


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>EXPERTS IN SENIOR LIVING CYPRESS PLACE SENIOR LIVING</p>	<ul style="list-style-type: none"> Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well 				<p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>9:15 Catholic Communion</p> <p>10:00 Bridge with Friends</p> <p>10:30 Friday Matinee</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>1:00 Bingo with Hermen</p> <p>1:30 Bridge with Friends</p> <p>2:00 Ping Pong</p> <p>3:30 Happy Hour with Tom Weaver</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>7:15 Friday Movie Night</p>	<p>9:00 3rd Floor Walk Around</p> <p>9:00 Coffee & Newspapers in Bistro</p> <p>10:00 Game Time with Christina & Neighbors</p> <p>11:00 Total Strength Exercise</p> <p>1:00 Bingo with Christina</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>3:00 Make Your Own Trail Mix with Christina</p> <p>7:00 Saturday Movie Night</p>
<p>7:30 Church Transportation</p> <p>10:00 Play Scrabble in Library</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Wii Bowling</p> <p>1:30 Sunday Afternoon Bingo</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 Total Strength Exercise</p> <p>3:00 Vespers with Ventura Baptist</p> <p>3:30 Wii Shuffle Board</p> <p>6:30 Sit & Chat Group</p> <p>7:00 Sunday Movie Night</p>	<p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>8:00 Dr. Transportation - Ventura (8-11am)</p> <p>10:00 Total Strength Exercise</p> <p>10:45 Cardio Chair Dance</p> <p>1:00 Poker Group Deals!</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:00 Kings In the Corner</p> <p>1:30 31 Card Game</p> <p>2:00 Getting Old Gracefully Discussion Group</p> <p>2:00 Fireside Social & Snacks</p> <p>3:00 Basic Spanish with Hermen Ramos</p> <p>3:30 Alignment for Health w/Joyce</p> <p>6:00 Billiards with Neighbors</p> <p>6:30 Wii Bowling</p>	<p>NAIL SALON OPEN 9AM-1PM</p> <p>HAIR SALON OPEN 9AM-3PM</p> <p>9:00 Hair Salon Open 9am - 3pm</p> <p>9:00 Nail Salon Open 9am - 1pm</p> <p>10:00 Communion w/ Chaplain Virgil</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:30 Poker Group Deals!</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 Matinee Movie: Gifted</p> <p>6:30 Sit & Chat Group</p>	<p>Dementia Support Group</p> <p>6:30 Cardio Music Chair Dance</p> <p>9:15 Banking Business</p> <p>9:30 Dementia Support Group</p> <p>10:30 Bingo with Christina</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Poker Group Deals!</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 History Class with Irv</p> <p>3:00 Outting to Ventura Pier</p> <p>3:30 Pinochle</p> <p>6:00 Billiards with Neighbors</p> <p>6:30 Wii Bowling</p>	<p>HAPPY BIRTHDAY ROGER BARR!!!!</p> <p>CYPRESS CASH STORE</p> <p>9:00 Shopping at Walmart</p> <p>10:00 Painting & Projects</p> <p>10:30 Billiards with Christina and Neighbors</p> <p>1:00 LIVE "Deal or No Deal" with Christina</p> <p>1:00 Dr. Transportation - Oxnard (1:00-3:00)</p> <p>1:00 Meditation w/ Doug Ward</p> <p>1:30 31 Card Game</p> <p>2:00 Fireside Social & Snacks</p> <p>3:30 Cypress Store</p> <p>6:30 Sit & Chat Group</p> <p>6:30 Hand & Foot Game</p>	<p>HAPPY BIRTHDAY GENEVIEVE ZAEHRINGER!!!!</p> <p>HAPPY BIRTHDAY BARBARA TAYLOR!!!!</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>9:15 Catholic Communion</p> <p>10:00 Bridge with Friends</p> <p>10:30 Friday Matinee</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>11:15 New Resident Luncheon</p> <p>1:00 Bingo with Hermen</p> <p>1:30 Bridge with Friends</p> <p>2:00 Ping Pong</p> <p>3:30 Happy Hour with Pamela Vincent</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>7:15 Friday Movie Night</p>	<p>9:00 3rd Floor Walk Around</p> <p>9:00 Coffee & Newspapers in Bistro</p> <p>9:00 Computer Club</p> <p>10:00 Game Time with Christina & Neighbors</p> <p>11:00 Total Strength Exercise</p> <p>1:00 Bingo with Christina</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>3:30 DIY Body Scrub</p> <p>7:00 Saturday Movie Night</p>
<p>7:30 Church Transportation</p> <p>10:00 Play Scrabble in Library</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Wii Bowling</p> <p>1:30 Sunday Afternoon Bingo</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 Total Strength Exercise</p> <p>3:00 Vespers with Ventura Baptist</p> <p>3:30 Wii Shuffle Board</p> <p>6:30 Sit & Chat Group</p> <p>7:00 Sunday Movie Night</p>	<p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>8:00 Dr. Transportation - Ventura (8-11am)</p> <p>10:00 Total Strength Exercise</p> <p>10:45 Cardio Chair Dance</p> <p>1:00 Poker Group Deals!</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:00 Kings In the Corner</p> <p>1:30 31 Card Game</p> <p>2:00 Fireside Social & Snacks</p> <p>3:00 Basic Spanish with Hermen Ramos</p> <p>3:30 Alignment for Health w/Joyce</p> <p>6:00 Billiards with Neighbors</p> <p>6:30 Wii Bowling</p>	<p>NAIL SALON OPEN 9AM-1PM</p> <p>HAIR SALON OPEN 9AM-3PM</p> <p>9:00 Hair Salon Open 9am - 3pm</p> <p>9:00 Nail Salon Open 9am - 1pm</p> <p>9:30 Braille Institute Low Vision Consult with Steve Salazar (9:30-11:00)</p> <p>10:00 Bible Study w/Chaplain Virgil</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>1:00 It's BUNCO Time!</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:30 Poker Group Deals!</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 Life Review Discussion w/ Jim Sheldon</p> <p>3:30 Resident's Art Exhibit & Reception</p> <p>6:30 Sit & Chat Group</p>	<p>MEDI-TECH TODAY</p> <p>6:30 Cardio Music Chair Dance</p> <p>9:15 Banking Business</p> <p>10:00 Medi-Tech Wellness Clinic</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Poker Group Deals!</p> <p>1:00 Bingo with Christina</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 History Class with Irv</p> <p>3:00 Shopping at Oliveira Plaza - Port Hueneme</p> <p>3:30 Live "Jeopardy" with Christina</p> <p>6:00 Toastmaster's Org</p> <p>6:00 Billiards with Neighbors</p>	<p>Swap & Shop Today!</p> <p>Swap and Shop 10am-2pm</p> <p>10:00 Shopping at Target</p> <p>10:30 Billiards with Christina and Neighbors</p> <p>1:00 Dr. Transportation - Oxnard (1:00-3:00)</p> <p>1:00 Meditation w/ Doug Ward</p> <p>1:30 31 Card Game</p> <p>2:00 Fireside Social & Snacks</p> <p>3:00 Painting & Projects</p> <p>3:30 Going YOUR Way!</p> <p>6:30 Sit & Chat Group</p> <p>6:30 Hand & Foot Game</p>	<p>HAPPY BIRTHDAY CARL HELMS!!!!</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>9:15 Catholic Communion</p> <p>10:00 Bridge with Friends</p> <p>10:30 Friday Matinee</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>11:15 September Birthday Luncheon</p> <p>1:00 Bingo with Hermen</p> <p>1:30 Bridge with Friends</p> <p>2:00 Ping Pong</p> <p>3:30 Resident's Happy Hour</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>7:15 Friday Movie Night</p>	<p>9:00 3rd Floor Walk Around</p> <p>9:00 Coffee & Newspapers in Bistro</p> <p>10:00 Game Time with Christina & Neighbors</p> <p>11:00 Total Strength Exercise</p> <p>1:30 Bingo with Christina</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>3:30 Wii Shuffleboard</p> <p>7:00 Saturday Movie Night</p>
<p>7:30 Church Transportation</p> <p>10:00 Play Scrabble in Library</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Wii Bowling</p> <p>1:30 Sunday Afternoon Bingo</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 Total Strength Exercise</p> <p>3:00 Vespers with Ventura Baptist</p> <p>3:30 Wii Shuffle Board</p> <p>6:30 Sit & Chat Group</p> <p>7:00 Sunday Movie Night</p>	<p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>8:00 Dr. Transportation - Ventura (8-11am)</p> <p>10:00 Total Strength Exercise</p> <p>10:45 Cardio Chair Dance</p> <p>1:00 Poker Group Deals!</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:00 Kings In the Corner</p> <p>1:30 31 Card Game</p> <p>2:00 Getting Old Gracefully Discussion Group</p> <p>2:00 Fireside Social & Snacks</p> <p>3:00 Basic Spanish with Hermen Ramos</p> <p>3:30 Alignment for Health w/Joyce</p> <p>6:00 Billiards with Neighbors</p> <p>6:30 Wii Bowling</p>	<p>NAIL SALON OPEN 9AM-1PM</p> <p>HAIR SALON OPEN 9AM-3PM</p> <p>9:00 Hair Salon Open 9am - 3pm</p> <p>9:00 Nail Salon Open 9am - 1pm</p> <p>10:00 Bible Study w/Chaplain Virgil</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>1:00 LIVE "Family Feud" with Christina</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:30 Poker Group Deals!</p> <p>2:00 Fireside Social & Snacks</p> <p>3:00 Netflix and Chill</p> <p>3:30 Billiards with Christina & Neighbors</p> <p>6:30 Sit & Chat Group</p>	<p>HAPPY BIRTHDAY MICHAEL GORDON!!!!</p> <p>HAPPY BIRTHDAY DORTHY FRASER!!!!</p> <p>Dementia Support Group</p> <p>6:30 Cardio Music Chair Dance</p> <p>9:15 Banking Business</p> <p>9:30 Dementia Support Group</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Poker Group Deals!</p> <p>1:00 Bingo with Christina</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 History Class with Irv</p> <p>3:00 Shopping at Montalvo Square Shopping Center</p> <p>3:30 Pinochle</p> <p>6:00 Billiards with Neighbors</p> <p>6:30 Wii Bowling</p>	<p>"Autumn Splendor" Theme Dinner</p> <p>Fireside Chat with Steve Spira</p> <p>9:00 Shopping at Trader Joes</p> <p>10:00 Painting & Projects</p> <p>10:30 Billiards with Friends</p> <p>1:00 Dr. Transportation - Oxnard (1:00-3:00)</p> <p>1:00 Meditation w/ Doug Ward</p> <p>1:30 31 Card Game</p> <p>2:00 Fireside Social & Snacks</p> <p>3:30 Fireside Chat with Steve</p> <p>4:30 Autumn Splendor Theme Dinner</p> <p>6:30 "Autumn Splendor" Entertainment</p> <p>6:30 Sit & Chat Group</p> <p>6:30 Hand & Foot Game</p>	<p>Carnival - Hosted by Ventura Post Acute</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>9:15 Catholic Communion</p> <p>10:00 Bridge with Friends</p> <p>10:30 Friday Matinee</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>1:00 Carnival Hosted by Ventura Post Acute 1:00pm-2:30pm</p> <p>1:00 Bingo with Hermen</p> <p>1:30 Bridge with Friends</p> <p>2:00 Ping Pong</p> <p>3:30 Happy Hour with Scott McDonald</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>7:15 Friday Movie Night</p>	<p>9:00 3rd Floor Walk Around</p> <p>9:00 Coffee & Newspapers in Bistro</p> <p>10:00 Game Time with Christina & Neighbors</p> <p>11:00 Total Strength Exercise</p> <p>1:00 Bingo with Christina</p> <p>2:00 LIVE "Wheel of Fortune" with Christina</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>3:30 Scrapbook Paper Crafts</p> <p>7:00 Saturday Movie Night</p>
<p>HAPPY BIRTHDAY ELLIE MIQUELON!!!!</p> <p>7:30 Church Transportation</p> <p>10:00 Play Scrabble in Library</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Wii Bowling</p> <p>1:30 Sunday Afternoon Bingo</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 Total Strength Exercise</p> <p>3:00 Vespers with Ventura Baptist</p> <p>3:30 Wii Shuffle Board</p> <p>6:30 Sit & Chat Group</p> <p>7:00 Sunday Movie Night</p>	<p>HAPPY BIRTHDAY CAROL PADILLA!!!!</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>8:00 Dr. Transportation - Ventura (8-11am)</p> <p>10:00 Total Strength Exercise</p> <p>10:45 Cardio Chair Dance</p> <p>1:00 Poker Group Deals!</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:00 Kings In the Corner</p> <p>1:30 31 Card Game</p> <p>2:00 Fireside Social & Snacks</p> <p>3:00 Basic Spanish with Hermen Ramos</p> <p>3:30 Alignment for Health w/Joyce</p> <p>6:00 Billiards with Neighbors</p> <p>6:30 Wii Bowling</p>	<p>HAPPY BIRTHDAY MARIETTA MAZZA!!!!</p> <p>NAIL SALON OPEN 9AM-1PM</p> <p>HAIR SALON OPEN 9AM-3PM</p> <p>9:00 Hair Salon Open 9am - 3pm</p> <p>9:00 Nail Salon Open 9am - 1pm</p> <p>10:00 Bible Study w/Chaplain Virgil</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>1:00 It's BUNCO Time!</p> <p>1:00 Dr. Transportation - Ventura (1-3 pm)</p> <p>1:30 Town Hall ALL Staff Meeting</p> <p>1:30 Poker Group Deals!</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 Life Review Discussion w/ Jim Sheldon</p> <p>3:30 Tequila Tuesday</p> <p>6:30 Sit & Chat Group</p> <p>7:00 A Night at the Opera</p>	<p>6:30 Cardio Music Chair Dance</p> <p>9:15 Banking Business</p> <p>9:30 Acoustic Hearing</p> <p>10:45 Balance & Strength with Tai Chi & Yoga</p> <p>1:00 Bingo with Hermen</p> <p>1:00 Poker Group Deals!</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>2:30 History Class with Irv</p> <p>3:00 Shopping at Ventura Gateway</p> <p>6:00 Toastmaster's Org</p> <p>6:00 Billiards with Neighbors</p>	<p>10:00 Painting & Projects</p> <p>10:30 Shopping at CVS</p> <p>10:30 Billiards with Christina and Neighbors</p> <p>1:00 Dr. Transportation - Oxnard (1:00-3:00)</p> <p>1:00 Meditation w/ Doug Ward</p> <p>1:30 31 Card Game</p> <p>2:00 Fireside Social & Snacks</p> <p>3:30 Going YOUR Way!</p> <p>6:30 Sit & Chat Group</p> <p>6:30 Hand & Foot Game</p>	<p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>9:15 Catholic Communion</p> <p>10:00 Bridge with Friends</p> <p>10:30 Friday Matinee</p> <p>10:45 LIVE Exercise w/ Christina</p> <p>1:00 Bingo with Hermen</p> <p>1:30 Bridge with Friends</p> <p>2:00 Ping Pong</p> <p>3:30 Happy Hour with Linda Marie</p> <p>6:30 Balance & Strength with Tai Chi & Yoga</p> <p>7:15 Friday Movie Night</p>	<p>Alzheimer's Walk</p> <p>Alzheimer's Walk at the Collection</p> <p>8:15 Alzheimer's Walk at the Collection</p> <p>9:00 3rd Floor Walk Around</p> <p>9:00 Coffee & Newspapers in Bistro</p> <p>10:00 Game Time with Neighbors</p> <p>11:00 Total Strength Exercise</p> <p>1:00 Bingo with Christina</p> <p>2:00 Ping Pong</p> <p>2:00 Fireside Social & Snacks</p> <p>2:45 Painting and Wine Drinking</p> <p>7:00 Saturday Movie Night</p>