





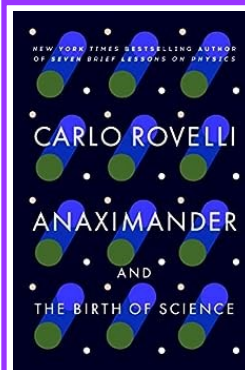
September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Location Key: PR: Potpourri Room LS: Le Salon DR: Dining Room P: Patio UP: Upper Patio</p>	<p>FD: Front Desk AC: Activity Center CR: Clinic Room SP: Swimming Pool TL: Terrace Lounge 3rd Floor</p>	<p>Please note: This calendar is a forecast only. Unforeseen changes may occur.</p>			<p>1 10:00 Cardio/Strength Class-P 10:00 Rady Shell Rehearsal -FD (Free Event) 11:00 Water Exercise -P 1:00 Bingo w/ Neva -PR 1:00 Poker - TL 2:15 OSHER Viewing - AC 7:00 The Jewel in the Crown-AC</p>	<p>2 9:00 Trader Joes 10:00 Sprouts 10:30 Chair Yoga -PR 2:00 Movie w/Bob -AC "Abraham" 7:00 Movie Night -AC "Tesla"</p>
<p>3 8:30 Church Rides - FD 10:00 Fall Prevention Class -PR 11:30 Sunday Brunch-DR 1:00 Target -FD 7:00 Bible Videos w/Bob -AC</p>	<p>4 10:00 Strength & Mobility - P</p> 	<p>5 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 10:00 Natural History Museum-FD (Residents Free Day) 1:00 Water Exercise -P 3:00 Chair Volleyball -P 7:00 DOC MARTIN - AC</p>	<p>6 10:00 Cardio/Strength Class-P 12:30 THE LOT w/Liz -FD "GOLDA" 1:00 Bingo w/ Neva - PR 2:15 Living to 100 Club-AC 3:30 Documentary -AC "Story of India" 7:00 Movie Night-AC "Ladies in Lavender"</p>	<p>7 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 11:00 Tech Talk w/Liz- AC 1:00 Play Bananagrams - AC 1:00 Chair Yoga- PR 2:00 Armchair Travelers - AC 3:30 Happy Hour w/Mocha Tones- LS 6:30 Canasta "hand and foot"- AC</p>	<p>8 10:00 Cardio/Strength Class-P 11:00 Water Exercise -P 11:00 Coffee w/ Kaity -LS 11:00 Lunch Outing -FD (Little Italy/Landini's Pizza) 1:00 Bingo w/ Neva -PR 1:00 Poker - TL 2:15 OSHER Viewing - AC 6:30 Sabbath Service - PR 7:00 The Jewel in the Crown-AC</p>	<p>9 9:00 Trader Joes -FD 10:00 Sprouts -FD 10:30 Chair Yoga -PR 7:00 Movie Night -AC "BARBIE"</p>
<p>10 8:30 Church Rides - FD 11:30 Sunday Brunch-DR 1:00 La Jolla Village Square-FD 7:00 Bible Videos w/Bob -AC</p>	<p>11 10:00 Strength & Mobility - P 1:00 Bingo w/ Neva -PR 2:15 OSHER Viewing -AC</p> 	<p>12 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 11:00 Tech Talk w/Liz -AC 1:00 Water Exercise -P 2:30 Viewpoint -PR 7:00 DOC MARTIN - AC</p>	<p>13 10:00 HAIRDRESSER- P 10:00 Cardio/Strength Class-P 1:00 Bingo w/ Neva - PR 3:30 Documentary -AC "Story of India" 7:00 Movie Night-AC "The Notebook"</p>	<p>14 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 11:00 Tech Talk w/Liz- AC 1:00 Play Bananagrams- AC 1:00 Chair Yoga- PR 2:00 Armchair Travelers - AC 3:30 Happy Hour w/Martin - LS 6:30 Canasta "hand and foot"- AC</p>	<p>15 10:00 Cardio/Strength Class-P 11:00 Water Exercise -P 11:00 Concerts in the Courtyard-FD (Free, La Jolla Community Center) 1:00 Bingo w/ Neva -PR 1:00 Poker - TL 2:15 OSHER Viewing - AC 7:00 The Jewel in the Crown-AC</p>	<p>16 9:00 Trader Joes -FD 10:00 Sprouts -FD 10:30 Chair Yoga -PR 7:00 Movie Night -AC "Enola Holmes 1"</p>
<p>17 8:30 Church Rides - FD 11:30 Sunday Brunch-DR 1:00 Walmart -FD 7:00 Bible Videos w/Bob -AC</p>	<p>18 10:00 Strength & Mobility - P 11:00 Lunch outing - FD (Divo Diva Café) 1:00 Bingo w/ Neva -PR 2:15 OSHER Viewing -AC</p>	<p>19 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 11:00 Tech Talk w/Liz- AC 1:00 Water Exercise -P 3:00 Chair Volleyball -P 7:00 DOC MARTIN - AC</p>	<p>20 10:00 Cardio/Strength Class-P 11:00 Open Bible Study -LS 1:00 Bingo w/ Neva - PR 3:30 Documentary -AC "Story of India" 7:00 Movie Night-AC "The Glass Castle"</p>	<p>21 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 11:00 Tech Talk w/Reagan- AC 1:00 Play Bananagrams - AC 1:00 Chair Yoga- PR 2:00 Book Club -AC 3:30 Happy Hour w/Dmitry- LS 6:30 Canasta "hand and foot"- AC</p>	<p>22 10:00 Cardio/Strength Class-P 11:00 Water Exercise -P 11:00 Lunch Outing -FD (Phil's BBQ) 1:00 Bingo w/ Neva -PR 1:00 Poker - TL 2:15 OSHER Viewing - AC 7:00 The Jewel in the Crown-AC</p>	<p>23 9:00 Trader Joes -FD 10:00 Sprouts -FD 10:30 Chair Yoga -PR 7:00 Movie Night -AC "Enola Holmes 2"</p>
<p>24 8:30 Church Rides - FD 10:00 Farmers Market-FD 11:30 Sunday Brunch-DR 1:00 Clairemont Town Square -FD 7:00 Bible Videos w/Bob -AC</p>	<p>25 10:00 Strength & Mobility - P 1:00 Bingo w/ Neva -PR 2:15 OSHER Viewing -AC</p>	<p>26 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 11:00 Tech Talk w/Liz- AC 1:00 Water Exercise -P 3:00 Chair Volleyball -P 7:00 DOC MARTIN - AC</p>	<p>27 9:30 PODIATRIST -CR 10:00 HAIRDRESSER -P 10:00 Cardio/Strength Class-P 12:00 Birthday Luncheon -DR 1:00 Bingo w/ Neva - PR 3:30 Documentary -AC "Story of India" 4:30 St. James -LS 7:00 Movie Night - AC "Carmen"</p>	<p>28 9:30 Mindful Meditation w/Liz- AC 10:00 Balance & Mobility-P 11:00 Tech Talk w/Liz- AC 1:00 Play Bananagrams - AC 1:00 Chair Yoga- PR 2:00 Armchair Travelers - AC 3:30 Happy Hour w/ Joseph - LS 6:30 Canasta "hand and foot"- AC</p>	<p>29 10:00 Cardio/Strength Class-P 11:00 Water Exercise -P 1:00 Bingo w/ Neva -PR 1:00 Poker - TL 2:15 OSHER Viewing - AC 7:00 The Jewel in the Crown-AC</p>	<p>30 9:00 Trader Joes -FD 10:00 Sprouts -FD 10:30 Chair Yoga -PR 7:00 Movie Night -AC "The Best of Enemies"</p>

Highlights

ATTENTION PLEASE
SABBATH SERVICE HAS BEEN MOVED TO THE
SECOND FRIDAY OF SEPTEMBER FOR THIS MONTH.

SEPTEMBER 8
6:30PM
IN THE POTPOURRI ROOM



BOOK CLUB FOR SEPTEMBER

Anaximander
and the Birth of Science

BY, CARLO ROVELLI

Thursday Happy Hour Entertainers



9/7/23
Mocha Tones
Barbara & LaDon
Vocalist



9/14/23
Fast Heart Mart
Martin Stamper
Banjo Player
Vocalist



9/21/23
Dmitry, Pianist



9/28/23
Joseph Luna
Vocalist, Instrumentals

SEPTEMBER



2023 MONTHLY CALENDAR