


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: #C00000; font-family: cursive;">September 2022</h1> <h2 style="font-family: serif;">Vista Del Mar Senior Living</h2>						
9:00 LA Times Review <b>4</b> <b>10:00 Jazz w. Donuts &amp; Coffee</b> 10:30 Neighborhood Walk 1:30 Sunday Trivia <b>3:00 Baptist Wordship Service</b> 5:00 Evening Film	<b>9:00 Morning Stretch 5</b> 9:30 Daily Chronicle 10:00 Group Ball Toss <b>2:00 Labor Day Sundae Social</b> 3:00 Bingo 5:30 Evening Documentary <small>Labor Day</small>	9:00 Exercise w/ Pam <b>6</b> <b>10:00 Walmart Outing &amp; Jewelry Making Class</b> <b>1:30 Ross Outing &amp; Centerpiece Arrangement Class</b> 3:00 Bingo 5:00 Evening Film	9:00 LA Times Review w/ Coffee & Cookies 9:30 Daily Chronicle <b>10:00 Exercise w/ O.N.R</b> 1:30 Court Yard Story Time & Discussion 3:00 Bingo 5:00 Movie Night	<b>9:00 Exercise w/ Pam 8</b> 9:30 Daily Chronicle 10:00 Fall Art Creation <b>1:30 Resident Council Meeting</b> 3:00 Bingo 5:00 Movie Night	<b>9:00 Bank Run 9</b> 9:00 Chair Zumba 10:00 Word Break Down <b>10:30 Olive Garden Restaurant Outing</b> 1:30 Bingo 2:30 Happy Hour 5:30 Evening Film	9:00 Zumba <b>10</b> 9:30 Rosary & Daily Chronicle <b>10:00 Jewelry Making Class</b> 1:30 Bowling 2:30 Social Saturday 5:30 Cards & Dominoes
9:00 LA Times Review <b>11</b> 10:00 Morning Walk <b>1:30 Grandparents Day Root Beer Float Social</b> 3:00 Baptist Wordship Service 5:00 Evening Film <small>Grandparents Day</small>	<b>9:00 Morning Stretch 12</b> 9:30 Daily Chronicle <b>10:00 Art Class w. Aja</b> 1:30 Question & Answer Ball Toss 3:00 Bingo 5:30 Evening Documentary	9:00 Exercise w/ Pam <b>13</b> <b>10:00 99 Cent Store &amp; Jewelry Making Class</b> <b>1:30 Trader Joe's &amp; Fall Wreath Creation Class</b> 3:00 Bingo 5:00 Evening Film	9:00 LA Times Review <b>14</b> Coffee & Cookies 9:30 Daily Chronicle <b>10:00 Exercise w/ O.N.R</b> 1:30 Court Yard Story Time & Discussion 3:00 Bingo 5:00 Movie Night	<b>9:00 Exercise w/ Pam 15</b> 9:30 Daily Chronicle 10:00 Fall Art Creation <b>1:30 Dietary Town Hall Meeting</b> 3:00 Bingo 5:00 Movie Night	<b>9:00 Bank Run 16</b> 9:00 Chair Zumba 10:00 Word Break Down <b>10:30 Bubba Gump Shrimp Restaurant Outing</b> 1:30 Bingo 2:30 Happy Hour 5:30 Evening Film	9:00 Zumba <b>17</b> 9:30 Rosary & Daily Chronicle 10:00 Jewelry Making Class <b>2:00 Octoberfest Courtyard Celebration</b> 5:30 Evening Series <small>Oktoberfest Begins</small>
9:00 LA Times Review <b>18</b> <b>10:00 Jazz w. Donuts &amp; Coffee</b> 10:30 Neighborhood Walk 1:30 Sunday Trivia <b>3:00 Baptist Wordship Service</b> 5:00 Evening Film	<b>9:00 Morning Stretch 19</b> 9:30 Daily Chronicle 10:00 Question & Answer Ball Toss <b>1:30 Paint &amp; Sip Art Class</b> 3:00 Bingo 5:30 Evening Documentary	9:00 Exercise w/ Pam <b>20</b> <b>10:00 Dollar Tree &amp; Jewelry Making Class</b> <b>1:30 Albertsons Outing &amp; Centerpiece Arrangement Class</b> 3:00 Bingo 5:00 Evening Film	9:00 LA Times Review <b>21</b> Coffee & Cookies 9:30 Daily Chronicle <b>10:00 Exercise w/ O.N.R</b> 1:30 Court Yard Story Time & Discussion 3:00 Bingo 5:00 Movie Night	<b>9:00 Exercise w/ Pam 22</b> 9:30 Daily Chronicle 10:00 Fall Art Creation <b>1:30 Activities Town Hall Meeting</b> 3:00 Bingo 5:00 Movie Night <small>Autumn Begins</small>	<b>9:00 Bank Run 23</b> 9:00 Chair Zumba 10:00 Word Break Down <b>10:30 Picnic at Signal Hill Park</b> 1:30 Bingo 2:30 Happy Hour 5:30 Evening Film	9:00 Zumba <b>24</b> 9:30 Rosary & Daily Chronicle 10:00 Jewelry Making Class 1:30 Bowling <b>2:30 Social Saturday</b> 5:30 Cards & Dominoes 5:30 Evening Series
9:00 LA Times Review <b>25</b> <b>10:00 Jazz w. Donuts &amp; Coffee</b> 10:30 Neighborhood Walk <b>1:30 Rosh Hashanah Social</b> 3:00 Baptist Wordship Service <small>Rosh Hashanah Begins</small>	<b>9:00 Morning Stretch 26</b> 9:30 Daily Chronicle <b>10:00 Art Class w. Aja</b> 1:30 Question & Answer Ball Toss 3:00 Bingo 5:30 Evening Documentary	9:00 Exercise w/ Pam <b>27</b> <b>10:00 Target Outing &amp; Jewelry Making Class</b> <b>1:30 Vons Outing &amp; Centerpiece Arrangement Class</b> 3:00 Bingo 5:00 Evening Film	9:00 LA Times Review <b>28</b> Coffee & Cookies 9:30 Daily Chronicle <b>10:00 Exercise w/ O.N.R</b> 1:30 Court Yard Story Time & Discussion 3:00 Bingo 5:00 Movie Night	<b>9:00 Exercise w/ Pam 29</b> 9:30 Daily Chronicle 10:00 Fall Art Creation <b>1:30 Calendar Review &amp; Outing Sign Up</b> 3:00 Bingo 5:00 Movie Night	<b>9:00 Bank Run 30</b> 9:00 Chair Zumba 10:00 Word Break Down <b>10:30 Pike Movie Theater Outing</b> 1:30 Bingo 2:30 Happy Hour 5:30 Evening Film	Please sign up for all outings at the front desk. 