

September 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>Medical Appt. Transportation</i> 9:00 Walking & Wellness Program (CR) 9:30 Chair Exercise (Th) 10:30 Memory Games (CR) 1:00-2:00 GWI Resident Store 3:00 Drawing Class (AR) 3:00 Ice Cream Social 7:00 Evening Movie	2 9:00 Safeway Shopping 9:30 Chair Exercise (Th) 10:30 Menlo Park Errands 10:30 Board Games (DyR) 1:00 Bridge (CR) 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 4:00 Karaoke Singing (CR) 7:00 Evening Movie	3 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Nail Painting (CR) 1:00-2:00 GWI Resident Store 1:30 Target/Marshalls Shopping 3:00 Matinee Movie (Th) 3:00 Ice Cream Social 7:00 Evening Movie	4 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 1:30 Arts & Crafts (AR) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour w/ Golden Age Ensemble 7:00 Evening Movie	5 9:30 Chair Exercise (Th) 10:00 Furry Friends Pet Visit 10:30 Word Games (CR) 2:00 Black Jack (CR) 3:00 Ice Cream Social 3:00 Entertainment w/ Beverly 7:00 Evening Movie
6 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive - Coyote Hills Regional Park 3:00 Ice Cream Social 7:00 Evening Movie	7 Labor Day <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:00 Resident Council & Food Committee Meetings (PDR) 10:30 Board Games (DyR) 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 1:00 Tai-Chi w/ Michael (GH) 3:00 Ice Cream Social 7:00 Evening Movie	8 <i>Medical Appt. Transportation</i> 9:00 Walking & Wellness Program (CR) 9:30 Chair Exercise (Th) 10:30 Trivia (CR) 1:00-2:00 GWI Resident Store 3:00 Ballroom Dancing with Olivia (Th) 3:00 Ice Cream Social 7:00 Evening Movie	9 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 10:30 Board Games (DyR) 1:00 Bridge (CR) 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 7:00 Evening Movie	10 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Hand Massage (CR) 1:00-2:00 GWI Resident Store 1:30 Woodside Plaza Shopping 2:00 Afternoon Casino (DyR) 3:00 Ice Cream Social 7:00 Evening Movie	11 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 1:30 Arts & Crafts (AR) 2:00-5:00 Book Warehouse (by The Bird Cage) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour w/ Elliot 7:00 Evening Movie	12 9:30 Chair Exercise (Th) 10:30 Word Games (DyR) 3:00 Grandparents Day Celebration (GH) 3:00 Ice Cream Social 7:00 Evening Movie
13 Grandparents Day 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive - Brisbane (downtown) 3:00 Entertainment w/ Beverly 3:00 Ice Cream Social 7:00 Evening Movie	14 <i>Medical Appt. Transportation</i> 9:30 Chair Yoga w/ Shawna 10:30 Board Games (DyR) 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 1:00 Tai-Chi w/ Michael (GH) 3:00 Ice Cream Social 7:00 Evening Movie	15 <i>Medical Appt. Transportation</i> 9:00 Walking & Wellness Program (CR) 9:30 Chair Exercise (Th) 10:30 Memory Games (CR) 1:00-2:00 GWI Resident Store 3:00 Drawing Class (AR) 3:00 Ice Cream Social 7:00 Evening Movie	16 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 10:30 Board Games (DyR) 1:00 Bridge 2:00 Qi-Gong (Th) 3:00-4:00 Jewish Program & Volunteers Visit (Th) 3:00 Ice Cream Social 6:30 Classical Piano Performance: Chris Goslow (GH) 7:00 Evening Movie	17 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Nail Painting (CR) 1:00 Resident's General Meeting 2:00-3:00 GWI Resident Store 2:00 Stanford Mall Shopping 3:00 Matinee Movie (Th) 3:00 Ice Cream Social 7:00 Evening Movie	18 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 10:30 Outing: The Museum of American Heritage 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour w/ Larry Martin 7:00 Evening Movie	19 Rosh Hashanah 9:30 Chair Exercise (Th) 10:30 Walk: Roger Reynolds Nursery & Carriage Stop "90th Anniversary" 2:00 Black Jack (CR) 3:00 Ice Cream Social 7:00 Evening Movie
20 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive - India Basin Shoreline Park 3:00 Ice Cream Social 7:00 Evening Movie	21 <i>Medical Appt. Transportation</i> 9:30 Chair Yoga w/ Shawna 10:30 Board Games (DyR) 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 1:00 Tai-Chi w/ Michael (GH) 3:00 Ice Cream Social 7:00 Evening Movie	22 First Day of Fall <i>Medical Appt. Transportation</i> 9:00 Walking & Wellness Program (CR) 9:30 Chair Exercise (Th) 10:30 Trivia (CR) 1:00-2:00 GWI Resident Store 3:00 Drawing Class (AR) 3:00 Ice Cream Social 7:00 Evening Movie	23 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 10:30 Board Games (DyR) 1:00 Bridge (CR) 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 3:00 Residents' Birthday Celebration (GH) w/ Maddeline	24 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Hand Massage (CR) 1:00-2:00 GWI Resident Store 1:30 Wal-Mart Shopping 2:00-3:00 Outsmarting the Flu & Norovirus Seminar (Th) 3:00 Ice Cream Social 7:00 Evening Movie	25 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 1:30 Arts & Crafts (AR) 2:00-4:00 Citibank Exhibit (by The Bird Cage) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour w/ Beverly 7:00 Evening Movie	26 9:30 Chair Exercise (Th) 10:30 Word Games (DyR) 2:00 Black Jack (CR) 3:00 Entertainment w/ Ernie 3:00 Ice Cream Social 7:00 Evening Movie
27 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive - Harbor View Park 3:00 Entertainment w/ Tony 3:00 Ice Cream Social 7:00 Evening Movie	28 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Out to the Movies 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 1:00 Tai-Chi w/ Michael (GH) 3:00 Ice Cream Social 7:00 Evening Movie	29 <i>Medical Appt. Transportation</i> 9:00 Walking & Wellness Program (CR) 9:30 Chair Exercise (Th) 10:30 Memory Games (CR) 1:00-2:00 GWI Resident Store 3:00 Drawing Class (AR) 3:00 Ice Cream Social 7:00 Evening Movie	30 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 10:30 Board Games (DyR) 1:00 Bridge (CR) 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 4:00 Karaoke Singing (CR) 7:00 Evening Movie		<div style="border: 1px solid black; padding: 5px;"> VENUE FOR THE ACTIVITY GH - Grand Hall CR - Card Room PDR - Private Dining Room DyR - Day Room Th - Theater AR - Activities Room </div>	

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