

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Color & Reading Time-MS/GR 9:15 News & Views-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Ball Toss-MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS 1:00 Ball Toss-MS/GR 2:00 Clay Project-GR 3:00 Rummikub & Card Games-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Sit & Be Fit 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Watercolor Project-MS/GR 1:30 Scenic Drive Imperial Beach-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT	8:30 Coloring & Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Octoberfest & Welcome New Resident Social- w/ Bianchi-GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:30 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Finish the Line-MS/GR 1:30 Pop Corn Social-MS/GR 1:30 Scenic Drive:Seaport Village-MS 2:00 Christian Service w/Ed Equid-C 2:30 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies -VT
8:30 Color & Reading Time-MS/GR 9:15 News & Views-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Ball Toss-MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS 1:00 Ball Toss-MS/GR 2:00 Clay Project-MS/GR 3:00 Rummikub & Card Games-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Watercolor Project-MS/GR 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT	8:30 Coloring & Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Cooking & Tasting-GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Toss-MS 1:00 Clay Project-MS/GR 1:30 Scenic Drive Harbor Island-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:30 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Birthday Celebration w/ Raymond 1:00 Finish the Line-MS/GR 1:30 Pop Corn Social-MS/GR 1:30 Scenic Drive to Point Loma-MS 2:00 Christian Service w/Ed Equid-C 2:30 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies -VT
8:30 Color & Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit & Be Fit- MS/GR 10:00 Catholic Communion-C 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Ball Toss-MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS 1:00 Ball Toss-MS/GR 2:00 Clay Project-MS/GR 3:00 Rummikub & Card Games-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Watercolor Project-MS/GR 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT	8:30 Coloring & Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive: Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:30 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Finish the Line-MS/GR 1:30 Pop Corn Social-MS/GR 1:30 Scenic Drive to Coronado-MS 2:00 Christian Service w/Ed Equid-C 2:30 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies -VT
8:30 Color & Reading Time-MS/GR 9:15 News & Views-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 2:30 Watercolor Project-MS/GR 3:00 Ball Toss-MS/GR 3:00 Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS 1:00 Ball Toss-MS/GR 2:00 Clay Project-MS/GR 3:00 Rummikub & Card Games-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Watercolor Project-MS/GR 1:30 Scenic Drive Star of India-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT	8:30 Coloring & Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Toss-MS 1:00 Clay Project-MS/GR 1:30 Scenic Drive Mission Bay-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:30 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Dancing & Singing w/ Flavor Company-GR 1:00 Finish the Line-MS/GR 1:30 Pop Corn Social-MS/GR 2:00 Christian Service w/Ed Equid-C 2:30 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down -GR 7:00 Romantic Movies -VT
8:30 Color & Reading Time-MS/GR 9:15 News & Views-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Ball Toss-MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT	8:30 Sing Along & Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS 1:00 Ball Toss-MS/GR 2:00 Clay Project-MS/GR 3:00 Rummikub & Card Games-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Watercolor Project-MS/GR 2:00 Halloween Parade & Social-MS 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT	 PARADISE VILLAGE A GENERATIONS COMMUNITY October 2023 Vitality Calendar			

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