

September 2021 Ocean Hills Assisted Living Monthly Calendar



Location Keys

Activity Room	AR
Bus	Bus
Courtyard	C
Dining Room	DR
Ice Cream Parlor	ICP
Lobby	L
Movie Theater	MT
Tavern	T

- ♥ Emotional
- 💡 Intellectual
- ↔ Physical
- 👥 Social
- 🦋 Spiritual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 🦋 Virtual Catholic Mass [MT] 5</p> <p>9:30 🍵 Coffee & Friends - Cancelled [L]</p> <p>10:00 🦋 Virtual Service -North Coast Calvary Chapel [MT]</p> <p>2:00 🌟 Bridge Club (Cancelled) [T]</p> <p>3:15 🍷 Ice Cream Parlor (Cancelled) [ICP]</p> <p>4:00 🌟 Rummikub Club - Cancelled [AR]</p> <p>6:30 ♥ Drama Movie Night - Cancelled [MT]</p>	<p>10:00 ↔ Core Strength & Balance (Outside Courtyard) [AR] 6</p> <p>11:15 🌟 Word of the Day & Brain Exercises (Outside Courtyard) [AR]</p> <p>12:30 ♥ Background Music with Taylor Bassett During Lunch - Cancelled [DR]</p> <p>1:00 🍷 Scenic Drive - Cancelled</p> <p>3:00 🌟 Ted Talks - Cancelled [MT]</p> <p>3:15 🍷 Door to Door Ice Cream with Jason [ICP]</p> <p>4:00 🌟 Rummikub Club - Cancelled [AR]</p> <p>6:30 ♥ Documentary Film - Cancelled [MT]</p>	<p>10:00 ↔ Chair Yoga with Sarah [AR] 7</p> <p>10:30 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [AR]</p> <p>10:50 Meditation (Courtyard)</p> <p>1:30 🦋 Together in Christ: Bible Study with Phyllis Closed [AR]</p> <p>3:15 🍷 Door to Door Ice Cream with Jason [ICP]</p> <p>4:00 🌟 Rummikub Club - Cancelled [AR]</p> <p>6:30 ♥ Music Movie - Cancelled [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [C] 8</p> <p>10:30 🌟 Word of the Day & Brain Exercises (Outside Courtyard) [AR]</p> <p>10:50 Meditation (Courtyard)</p> <p>11:00 ↔ Chair Tai Chi with Patrick - Cancelled [AR]</p> <p>1:30 🛒 Shopping: Department Stores</p> <p>3:15 🍷 Door to Door Ice Cream with Jason [ICP]</p> <p>4:00 🌟 Rummikub Club - Cancelled [AR]</p> <p>6:30 ♥ Comedy Movie Night - Cancelled [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [C] 9</p> <p>10:30 ↔ Strength Exercises (Outside Courtyard) [AR]</p> <p>10:50 Meditation (Courtyard)</p> <p>11:15 🌟 Word of the Day & Brain Exercises (Outside Courtyard) [AR]</p> <p>1:30 🛒 Big Topic Thursday - TBD [AR]</p> <p>2:00 🍷 Move Well w/Nancy (Outside Courtyard)</p> <p>3:00 Happy Hour [T]</p> <p>4:00 🌟 Rummikub Club - Cancelled [AR]</p> <p>6:30 ♥ Inspiring Movie Night (Cancelled) [MT]</p>	<p>10:30 ↔ Balance Exercises [AR] 10</p> <p>10:50 Meditation</p> <p>11:30 🍷 Lunch-Outing (Cancelled)</p> <p>1:00 Hearing Aid Cleanings w/Dr. Rose 1:00-5:00PM</p> <p>2:00 🌟 Movie Clips - Cancelled [AR]</p> <p>3:15 🍷 Door to Door Ice Cream with Jason [ICP]</p> <p>4:00 🌟 Rummikub Club - Cancelled [AR]</p> <p>6:30 ♥ Romantic Movie Night - Cancelled [MT]</p>	<p>10:00 🌟 Daily Chronicle & Today in History [AR] 11</p> <p>10:30 ↔ Morning Stretches (Self-directed/courtyard) [AR]</p> <p>10:50 Meditation (Self-directed/Courtyard)</p> <p>2:00 🌟 Trivia Challenge - cancelled [AR]</p> <p>3:15 🍷 Ice Cream Parlor - Cancelled [ICP]</p> <p>4:00 🌟 Rummikub Club - Cancelled [AR]</p> <p>6:30 ♥ Saturday Cinema - Cancelled [MT]</p>
<p>9:00 🦋 Virtual Catholic Mass [MT] 12</p> <p>9:30 🍵 Coffee & Friends [L]</p> <p>10:00 🦋 Virtual Service -North Coast Calvary Chapel [MT]</p> <p>2:00 🌟 Bridge Club [T]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Drama Movie Night [MT]</p>	<p>10:00 ↔ Core Strength & Balance (Outside Courtyard) [AR] 13</p> <p>11:15 🌟 Word of the Day & Brain Exercises (Outside Courtyard) [AR]</p> <p>1:00 🍷 Scenic Drive</p> <p>3:00 🌟 Ted Talks [MT]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Documentary Film [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History [AR] 14</p> <p>10:30 ↔ Strength Exercises [AR]</p> <p>10:50 Meditation</p> <p>11:30 🌟 Nature Knowledge Hour with Jamie</p> <p>1:30 🦋 Together in Christ: Bible Study with Phyllis TBD [AR]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Music Movie [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [C] 15</p> <p>10:30 🌟 Word of the Day & Brain Exercises [AR]</p> <p>10:50 Meditation</p> <p>11:00 ↔ Chair Tai Chi with Patrick [AR]</p> <p>1:30 🛒 Shopping Spree at Walmart</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Comedy Movie Night [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [AR] 16</p> <p>10:30 ↔ Strength Exercises (Outside Courtyard) [AR]</p> <p>10:50 Meditation</p> <p>1:30 🦋 Multi-denominational communion</p> <p>2:00 🍷 Move Well w/Nancy</p> <p>3:00 Happy Hour [T]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Inspiring Movie Night [MT]</p>	<p>10:30 ↔ Balance Exercises [AR] 17</p> <p>10:50 Meditation</p> <p>11:30 🍷 Lunch-Outing</p> <p>1:00 Hearing Aid Cleanings w/Dr. Rose 1:00-5:00PM</p> <p>1:30 🌟 Music Appreciation [AR]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Romantic Movie Night [MT]</p>	<p>10:00 🌟 Daily Chronicle & Today in History [AR] 18</p> <p>10:30 ↔ Morning Stretches [AR]</p> <p>10:50 Meditation</p> <p>2:00 🌟 Trivia Challenge [AR]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Saturday Cinema [MT]</p>
<p>9:00 🦋 Virtual Catholic Mass [MT] 19</p> <p>9:30 🍵 Coffee & Friends [L]</p> <p>10:00 🦋 Virtual Service -North Coast Calvary Chapel [MT]</p> <p>2:00 🌟 Bridge Club [T]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Drama Movie Night [MT]</p>	<p>10:00 ↔ Core Strength & Balance (Outside Courtyard) [AR] 20</p> <p>11:15 🌟 Word of the Day & Brain Exercises (Outside Courtyard) [AR]</p> <p>12:30 ♥ Background Music with Taylor Bassett During Lunch [DR]</p> <p>1:00 🍷 Scenic Drive</p> <p>3:00 🌟 Ted Talks [MT]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Documentary Film [MT]</p>	<p>10:00 ↔ Chair Yoga with Sarah [AR] 21</p> <p>10:30 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [AR]</p> <p>10:50 Meditation</p> <p>11:30 🍷 Senior Jokes with Jamie</p> <p>1:30 🦋 Together in Christ: Bible Study with Phyllis TBD [AR]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Music Movie [MT]</p>	<p>1:30 🛒 Shopping: Department Stores 22</p> <p>10:00 ↔ Beach Walk at the Oceanside Pier [Bus]</p> <p>10:50 Meditation</p> <p>11:00 ↔ Chair Tai Chi with Patrick [AR]</p> <p>1:30 🛒 Shopping - Albertsons, Target, Wal-Mart</p> <p>3:00 🌟 Reader's Book Club [AR]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Comedy Movie Night [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [AR] 23</p> <p>10:30 ↔ Strength Exercises (Outside Courtyard) [AR]</p> <p>10:50 Meditation</p> <p>11:15 🌟 Word of the Day [AR]</p> <p>1:30 🛒 Big Topic Thursday [AR]</p> <p>2:00 🍷 Move Well w/Nancy</p> <p>3:00 Happy Hour [T]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Inspiring Movie Night [MT]</p>	<p>10:30 ↔ Balance Exercises (Outside Courtyard) [AR] 24</p> <p>10:50 Meditation</p> <p>11:30 🍷 Lunch-Outing</p> <p>1:00 Hearing Aid Cleanings w/Dr. Rose 1:00-5:00PM</p> <p>2:00 🌟 Movie Clips [AR]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Romantic Movie Night [MT]</p>	<p>10:00 🌟 Daily Chronicle & Today in History [AR] 25</p> <p>10:30 ↔ Morning Stretches [AR]</p> <p>10:50 Meditation</p> <p>2:00 🌟 Trivia Challenge [AR]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Saturday Cinema [MT]</p>
<p>9:00 🦋 Virtual Catholic Mass [MT] 26</p> <p>9:30 🍵 Coffee & Friends [L]</p> <p>10:00 🦋 Virtual Service -North Coast Calvary Chapel [MT]</p> <p>2:00 🌟 Bridge Club [T]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Drama Movie Night [MT]</p>	<p>10:00 ↔ Core Strength & Balance (Outside Courtyard) [AR] 27</p> <p>11:15 🌟 Word of the Day & Brain Exercises (Outside Courtyard) [AR]</p> <p>1:00 🍷 Scenic Drive</p> <p>3:00 🌟 Ted Talks [MT]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Documentary Film [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History [AR] 28</p> <p>10:30 ↔ Strength Exercises [AR]</p> <p>10:50 Meditation</p> <p>11:30 ♥ Inspirational Stories with Jamie</p> <p>1:30 🦋 Together in Christ: Bible Study with Phyllis TBD [AR]</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Music Movie [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [C] 29</p> <p>10:30 🌟 Word of the Day & Brain Exercises [AR]</p> <p>10:50 Meditation</p> <p>11:00 ↔ Chair Tai Chi with Patrick [AR]</p> <p>1:30 🛒 Shopping - Top Pick</p> <p>3:15 🍷 Ice Cream Parlor [ICP]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Comedy Movie Night [MT]</p>	<p>10:00 🌟 Daily Chronicle & This Day in History (Outside Courtyard) [AR] 30</p> <p>10:30 ↔ Strength Exercises (Outside Courtyard) [AR]</p> <p>10:50 Meditation</p> <p>11:15 🌟 Word of the Day [AR]</p> <p>1:30 🦋 Multi-denominational communion</p> <p>2:00 🍷 Move Well w/Nancy</p> <p>3:00 Happy Hour [T]</p> <p>4:00 🌟 Rummikub Club [AR]</p> <p>6:30 ♥ Inspiring Movie Night [MT]</p>	<p>ALL Activities are subject to change without notice. Please see your daily schedules for any changes! Thank you!</p>	