

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Dining Room, DR Front Lobby Patio, FP Hallways, H Patio, P Station 4, ST 4</p>	<p>Birthdays</p> <p>Erika W., 2nd (Employee) Charles H., 6th Corazon B., 8th (Employee) Faaeega F., 10th Fauzia M., 10th (Employee) Hyacinth M., 11th (Employee) Martha T., 12th Mary M., 13th</p> <p>Marco M., 13th (Employee) Margarita G., 13th Christine C., 13th Jessie C., 13th Lilian P., 14th Shirley T., 15th Francisco S., 17th Arturo C., 17th (Employee)</p> <p>Pradeep M., 18th (Employee) Bernabe G., 19th Cybthia S., 19th (Employee) Marissa S., 22nd (Employee) Shirley I., 24th Magdalena G., 29th (Employee) Scott R., 30th</p>	<p>“In three words, I can sum up everything I’ve learned about life: it goes on.” – Robert Frost</p> <p>Attention residents: It is important to us that you feel informed about Alamitos West. As a resident, you have the right to review survey results at any time. The survey results are readily accessible to you and are located in the Main Dining Room.</p> <p>Calendar events subject to change.</p>			<p>9:30 History Topics w/ Mary Lou, DR</p> <p>10:00 Paws to Share, H</p> <p>2:00 FIT to Stretch®, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR</p> <p>2:15 Pattern Bingo, DR</p> <p>3:15 Matinee, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 3</p> <p>10:00 Spiritual Program w/Doug, DR</p> <p>1:00 Cart of Fun, H</p> <p>3:15 Exercise Your Mind w/Natasha, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 Inspirational Music Program, DR 4</p> <p>2:00 Hangman, DR</p> <p>2:30 Movies & Stars w/Nikki, DR</p> <p>3:15 Table Games, DR</p> <p>4:15 Pretty Nails & Aromatherapy, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Remembering Good Old Sitcoms, DR 5</p> <p>10:15 FIT to Be Strong®, ST 4</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Paws to Share, H</p> <p>2:00 Karaoke, DR</p> <p>3:15 Table Games, DR</p> <p>4:15 Women’s Jewelry Making, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Music & History w/ Natalie, DR 6</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>1:00 Outdoor Social, P</p> <p>2:00 Games & Crafts w/Gloria, DR</p> <p>4:15 Men’s Dominoes & Aromatherapy, DR</p> <p>5:00 Cart of Fun, H</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Health & Wellness, DR 7</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Birthday Party!, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>4:15 Women’s Manicure/Aromatherapy, DR</p> <p>5:00 Cart of Fun, H</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 History Topics w/Mary Lou, DR 8</p> <p>10:00 Paws to Share, H</p> <p>2:00 Pattern Bingo w/Joanne, ST 4</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 9</p> <p>2:15 Pattern Bingo, DR</p> <p>3:15 Matinee, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 10</p> <p>10:00 Catholic TV Mass/Card Games</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>1:00 Cart of Fun, H</p> <p>2:30 Calvary Chapel Church Service, DR</p> <p>3:15 Musical Matinee, DR</p> <p>6:30 Independent Games/Social Time, DR</p>	<p>10:00 Inspirational Music Program, DR 11</p> <p>2:00 Hangman, DR</p> <p>2:30 Movies & Stars w/Nikki, DR</p> <p>4:15 Pretty Nails & Aromatherapy, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 News & Views, DR 12</p> <p>10:00 Petting Zoo, DR</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Volleyballoon, DR</p> <p>2:00 Paws to Share, H</p> <p>2:30 Creative Arts w/Ylenna, DR</p> <p>4:15 Men’s Dominoes Social, DR</p> <p>5:00 Cart of Fun, H</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Music & History w/ Natalie, DR 13</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>12:30 Mathew Strolling Vocals, H</p> <p>1:00 Outdoor Stroll</p> <p>2:00 Games & Crafts w/Gloria, DR</p> <p>4:15 Pretty Nails & Aromatherapy, DR</p> <p>5:00 Cart of Fun, H</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>FLAG DAY 14</p> <p>9:30 Health & Wellness, DR</p> <p>1:00 FIT to Be Strong®, ST 4</p> <p>2:00 Father’s Day Picture Day!, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>4:15 Dominoes Social/Aromatherapy, DR</p> <p>5:00 Cart of Fun, H</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 History Topics w/ Mary Lou, DR 15</p> <p>10:00 Paws to Share, H</p> <p>2:00 FIT to Stretch®, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 16</p> <p>2:00 Roaming Guitarist Tony B., H</p> <p>2:15 Pattern Bingo, DR</p> <p>3:15 Matinee, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>
<p>FATHER’S DAY 17</p> <p>9:00 Joel Osteen Program, ST 4</p> <p>10:00 Catholic TV Mass/Card Games, DR</p> <p>10:15 FIT to Be Strong®, ST 4</p> <p>1:00 Cart of Fun, H</p> <p>2:30 Father’s Day Special!, DR</p> <p>3:15 Exercise Your Mind w/Natasha, DR</p> <p>6:30 Independent/Group Games, ST 4</p>	<p>10:00 St. Hedwig Catholic Mass, DR 18</p> <p>10:00 Roaming Inspirational Music, H</p> <p>2:00 FIT to Stretch®, DR</p> <p>2:30 Movies & Stars w/Nikki, DR</p> <p>3:15 Table Games, DR</p> <p>4:15 Women’s Manicure/Aromatherapy, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Remembering Good Old Sitcoms, DR 19</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>1:15 FIT to Be Strong®, ST 4</p> <p>2:00 Paws to Share, H</p> <p>2:00 Bowling, DR</p> <p>2:30 Creative Arts w/Ylenna, DR</p> <p>4:15 Card Games, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Music & History w/Natalie, DR 20</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>2:00 Games & Crafts w/Gloria, DR</p> <p>4:15 Women’s Manicure/Aromatherapy, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>SUMMER BEGINS 21</p> <p>9:30 Health & Wellness, DR</p> <p>2:00 Tea Social, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>4:15 Men’s Dominoes & Aromatherapy, DR</p> <p>5:00 Cart of Fun, H</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 History Topics w/ Mary Lou, DR 22</p> <p>10:00 Paws to Share, H</p> <p>2:00 Pattern Bingo, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 23</p> <p>2:15 Pattern Bingo, DR</p> <p>3:15 Matinee, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 24</p> <p>10:00 Catholic TV Mass/Card Games, DR</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>1:00 Cart of Fun, H</p> <p>3:15 Exercise Your Mind w/Natasha, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 Inspirational Music Program, DR 25</p> <p>2:00 Word Game/Funny Topics, DR</p> <p>2:30 Movies & Stars w/Nikki, DR</p> <p>3:15 Matinee, DR</p> <p>4:15 Dominoes Social, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Remembering Good Old Sitcoms, DR 26</p> <p>10:15 FIT to Be Strong®, ST 4</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Paws to Share, H</p> <p>2:00 Bowling, DR</p> <p>2:30 Creative Arts w/Ylenna, DR</p> <p>4:15 Card Games/Matinee, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Music & History w/Natalie, DR 27</p> <p>2:00 Games & Crafts w/Gloria, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 Health & Wellness, DR 28</p> <p>11:15 Resident Council Meeting, DR</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Karaoke, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>3:15 Table Games/Matinee, DR</p> <p>4:00 Mathew Strolling Vocals, H</p> <p>5:00 Cart of Fun, H</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>9:30 History Topics w/Mary Lou, DR 29</p> <p>10:00 Paws to Share, H</p> <p>2:00 FIT to Stretch®/Trivia, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 30</p> <p>2:15 Pattern Bingo, DR</p> <p>3:15 Matinee, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>