



August 2010

Alamitos West Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	7
8:30 Joel Osteen Program (DR) 10:00 St. Hedwig Mass (on T.V.) DR 10:00 Watercolors (DR) 11:00 Trivia (DR) 2:00 Calvary Church Service (DR) 3:00 Film Of The Day (DR) 6:00 Social Hour (DR)	10:00 Cooking, Smothered Potatoes (DR) 10:15 Pretty Nails (St. 2) 2:00 Remember When (St. 2) 2:00 Exercise w/ Christian (DR) 3:00 Movie & Topic of Stars with Nikki (DR) 3:30 Chicken Soup For The Soul St. 2 6:30 Bingo (DR)	9:30 Current Events (DR) 10:00 Piano Sing Along with Jennifer (DR) 10:15 Pretty Nails (St. 2) 11:00 Good Old Days/Trivia (DR) 2:00 Remember When (St. 2) 2:00 Exercise w/ Christian (DR) 3:00 Movie Matinee (DR) 3:30 Chicken Soup For The Soul St. 2 6:30 Bingo (DR)	9:30 Current Events (DR) 10:00 Petting Zoo (DB) 10:00 Morning Stretch (St. 2) 11:00 Bingo (DR) 2:00 Good Old Days (St. 2) 3:00 Tea Time (DR) 6:00 Assorted Table Games (DR)	9:30 Current Events (DR) 10:00 Artist At Work (St. 2) 10:00 Accordian Music (DR) 11:00 Catholic Rosary (St. 4) 11:00 Trivia (DR) 2:00 Wii Sports Bowling (DR) 2:00 Reminiscence (St. 2) 3:00 Tea Time (DR) 6:30 Bingo (DR)	9:30 Current Events (DR) 10:00 Music Appreciation with Paul (DR) 11:00 Reminiscence (St. 2) 11:00 TV Matinee (DR) 2:00 Watercolor (St. 2) 2:00 Exercise with Willie (DR) 3:30 Assorted Table Games DR 6:30 Bingo (DR)	9:30 Current Events (DR) 10:00 Senior Topics with Mary (DR) 10:30 Arts & Crafts with Maxine (St. 2) 11:00 Q and A (DR) 2:00 Cocktail Hour: Pina Colada (DR) 3:00 Tea Time (DR) 6:30 Bingo (DR)	9:30 Current Events (DR) 10:00 Fingers At Work (DR) 10:00 Travel Film: Hawaii (DR) 11:00 Trivia (DR) 2:00 Bingo (DR) 2:00 Old Movie Classics (St. 4) 3:30 Tea Time (DR) 6:00 Social Hour (DR)
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Note: 11:30 & 3:15 each day is our Outdoor Activity

Location Key	DR = Main Dining Room
St. 1 = Station 1 Sitting Area	
St. 4 = Station 4 Sitting Area	
Life Enrichment Director	WILLIE MOULTRIE
Life Enrichment Assistants	CHARLENE GADLIN
	CHRISTIAN TRAGICO