

SEPTEMBER 2021

Just like that SUMMER falls into SEPTEMBER!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B - Bistro, L C - Club Room, L2 GR - Great Room, L1 JK - Josephine's Kitchen, L1 L - Library, L2 O - Outside JK Patio SR - Screening Room, L2 TF - Town Hall Foyer, L1 TH - Town Hall, L1</p> <p>So many things going on and so little room on this calendar!</p> <p>A complete listing of activities can be viewed on our Share App, channel 104 on residents' televisions with Sr. TV, and on the posted daily schedule.</p>	<p>T means tentative pending State Regulations. Please refer to the Daily Packet for the most up to date times and activities. Thank you!</p>	<p>1</p> <p>TH 9:30 Cardio with Kristen TH 10:30 Tai Chi C 1:00 Party Bridge Let's Begin Again... 1:00 Shopping Ralphs Shopping Center T TH 2:15 Chat with Chef TH 3:00 Activity Chat with Clare 6:15 Sunset Cardiff Beach Cruise T SR 7:00 Movie</p>	<p>2</p> <p>Southbound Doctor Drives TH 9:00 Early Bird Exercise TH 9:30 Hand Weight Training TH 10:30 Spiritual Wellness with Clare TH 1:30 BINGO GR 3:00 Happy Hour with Robert Parker on the Grand Piano SR 7:00 Movie</p>	<p>3</p> <p>TH 9:30 Balance and Mobility TH 10:30 YOGA Stretching 11:15 Walk in the Park T GR 12:00 Diane at the Grand Piano L 1:30 Poetry with Nanciel! 3:00 Pool Aerobics with Kristin and Free Swim! SR 7:00 Movie B 7:10 Faithful Friar Friday Baseball!</p>	<p>4</p> <p>TH 9:30 Senior Strengthening DVD SR 10:00 Good News with Jose 11:15 Walk in the Park! T GR 12:00 Diane at the Grand Piano SR 1:30 Matinee TH 1:30 BINGO 3:00 Scenic Drive T SR 7:00 Movie</p>	
<p>5</p> <p>TH 9:30 Senior Strengthening DVD SR 10:00 Solana Beach Presbyterian Service TH 10:30 St. John the Evangelist Catholic Mass 12:30 Adult Swim for One Hour! SR 1:30 Matinee 3:00 Sunday Scenic Drive T SR 7:00 Movie</p>	<p>6 Labor Day</p> <p>9:30 Resistance Band Circuit 10:30 Errand Run One Hour TH 10:30 Yoga Stretching TH 11:15 Walk in the Park T TH 1:30 Music Appreciation - Music for Reflection 3:30 TED Talks - Ideas worth Knowing! JK 4:00 Rosh Hashanah Holiday Dinner B 4:00 Tech Assistance SR 7:00 Movie</p>	<p>7 Rosh Hashanah Begins</p> <p>Northbound Doctor Drives TH 9:00 Early Bird Exercise TH 9:30 Hand Weight Training TH 10:00 Rosh Hashanah Livestream Worship Service TF 10:30 Knots of Love Knitting with Ariana TH 1:30 BINGO TH 3:00 Paint and Prosecco SR 7:00 Movie</p>	<p>8</p> <p>TH 9:30 Cardio with Kristen TH 10:30 Tai Chi C 1:00 Party Bridge 1:00 Shopping Ralphs Shopping Center T TH 3:00 Wine Down Wednesday SR 7:00 Movie</p>	<p>9</p> <p>Southbound Doctor Drives TH 9:00 Early Bird Exercise TH 9:30 Hand Weight Training TH 10:30 Spiritual Wellness with Clare TH 1:30 BINGO GR 3:00 Happy Hour with Vincent! SR 7:00 Movie</p>	<p>10</p> <p>TH 9:30 Balance and Mobility TH 10:30 YOGA Stretching 11:15 Walk in the Park T GR 12:00 Diane at the Grand Piano TH 1:30 The Stone Age Doctor 3:00 Pool Aerobics with Kristin and Free Swim! SR 7:00 Movie B 7:10 Faithful Friar Friday Baseball!</p>	<p>11 PATRIOT DAY</p> <p>TH 9:30 Senior Strengthening DVD SR 10:00 Good News with Jose 11:15 Walk in the Park! T GR 12:00 Diane at the Grand Piano SR 1:30 Matinee TH 1:30 BINGO 3:00 Scenic Drive T SR 7:00 Movie</p>
<p>12 Grandparent's Day</p> <p>TH 9:30 Senior Strengthening DVD SR 10:00 Solana Beach Presbyterian Service TH 10:30 St. John the Evangelist Catholic Mass 12:30 Adult Swim for One Hour! SR 1:30 Matinee B 2:00 Gratitude for Grandparents Ice Cream Bar! 3:00 Sunday Scenic Drive T SR 7:00 Movie</p>	<p>13</p> <p>9:30 Resistance Band Circuit 10:30 Errand Run One Hour TH 10:30 Yoga Stretching TH 11:15 Walk in the Park T TH 1:30 Music Appreciation - Country Music America's Soul 3:30 TED Talks - Ideas worth Knowing! B 4:00 Tech Assistance SR 7:00 Movie</p>	<p>14</p> <p>Northbound Doctor Drives TH 9:00 Early Bird Exercise TH 9:30 Hand Weight Training TF 10:30 Knots of Love Knitting with Ariana TH 1:30 BINGO TH 3:00 Bubbles, Baubles & Beads SR 7:00 Movie</p>	<p>15 Yom Kippur Begins</p> <p>TH 9:30 Cardio with Kristen TH 10:30 Tai Chi C 1:00 Party Bridge 1:00 Shopping Ralphs Shopping Center T SR 2:30 Resident Meeting! 5:00 Dinner Outing T 7:00 YOM KIPPUR EVE (KOL NIDRE) SR 7:00 Movie</p>	<p>16</p> <p>Southbound Doctor Drives TH 9:00 Early Bird Exercise TH 9:30 Hand Weight Training TH 10:30 Spiritual Wellness with Clare TH 1:30 BINGO O 3:00 Happy Hour with Celeste Barbier! SR 7:00 Movie</p>	<p>17</p> <p>TH 9:30 Balance and Mobility TH 10:30 YOGA Stretching 11:15 Walk in the Park T GR 12:00 Diane at the Grand Piano SR 1:30 Hooray for Hollywood 3:00 Pool Aerobics with Kristin and Free Swim! B 5:15 Faithful Friar Friday Nights! SR 7:00 Movie</p>	<p>18</p> <p>TH 9:30 Senior Strengthening DVD SR 10:00 Good News with Jose 11:15 Walk in the Park! T GR 12:00 Diane at the Grand Piano SR 1:30 Matinee TH 1:30 Thomas Garlinghouse Zoom "Mind Fields" TH 3:00 BINGO 3:00 Scenic Drive T SR 7:00 Movie</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>TH 9:30 Senior Strengthening DVD</p> <p>SR 10:00 Solana Beach Presbyterian Service</p> <p>TH 10:30 St. John the Evangelist Catholic Mass</p> <p>12:30 Adult Swim for One Hour!</p> <p>SR 1:30 Matinee</p> <p>3:00 Sunday Scenic Drive T</p> <p>SR 7:00 Movie</p>	<p>20</p> <p>9:30 Resistance Band Circuit</p> <p>10:30 Errand Run One Hour</p> <p>TH 10:30 Yoga Stretching</p> <p>TH 11:15 Walk in the Park T</p> <p>TH 1:30 Music Appreciation - Mendelssohn</p> <p>3:30 TED Talks - Ideas worth Knowing!</p> <p>B 4:00 Tech Assistance</p> <p>SR 7:00 Movie</p>	<p>21</p> <p>Northbound Doctor Drives</p> <p>TH 9:00 Early Bird Exercise</p> <p>TH 9:30 Hand Weight Training</p> <p>TF 10:30 Knots of Love Knitting with Ariana</p> <p>1:30 FLU Shot Clinic</p> <p>TH 1:30 BINGO</p> <p>TH 3:00 Books and Bubbles Club!</p> <p>SR 7:00 Movie</p>	<p>22 Fall Begins</p> <p>TH 9:30 Cardio with Kristen</p> <p>TH 10:30 Tai Chi</p> <p>C 1:00 Party Bridge</p> <p>1:00 Shopping Ralphs Shopping Center T</p> <p>SR 2:30 Wellness with Kristen - Fall Prevention</p> <p>TH 3:30 Wine Down Wednesday with Clare</p> <p>SR 7:00 Movie</p>	<p>23</p> <p>Southbound Doctor Drives</p> <p>TH 9:00 Early Bird Exercise</p> <p>TH 9:30 Hand Weight Training</p> <p>TH 10:30 Spiritual Wellness with Clare</p> <p>TH 1:30 BINGO</p> <p>O 3:00 Happy Hour with Peter Seltser!</p> <p>SR 7:00 Movie</p>	<p>24</p> <p>TH 9:30 Balance and Mobility</p> <p>TH 10:30 YOGA Stretching</p> <p>11:15 Walk in the Park T</p> <p>GR 12:00 Diane at the Grand Piano</p> <p>L 1:30 Poetry with Fancie Nancie!</p> <p>3:00 Pool Aerobics with Kristin and Free Swim!</p> <p>B 5:10 Faithful Friar Friday Nights!</p> <p>SR 7:00 Movie</p>	<p>25</p> <p>"Walk to End Alzheimer's"</p> <p>TH 9:30 Senior Strengthening DVD</p> <p>SR 10:00 Good News with Jose</p> <p>11:15 Walk in the Park! T</p> <p>GR 12:00 Diane at the Grand Piano</p> <p>SR 1:30 Matinee</p> <p>TH 1:30 BINGO</p> <p>3:00 Scenic Drive T</p> <p>SR 7:00 Movie</p>
<p>26</p> <p>TH 9:30 Senior Strengthening DVD</p> <p>SR 10:00 Solana Beach Presbyterian Service</p> <p>TH 10:30 St. John the Evangelist Catholic Mass</p> <p>12:30 Adult Swim for One Hour!</p> <p>SR 1:30 Matinee</p> <p>3:00 Sunday Scenic Drive T</p> <p>SR 7:00 Movie</p>	<p>27</p> <p>9:30 Resistance Band Circuit</p> <p>10:00 Helen Woodward Orphaned Objects Thrift Shop</p> <p>TH 10:30 Yoga Stretching</p> <p>TH 11:15 Walk in the Park T</p> <p>TH 1:30 Music Appreciation - Blue Grass Music</p> <p>3:30 TED Talks - Ideas worth Knowing!</p> <p>B 4:00 Tech Assistance</p> <p>SR 7:00 Movie</p>	<p>28</p> <p>Northbound Doctor Drives</p> <p>TH 9:00 Early Bird Exercise</p> <p>TH 9:30 Hand Weight Training</p> <p>TF 10:30 Knots of Love Knitting with Ariana</p> <p>11:00 Men's Club</p> <p>TH 11:30 Men's Club</p> <p>TH 1:30 BINGO</p> <p>TH 3:00 Crafts with Carol</p> <p>SR 7:00 Movie</p>	<p>29</p> <p>TH 9:30 Cardio with Kristen</p> <p>TH 10:30 Tai Chi</p> <p>C 1:00 Party Bridge</p> <p>1:00 Shopping Ralphs Shopping Center T</p> <p>TH 3:00 Cardiff Craft Cocktails</p> <p>6:15 Sunset Cardiff Beach Cruise T</p> <p>SR 7:00 Movie</p>	<p>30</p> <p>Southbound Doctor Drives</p> <p>TH 9:00 Early Bird Exercise</p> <p>TH 9:30 Hand Weight Training</p> <p>TH 10:30 Spiritual Wellness with Clare</p> <p>TH 1:30 BINGO</p> <p>GR 3:00 Happy Hour New Resident Welcome</p> <p>SR 7:00 Movie</p>	<p>"Autumn is a second spring when every leaf is a flower." Albert Camus</p>	<p>WELCOME TO THE MONTH OF GREATNESS!</p>