

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

- HAPPY BIRTHDAY JOAN STRAKA!** **1**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 9:00 Hair Salon (9am-1pm)
 - 9:15 Catholic Communion
 - 10:00 Friday Fitness LIVE!
 - 10:45 Senior Sports Bean Bag Toss
 - 12:45 Cookie Challenge Winners Trip to Mrs. Fields Cookies
 - 2:30 Bingo in the Afternoon
 - 3:00 Tapioca Pudding Social
 - 6:00 Friday Nite @ the Movies

- 2**
- 8:15 Fitnessize
 - 9:00 Morning Yoga For Seniors
 - 9:30 Yahtzee in the Activity Room
 - 10:45 Wii Bowling!
 - 1:00 Card Games with Friends (1:00-2:00)
 - 2:30 Bingo in the Afternoon
 - 3:00 Root Beer Floats Social
 - 5:30 Saturday Night Cards!

- 3**
- 7:30 Church Transportation
 - 8:15 Fitnessize
 - 9:00 Morning Yoga
 - 1:30 Sunday Afternoon Bingo
 - 2:00 Cheese & Crackers Social
 - 3:00 Vespers with Ventura Baptist
 - 6:00 "Classic Night" at the Movies

- 4**
- RESIDENT COUNCIL MEETING**
- 8:00 Dr. Transportation - Ventura (8-11am)
 - 8:15 Fitnessize
 - 9:00 Morning Yoga!
 - 9:30 Wii Bowling!
 - 10:45 Senior Sports Bean Bag Toss
 - 12:30 Resident Council Meeting
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 2:15 Alignment for Health with Joyce
 - 3:00 Brownie Trifle Social
 - 3:30 Monday Afternoon Bingo
 - 6:00 Monday Night Movie

- 5**
- HAPPY BIRTHDAY MARY DONG & JEAN MAHER!**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 10:00 Communion w/ Chaplain Virgil
 - 10:30 "Cheese Pizza Day" Word Challenge
 - 1:00 Spite and Malice Card Game
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 2:15 "Labor Day/What's My Line" w/ Mary Z. Wilson
 - 3:00 Warm Apple Pie Social
 - 3:30 Wii Bowling with Kathy
 - 5:30 Cards in the Library

- 6**
- HAPPY BIRTHDAY ELIZABETH CUBBERLY!**
- Dementia Support Group**
- 8:15 Fitnessize
 - 9:00 Hair Salon (9am - 1pm)
 - 9:00 Morning Yoga For Seniors
 - 9:15 Banking Business
 - 9:30 Dementia Support Group
 - 1:00 Scenic Drive - Ojai
 - 2:30 Bingo in the Afternoon with Kathy
 - 3:00 Vegies & Dip Social
 - 6:00 Wednesday Nite @ the Movies

- 7**
- 8:15 Fitnessize
 - 9:00 Hair Salon (9am-1pm)
 - 9:00 Shopping at Walmart
 - 9:00 Morning Yoga!
 - 10:00 Cypress Bunco Group!
 - 1:00 Dr. Transportation - Oxnard (1:00-3:00)
 - 2:30 Happy Hour with Bill Carter & Celebrating September Birthdays!
 - 5:30 Cards in the Library

- 8**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 9:00 Hair Salon (9am-1pm)
 - 9:15 Catholic Communion
 - 10:00 Friday Fitness LIVE!
 - 11:30 Sunflower Ladies Planning Lunch
 - 1:00 Wii Bowling!
 - 2:30 Bingo in the Afternoon
 - 3:00 Cinnamon Pastry Puff Social
 - 6:00 Friday Nite @ the Movies

- 9**
- 8:15 Fitnessize
 - 9:00 Morning Yoga For Seniors
 - 9:30 Yahtzee in the Activity Room
 - 10:45 Wii Bowling!
 - 1:00 Card Games with Friends (1:00-2:00)
 - 2:30 Bingo in the Afternoon
 - 3:00 Root Beer Floats Social
 - 5:30 Saturday Night Cards!

- 10**
- NATIONAL ASSISTED LIVING WEEK - FAMILY IS FOREVER!**
- 7:30 Church Transportation
 - 8:15 Fitnessize
 - 9:00 Morning Yoga
 - 1:30 Sunday Afternoon Bingo
 - 2:00 Cheese & Crackers Social
 - 3:00 Vespers with Ventura Baptist
 - 6:00 "Classic Night" at the Movies

- 11**
- Family is Forever! Charity Bingo today**
- 8:00 Dr. Transportation - Ventura (8-11am)
 - 8:15 Fitnessize
 - 9:00 Morning Yoga!
 - 9:30 Wii Bowling!
 - 10:45 Senior Sports Bean Bag Toss
 - 1:00 Sassafras Creek Bluegrass Group!
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 2:15 Alignment for Health with Joyce
 - 3:00 Blueberry Muffin Social
 - 3:30 Monday Afternoon Bingo - Earn double Bingo Bucks to help buy items for flood victims
 - 6:00 Monday Night Movie

- 12**
- Family is Forever! Making Blankets for Senior Flood Victims**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 9:30 Braille Institute Low Vision Consult (9:30-11)
 - 10:00 Bible Study w/Chaplain Virgil
 - 10:00 Quilt Making for La Vita Bella Residents in Houston
 - 1:00 Spite and Malice Card Game
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 2:15 "School Days" with Mary Z
 - 3:00 Warm Apple Pie Social
 - 3:30 Quilt Making for La Vita Bella Residents in Houston
 - 5:30 Cards in the Library

- 13**
- Family is Forever! Staff Appreciation Ice Cream Social MEDITECH TODAY**
- 8:15 Fitnessize
 - 9:00 Hair Salon (9am - 1pm)
 - 9:00 Morning Yoga For Seniors
 - 9:15 Banking Business
 - 10:00 Medi-Tech Wellness Clinic
 - 1:00 Scenic Drive - Bubbling Springs
 - 2:00 Staff Appreciation Ice Cream Social
 - 3:00 Vegies & Dip Social
 - 6:00 Wednesday Nite @ the Movies

- 14**
- Family is Forever! Quilt Making, Movie and Snacks with Family & Friends**
- 8:15 Fitnessize
 - 9:00 Hair Salon (9am-1pm)
 - 9:00 Morning Yoga!
 - 10:00 Quilt Making for La Vita Bella Residents in Houston
 - 10:30 Shopping at Target
 - 1:00 Dr. Transportation - Oxnard (1:00-3:00)
 - 2:30 Happy Hour with Sam & Charlie
 - 5:30 Quilt Making for La Vita Bella Residents with family and friends!
 - 5:30 Cards in the Library

- 15**
- Family is Forever! Charity Bingo today**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 9:00 Hair Salon (9am-1pm)
 - 9:15 Catholic Communion
 - 10:00 Friday Fitness LIVE!
 - 10:45 Senior Sports Bean Bag Toss
 - 2:30 Bingo in the Afternoon - Earn double bucks to help buy items for flood victims
 - 3:00 Chicken & Cranberry Salad Tea Sandwich Social
 - 6:00 Friday Nite @ the Movies

- 16**
- Family is Forever! Charity BINGO STORE!**
- 8:15 Fitnessize
 - 9:00 Morning Yoga For Seniors
 - 10:30 Charity Bingo Store!
 - 1:00 Card Games with Friends (1:00-2:00)
 - 2:30 Bingo in the Afternoon
 - 3:00 Root Beer Floats Social
 - 5:30 Saturday Night Cards!

- 17**
- 7:30 Church Transportation
 - 8:15 Fitnessize
 - 9:00 Morning Yoga
 - 1:30 Sunday Afternoon Bingo
 - 2:00 Cheese & Crackers Social
 - 3:00 Vespers with Ventura Baptist
 - 6:00 "Classic Night" at the Movies

- 18**
- 8:00 Dr. Transportation - Ventura (8-11am)
 - 8:15 Fitnessize
 - 9:00 Morning Yoga!
 - 9:30 Wii Bowling!
 - 10:00 Music Jam with Carlo Fontaine
 - 10:45 Senior Sports Bean Bag Toss
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 3:00 Peanut Butter Cookie Social
 - 3:30 Monday Afternoon Bingo
 - 6:00 Monday Night Movie

- 19**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 10:00 "Butterscotch Pudding Day" Word Challenge
 - 10:00 Bible Study w/Chaplain Virgil
 - 1:00 Spite and Malice Card Game
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 2:15 "Old Time Radio" w/ Mary Z. Wilson
 - 3:00 Warm Apple Pie Social
 - 3:30 Wii Bowling with Kathy
 - 5:30 Cards in the Library

- 20**
- Red Suspender Club Outing HAPPY BIRTHDAY PAT WEAVER!**
- Dementia Support Group**
- 8:15 Fitnessize
 - 9:00 Hair Salon (9am - 1pm)
 - 9:00 Morning Yoga For Seniors
 - 9:15 Banking Business
 - 9:30 Dementia Support Group
 - 10:30 Alignment for Health with Joyce
 - 11:00 Red Suspender Club Lunch at Cafe Nouveau
 - 1:30 Scenic Drive - Carpinteria
 - 3:00 Bingo in the Afternoon with Kathy
 - 3:00 Vegies & Dip Social
 - 6:00 Wednesday Nite @ the Movies

- 21**
- HAPPY BIRTHDAY VIRGINIA CAMINER!**
- Fireside Chat with Steve Spira**
- 8:15 Fitnessize
 - 9:00 Shopping at Trader Joes
 - 9:00 Hair Salon (9am-1pm)
 - 9:00 Morning Yoga!
 - 10:00 Cypress Bunco Group!
 - 1:00 Fireside Chat with Steve
 - 1:00 Dr. Transportation - Oxnard (1:00-3:00)
 - 2:30 Happy Hour with Armando Cardoza
 - 5:30 Cards in the Library

- 22**
- Carnival - Hosted by Ventura Post Accute**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 9:00 Hair Salon (9am-1pm)
 - 9:15 Catholic Communion
 - 10:00 Friday Fitness LIVE!
 - 10:45 Senior Sports Bean Bag Toss
 - 1:00 Carnival Hosted by Ventura Post Acute 1:00pm-2:30pm
 - 2:30 Bingo in the Afternoon
 - 3:00 Egg Salad Tea Sandwich Social
 - 6:00 Friday Nite @ the Movies

- 23**
- Swap & Shop!**
- 8:15 Fitnessize
 - 9:00 Morning Yoga For Seniors
 - 9:30 Yahtzee in the Activity Room
 - 10:45 Wii Bowling!
 - 12:45 Swap & Shop!
 - 1:00 Card Games with Friends (1:00-2:00)
 - 2:30 Bingo in the Afternoon
 - 3:00 Root Beer Floats Social
 - 5:30 Saturday Night Cards!

- 24**
- 7:30 Church Transportation
 - 8:15 Fitnessize
 - 9:00 Morning Yoga
 - 1:30 Sunday Afternoon Bingo
 - 2:00 Cheese & Crackers Social
 - 3:00 Vespers with Ventura Baptist
 - 6:00 "Classic Night" at the Movies

- 25**
- 8:00 Dr. Transportation - Ventura (8-11am)
 - 8:15 Fitnessize
 - 9:00 Morning Yoga!
 - 9:30 Wii Bowling!
 - 10:45 Senior Sports Bean Bag Toss
 - 1:00 Sassafras Creek Bluegrass Group!
 - 1:00 Visiting Bunco Buddies Group
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 1:00 Resident Choice Board Game
 - 3:00 Lemon Bar Social
 - 3:30 Monday Afternoon Bingo
 - 6:00 Monday Night Movie

- 26**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 10:00 Bible Study w/Chaplain Virgil
 - 10:30 "Johnny Applesseed Day" Word Challenge
 - 1:00 Spite and Malice Card Game
 - 1:00 Dr. Transportation - Ventura (1-3 pm)
 - 1:30 Town Hall ALL Staff Meeting
 - 2:15 "Eye Q Vision Trivia" with Mary Z
 - 3:00 Warm Apple Pie Social
 - 3:30 Wii Bowling with Kathy
 - 5:30 Cards in the Library

- 27**
- "Autumn Splendor" Theme Dinner**
- 8:15 Fitnessize
 - 9:00 Hair Salon (9am - 1pm)
 - 9:00 Morning Yoga For Seniors
 - 9:15 Banking Business
 - 9:30 Acoustic Hearing
 - 10:30 Alignment for Health with Joyce
 - 10:30 Music with George on his Accordion
 - 1:00 Scenic Drive - Father Serra Cross and Mainstreet
 - 3:00 Vegies & Dip Social
 - 4:30 Autumn Splendor Theme Dinner and Entertainment
 - 6:00 Wednesday Nite @ the Movies

- 28**
- 8:15 Fitnessize
 - 9:00 Hair Salon (9am-1pm)
 - 9:00 Morning Yoga!
 - 10:30 Shopping at CVS
 - 1:00 Dr. Transportation - Oxnard (1:00-3:00)
 - 2:30 Happy Hour with Mark Rosen
 - 5:30 Cards in the Library

- 29**
- 8:15 Fitnessize
 - 9:00 Balance & Strength Exercise
 - 9:00 Hair Salon (9am-1pm)
 - 9:15 Catholic Communion
 - 10:00 Friday Fitness LIVE!
 - 10:45 Senior Sports Bean Bag Toss
 - 1:00 Painting with VIno
 - 2:30 Bingo in the Afternoon
 - 3:00 Tomato & Cheese Bruschetta Social
 - 6:00 Friday Nite @ the Movies

- 30**
- Alzheimer's Walk at the Collection**
- 8:15 Fitnessize
 - 9:00 Morning Yoga For Seniors
 - 9:30 Yahtzee in the Activity Room
 - 10:45 Wii Bowling!
 - 1:00 Card Games with Friends (1:00-2:00)
 - 2:30 Bingo in the Afternoon
 - 3:00 Root Beer Floats Social
 - 5:30 Saturday Night Cards!