th Fl.) 6:30pm Left, Right, Center Game (AD)</div>	<div>29</div> <div>9:00am Total Body Strength (CP) 9:30am Shopping: Walgreens & Vallarta (CP) 10:00am Balance Class w/ Kathryn (CP) 11:00am Resident Council Chat Table (A) 1:00pm Bridge (Pn. 5th Fl) 1:00pm Shopping: Dollar Tree Store 2:00pm Movie: Jumanji -Welcome to the Jungle (LH) 7:00pm BYOB Social w/ Double Take (AD)</div>	<div>30</div> <div>9:00am Men's Prayer Group (HC) 10:00am Sit & Get Fit for Beginners 10:00am Tech Support (L) 11:00am Moments with the Chaplain (HC) 1:00pm Hula Hoop Chair Workout (CP) 2:00pm Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00pm Sewing Group (AS) 4:00pm BINGO (AD) 6:30pm Dartball (CP)</div>	<div>31</div> <div>9:00am Total Body Strength (CP) 10:00am Cardio Workout w/ Kathryn 1:00pm Bridge (Pn. 5th Fl.) 1:00pm Hollywood Canasta (Pn. 3rd Fl.) 1:00pm Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00pm Mobile Internal Medicine Clinic 6:30pm Movie: 007 Series - No Time to Die (LH) 6:30pm Shuffleboard Bowling (Plaza 2nd</div>			

