

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Dining Room, DR Front Lobby Patio, FP Hallways, H Patio, P Station 4, ST 4</p> <p>Birthdays Debra L., 3rd Sandra M., 6th Melinda M., 7th Lawrence F., 8th</p> <p>Luz C., 12th Carolyn P., 12th Maria B., 13th Jane B., 18th</p> <p>Jose G., 19th Hector V., 20th Alta F., 20th Phillip S., 24th</p> <p>Kollin W., 25th Ila B., 30th Alvin W., 31st</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>9:30 Music & History w/Natalie, DR 1</p> <p>10:15 FIT to Be Strong®, ST 4</p> <p>2:00 Games & Crafts w/Gloria, DR</p> <p>4:15 Dominoes Social, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 Health & Wellness, DR 2</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>4:15 Women's Manicure/Aromatherapy, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p>	<p>3</p> <p>10:00 FIT to Stretch®, DR</p> <p>10:00 Paws to Share, H</p> <p>2:00 Bingo w/Joanne, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>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 5</p> <p>10:00 Spiritual Program w/Doug, DR</p> <p>1:00 Cart of Fun, H</p> <p>2:00 Calvary Chapel Service, DR</p> <p>3:15 Exercise Your Mind w/Natasha, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>6</p> <p>10:00 Inspirational Music Program, DR</p> <p>1:30 Mathew Strolling Vocals, H</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>9:30 Remembering Good Old Sitcoms, DR 7</p> <p>10:15 FIT to Be Strong®, ST 4</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Bowling, DR</p> <p>2:00 Paws to Share, H</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>9:30 Music & History w/Natalie, DR 8</p> <p>10:15 FIT to Pedal®, ST 4</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>9:30 Health & Wellness, DR 9</p> <p>2:00 Birthday Party!, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>4:15 Dominoes Social/Aromatherapy, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p>	<p>10</p> <p>10:00 FIT to Stretch®, DR</p> <p>10:00 Paws to Share, H</p> <p>2:00 Bingo w/Joanne, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>11</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 12</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>2:00 Calvary Chapel Service, DR</p> <p>3:15 Musical Matinee, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 Inspirational Music Program, DR 13</p> <p>2:00 FIT to Stretch®, 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>10:00 Petting Zoo, DR 14</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>10:00 Bazaar/Music w/Natalie, DR 15</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>9:30 Health & Wellness, DR 16</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Cup of Water Show, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>4:15 Men's Dominoes & Aromatherapy, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p>	<p>17</p> <p>10:00 FIT to Stretch®, DR</p> <p>10:00 Paws to Share, H</p> <p>2:00 Bingo w/Joanne, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>18</p> <p>10:00 FIT to Stretch®, DR</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, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 19</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>2:00 Calvary Chapel Service, 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 20</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>9:30 Remembering Good Old Sitcoms, DR 21</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>1:15 FIT to Be Strong®, ST 4</p> <p>2:00 Bowling, DR</p> <p>2:00 Paws to Share, H</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>9:30 Music & History w/Natalie, DR 22</p> <p>10:15 FIT to Pedal®, ST 4</p> <p>1:00 Mathew Strolling Vocals, H</p> <p>2:00 Games & Crafts w/Gloria, DR</p> <p>4:15 Card Games, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 Health & Wellness, DR 23</p> <p>11:15 Resident Council Meeting, DR</p> <p>2:00 Tea Social, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>3:15 Table Games/Matinee, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p>	<p>24</p> <p>10:00 FIT to Stretch®, DR</p> <p>10:00 Paws to Share, H</p> <p>2:00 Pattern Bingo, DR</p> <p>2:00 Gardening Therapy DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>25</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, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 26</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>2:00 Calvary Chapel Service, DR</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 27</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>9:30 Remembering Good Old Sitcoms, DR 28</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 Volley Balloon, 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>9:30 Music & History w/Natalie, DR 29</p> <p>10:30 FIT to Be Strong®, ST 4</p> <p>2:00 Hawaiian Luau Party!, DR</p> <p>4:15 Veterans Club/Dominoes Social, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p>	<p>30</p> <p>9:30 Health & Wellness, DR</p> <p>1:15 FIT to Pedal®, ST 4</p> <p>2:00 Fun Games, DR</p> <p>3:00 Food & Nutrition w/Anne, DR</p> <p>4:15 Women's Manicure Social, DR</p> <p>6:30 Bingo Night w/Natasha, DR</p> <p>7:30 Independent Group Matinee, ST 4</p>	<p>31</p> <p>10:00 FIT to Stretch®, DR</p> <p>10:00 Paws to Share, H</p> <p>2:00 Bingo w/Joanne, DR</p> <p>3:15 Table Games, DR</p> <p>6:30 Independent Games/Social Time, ST 4</p>	<p>Calendar events subject to change.</p> <p>"In three words, I can sum up everything I've learned about life: It goes on."</p> <p>— Robert Frost</p>