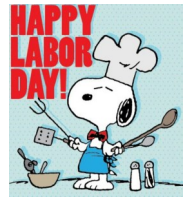








Residential Wellness Activity Calendar September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key: *AH1= Hospital Activity Rm *1st Fl. *AH2=Hospital Activity Rm *2nd Fl. *AL=Lodge Activity Room *AP=Lodge Activity Plaza *L=Lodge *C = Country House *VO=Volunteer Office *CP=Chapel *EHP=Edith Head Plaza	Location Key: *VL= Video Library, C *K = Katzenberg Villa *V1 = 1st Floor Villa *V2 = 2nd Floor Activity Rm. Villa *V3 = 3rd Floor Villa *S = Saban Community Room Channel 22-Channel 22 T= Theatre/Michael V. Lewis Plaza Susan & Gary Martin Screening	RECREATION DEPT. Larry 818-876- 4009 Sylvie 818-876-6383 Susan 818- 876- 6389 Wilson 818-876-1512 Julio 818-876-1384 Lizz 818-876-1048 Volunteer office 818-876-1140 Marty 818-687-4746 (watch repair)				1 10:00AM SPANISH/ SOCIAL STUDIES *V3 10:30AM SHABBAT SERVICE *CP
2 8:30AM MASS *ST. MELS	3 	4 10:00AM EXERCISE *K 12:00PM ABSOLUTELY ABS *K 5:15PM ZUMBA *K	5  10:00AM EXERCISE *K 2:00PM MEDITATION *V2 3:30PM TAI CHI *K 3:30PM MEDITATION *L 3:30PM GOLF *VO 5:00PM HATHA YOGA *K 5:15PM URBAN ZEN*S	6 10:00AM EXERCISE *K 11:00AM CHURCH SEVICE*CP 12:00PM ABSOLUTELY ABS *K 5:00PM HATHA YOGA*S 5:15PM ZUMBA *K	7 9:00AM WALKING *V 10:00AM EXERCISE *K 10:00AM LOVE ON A LEASH DOG THERAPY *L 12:30PM MAT PILATES *K 1:30PM GENTLE YOGA *K 2:45PM TAI CHI *K	8 10:00AM SPANISH/ SOCIAL STUDIES *V3
9 8:30AM MASS *ST. MELS 11:00AM ROSH HASHANAH SERVICE *S 3:00PM ORIGAMI *L	10 10:00AM EXERCISE *K 5:00PM HATHA YOGA *K	11 10:00AM EXERCISE *K 12:00PM ABSOLUTELY ABS *K 5:15PM ZUMBA *K	12  10:00AM EXERCISE *K 2:00PM MEDITATION *V2 3:30PM TAI CHI *K 3:30PM MEDITATION *L 3:30PM GOLF *VO 5:00PM HATHA YOGA *K	13 9:30AM HEARING AID*V2 10:00AM EXERCISE *K 10:15AM HEARING AID *L 12:00PM ABSOLUTELY ABS *K 5:00PM HATHA YOGA *S 5:15PM ZUMBA *K	14 9:00AM WALKING *V 10:00AM EXERCISE *K 10:00AM LOVE ON A LEASH DOG THERAPY *L 11:00AM CHURCH SERVICE *V3 12:30PM MAT PILATES *K 1:30PM GENTLE YOGA *K 2:45PM TAI CHI *K	15 10:00AM SPANISH/ SOCIAL STUDIES *V3
16 8:30AM MASS *ST. MELS	17 10:00AM EXERCISE *K 5:00PM HATHA YOGA *K	18  10:00AM GOLF CLINIC *EHP 10:00AM EXERCISE *K 11:00AM YOM KIPPUR SERVICE *S 12:00PM ABSOLUTELY ABS *K 2:30PM REMEMBERING OUR OWN*C 5:15PM ZUMBA *K	19 10:00AM EXERCISE *K 2:00PM MEDITATION *V2 3:30PM TAI CHI *K 3:30PM MEDITATION *L 3:30PM GOLF *VO 5:00PM HATHA YOGA *K 5:15PM URBAN ZEN*S	20 10:00AM EXERCISE *K 11:00AM CHURCH SEVICE*CP 12:00PM ABSOLUTELY ABS *K 5:00PM HATHA YOGA*S 5:15PM ZUMBA *K	21 9:00AM WALKING *V 10:00AM EXERCISE *K 10:00AM LOVE ON A LEASH DOG THERAPY *L 12:30PM MAT PILATES *K 1:30PM GENTLE YOGA *K 2:45PM TAI CHI *K	22  10:00AM SPANISH/ SOCIAL STUDIES *V3
23 8:30AM MASS *ST. MELS 3:00PM ORIGAMI *L	24  10:00AM EXERCISE *K 5:00PM HATHA YOGA *K	25 10:00AM GOLF CLINIC *EHP 10:00AM EXERCISE *K 12:00PM ABSOLUTELY ABS *K 5:15PM ZUMBA *K	26 10:00AM EXERCISE *K 2:00PM MEDITATION *V2 3:30PM TAI CHI *K 3:30PM MEDITATION *L 3:30PM GOLF *VO 5:00PM HATHA YOGA *K	27  9:30AM HEARING AID*V2 10:00AM EXERCISE *K 10:15AM HEARING AID *L 12:00PM ABSOLUTELY ABS *K 5:00PM HATHA YOGA *S 5:15PM ZUMBA *K	28 9:00AM WALKING *V 10:00AM EXERCISE *K 10:00AM LOVE ON A LEASH DOG THERAPY *L 11:00AM CATHOLIC MASS*V3 12:30PM MAT PILATES *K 1:30PM GENTLE YOGA *K 2:45PM TAI CHI *K	29 10:00AM SPANISH/ SOCIAL STUDIES *V3
30 8:30AM MASS *ST. MELS					ALL ACTIVITIES ARE SUBJECT TO CHANGE.	Please check the CALENDAR, DAILY ACTIVITY BOARDS & CHANNEL 22 (TV Channel 22) for updated information.