

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>Birthdays</p> <p>Locations Dining Room, DR Front Lobby Patio, FP Hallways, H Patio, P Station 4, ST 4</p> <p>Betty K., 1st (Employee) Arturo A., 1st (Employee) Kojo A., 2nd (Employee) Araceli Z., 2nd (Employee) Sheila A., 4th (Employee) Tirza M., 7th (Employee) Linda H., 9th (Employee) Bryan R., 11th (Employee)</p> <p>Jaqueline G., 11th (Employee) Gerardo T., 11th (Employee) Paul G., 12th Zhiling W., 13th (Employee) Celeste T., 14th (Employee) Betty P., 17th Anabell L., 20th (Employee)</p> <p>Janet C., 21st Maritess G., 21st (Employee) Dennis M., 24th Sherri M., 25th Judith S., 26th Dilma G., 30th (Employee) Lisset T., 30th (Employee)</p>			<p>"In three words, I can sum up everything I've learned about life: It goes on." -Robert Frost.</p> <p>Calendar events subject to change. 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>1</p> <p>9:30 FIT to Stretch®, DR 2:00 Garden Tea Social, DR 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>2</p> <p>10:00 FIT to Stretch®/ Trivia, DR 2:15 Bingo w/Joanne 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 10:00 Spiritual Program w/Doug, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p> <p>3</p>	<p>LABOR DAY</p> <p>10:00 Inspirational Music Program, DR 11:00 Daily Chronicles/Trivia, DR 2:00 Labor Day Remembrance, DR 3:15 Card Games, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p> <p>4</p>	<p>9:30 News & Views, DR 10:00 Bowling, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Word Puzzle, DR 2:30 Paws to Share, H 2:30 Creative Arts w/Ylenna, DR 3:15 Table Games, DR 4:15 Women's Jewelry Making, DR 6:30 Bingo Night w/Natasha, DR</p> <p>5</p>	<p>10:00 Treasures of the Heart®, DR 10:15 FIT to Pedal®, ST 4 2:00 Horseshoes/ Bean Bags, DR 4:15 Men's Dominoes & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p> <p>6</p>	<p>10:00 Volleyballon/ Ball Toss, DR 10:15 FIT to Be Strong®, ST 4 2:00 Ice Cream Social, DR 3:00 Matinee, DR 4:15 Women's Manicure/ Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p> <p>7</p>	<p>9:30 History Topics w/ Mary Lou, DR 2:00 FIT to Stretch®, DR 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>8</p>	<p>10:00 FIT to Stretch®/ Trivia, DR 2:00 Roaming Guitarist Tony B., H 2:15 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>9</p>		
<p>9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/ Card Games 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p> <p>10</p>	<p>PATRIOT DAY</p> <p>10:00 Inspirational Music Program, DR 11:00 Daily Chronicles/Trivia, DR 2:00 Patriot Day Remembrance, DR 2:30 Movies & Stars w/Nikki, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p> <p>11</p>	<p>9:30 News & Views, DR 10:00 Petting Zoo, DR 1:15 FIT to Pedal®, ST 4 2:00 Bowling, DR 2:30 Paws to Share, H 3:00 Creative Arts w/Ylenna, DR 4:15 Men's Dominoes Social, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p> <p>12</p>	<p>9:30 Accordion Music w/ Natalie, DR 12:00 Park Outing 2:00 Games & Crafts w/Gloria, DR 2:30 Roaming Music w/Marsha, H 4:15 Pretty Nails & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p> <p>13</p>	<p>9:25 News & Views, DR 10:00 History of Music w/Paul, DR 10:15 FIT to Be Strong®, ST 4 2:00 Birthday Party!, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Dominoes Social/ Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p> <p>14</p>	<p>9:30 History Topics w/ Mary Lou, DR 2:00 Music w/Ryan, DR 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4 9:30 History Topics w/ Mary Lou, DR</p> <p>15</p>	<p>10:00 FIT to Stretch®/ Trivia, DR 2:00 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>16</p>		
<p>9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/ Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p> <p>17</p>	<p>10:00 St. Hedwig Catholic Mass, DR</p> <p>10:00 Roaming Inspirational Music, H 11:00 Daily Chronicles/Trivia, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p> <p>18</p>	<p>9:30 News & Views, DR 10:00 Remembering Good Old Sitcoms, DR 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Word Game, DR 2:30 Paws to Share, H 3:00 Creative Arts w/Ylenna, DR 4:15 Card Games, DR 6:30 Bingo Night w/Natasha, DR</p> <p>19</p>	<p>ROSH HASHANAH BEGINS AT SUNDOWN</p> <p>9:30 Accordion Music w/ Natalie, DR 10:15 FIT to Be Strong®, ST 4 2:00 Games & Crafts w/ Gloria, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p> <p>20</p>	<p>10:00 History of Music w/Paul, DR 2:00 Karaoke, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Men's Dominoes & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p> <p>21</p>	<p>FALL BEGINS</p> <p>9:30 History Topics w/ Mary Lou, DR 2:00 Music w/Ryan, DR 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>22</p>	<p>10:00 FIT to Stretch®/ Trivia, DR 2:15 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>23</p>		
<p>9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/ Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p> <p>24</p>	<p>10:00 Inspirational Music Program, DR 11:00 Daily Chronicles/Trivia, DR 2:00 FIT to Stretch®, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Veterans Club, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p> <p>25</p>	<p>9:30 News & Views, DR 10:00 Remembering Good Old Sitcoms, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Horseshoes/Bean Bags, DR 2:30 Creative Arts w/Ylenna, DR 2:30 Paws to Share, H 4:15 Women's Jewelry Making, DR 5:00 Country Western Night, DR</p> <p>26</p>	<p>9:30 Accordion Music w/ Natalie, DR 10:00 Dollar Store, DR 10:15 FIT to Pedal®, ST 4 2:00 Games & Crafts w/Gloria, DR 2:30 Roaming Music w/Marsha, H 3:00 Kings in the Corner, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p> <p>27</p>	<p>10:00 History Music w/Paul, DR 11:15 Resident Council Meeting, DR 2:00 Happy Hoofers, DR 3:00 Food & Nutrition w/ Anne, ST 4 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>28</p>	<p>YOM KIPPUR BEGINS AT SUNDOWN</p> <p>9:30 History Topics w/ Mary Lou, DR 2:00 Music w/Ryan, DR 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>29</p>	<p>10:00 FIT to Stretch®/ Trivia, DR 2:00 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p> <p>30</p>		