

| <u>SUNDAY</u><br> | <u>MONDAY</u><br><u>SEPTEMBER BIRTHDAYS</u><br>1- Paul R.<br>16- Paul B.<br>19- Harveyette<br>22- Sandy<br>22- Audrey<br>29- Louis                                                                              | <u>TUESDAY</u> 1<br>2:30 Poker- Lounge | <u>WEDNESDAY</u> 2<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>11:00 Stater Bros Shopping<br>2:00 Book Club- Salon Area<br> | <u>THURSDAY</u> 3<br>8:30 Mentone Breakfast<br>11:00 Meditation w/ Zelda Rose<br>2:30 Shuffleboard- Upstairs           | <u>FRIDAY</u> 4                                                                                                                                                                             | <u>SATURDAY</u> 5 |
|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 6                                                                                                  | 7<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Resident Meeting<br><br>Claudia - Hairdresser                          | 8<br>4:00 Tacos at Taylor's- BUS       | 9<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>10:30 Oak Glen- BUS<br>                                                       | 10<br>8:30 Mentone Breakfast<br>11:00 Meditation w/ Zelda Rose<br>2:30 Shuffleboard- Upstairs                          | 11<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>3:00 Movie Matinee<br>           | 12                |
| 13                                                                                                 | 14<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee & Donuts<br><br>Claudia - Hairdresser                        | 15<br>2:30 Poker- Lounge               | 16<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>10:30 RAC Meeting- Library<br>11:00 Stater Bros Shopping                                                                                                        | 17<br>8:30 Mentone Breakfast<br>11:00 Meditation w/ Zelda Rose<br>2:30 Shuffleboard- Upstairs<br><br>Cecila- Mani/Pedi | 18<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>5:00 Potluck Birthday Bash<br> | 19                |
| 20                                                                                                 | 21<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee & Apple Fritters<br><br>Claudia - Hairdresser                                                                                                   | 22                                     | 23<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>11:00 Stater Bros Shopping                                                                                                                                      | 24<br>8:30 Mentone Breakfast<br>11:00 Meditation w/ Zelda Rose<br>2:30 Shuffleboard- Upstairs                          | 25<br>9:30 Chair Exercise- Apartment North Wing<br>2:00 Ice Cream Social- Lounge<br>                   | 26                |
| 27                                                                                                 | 28<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br><br>2:30 BINGO!- Lounge<br><br>Claudia - Hairdresser | 29<br>2:30 Left, Right, Center- Lounge | 30<br>11:00 Stater Bros Shopping<br>5:00 Wine Wednesday- Lounge<br>                                                                                |                                                                                                                        |                                                                                                                                                                                             |                   |