







# MARCH 2010

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|--|--|--|--|---|--|--|
|   | <p>1</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM WALMART VS<br/>7:00PM Bridge MZ</p>               | <p>2</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>12:30PM CRAFTS W/ VICKI AR<br/>1:30PM ALBERTSONS, K-MART, T.J. MAXX &amp; RITE AID VS</p>                 | <p>3</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>2:00PM JOHN COSGRIFF SINGING IN THE MAIN LOBBY</p>   | <p>4</p> <p>9:00AM Coffee AR<br/>10:00AM STATER BROS. &amp; CVS DRUG STORE VS<br/>10:30AM Chair Exercise TV<br/>1:00PM BANKING VS<br/>2:45PM BINGO AR<br/>7:00PM Bridge MZ</p>  | <p>5</p> <p>9:00AM Coffee AR<br/>8:00-11:00AM Doctor Day Huntington Beach VS<br/>10:00AM Catholic Service PD<br/>10:30AM Chair Exercise TV<br/>1:00PM 99CENT ONLY STORE VS<br/>2:30PM SOCIAL HOUR ML</p> | <p>6</p> <p>8:30AM-2:00PM PALA CASINO<br/>9:00AM Coffee AR<br/>10:30AM Chair Exercise TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p>   |
| <p>7</p> <p>9:00AM COFFEE AR<br/>9:30AM CHURCH SERVICE WITH COMMUNION TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p>   | <p>8</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM 17TH STREET RUN VS<br/>7:00PM Bridge MZ</p>       | <p>9</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM ALBERTSONS, K-MART, T.J. MAXX &amp; RITE AID VS<br/>2:30PM BLOODPRESSURE CHECK PD</p>   | <p>10</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:00PM OUT TO THE MOVIES VS</p>   | <p>11</p> <p>9:00AM Coffee AR<br/>10:00AM STATER BROS. &amp; CVS DRUG STORE VS<br/>10:30AM Chair Exercise TV<br/>1:00PM BANKING VS<br/>2:45PM BINGO AR<br/>7:00PM Bridge MZ</p> | <p>12</p> <p>9:00AM Coffee AR<br/>8:00-11:00AM Doctor Day Huntington Beach VS<br/>10:00AM Catholic Service PD<br/>10:30AM Chair Exercise TV<br/>11:00-2:00PM VIRGINIA FASHIONS IN THE MAIN LOBBY</p>     | <p>13</p> <p>9:00AM Coffee AR<br/>10:30AM Chair Exercise TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p>  |
| <p>14</p> <p>9:00AM COFFEE AR<br/>9:30AM CHURCH SERVICE WITH COMMUNION TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p> <p>DAYLIGHT SAVINGS TIME BEGINS</p>  | <p>15</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:00PM TRADER JOE'S VS<br/>7:00PM Bridge MZ</p>         | <p>16</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM ALBERTSONS, K-MART, T.J. MAXX &amp; RITE AID VS</p>  | <p>17</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>2:00PM BIRTHDAY PARTY WITH GUSTAVO ML</p> <p>ST. PATRICK'S DAY</p>  | <p>18</p> <p>9:00AM Coffee AR<br/>10:00AM STATER BROS &amp; CVS DRUG STORE VS<br/>10:30AM Chair Exercise TV<br/>1:00PM BANKING VS<br/>2:45PM BINGO AR<br/>7:00PM Bridge MZ</p>  | <p>19</p> <p>9:00AM Coffee AR<br/>8:00-11:00AM Doctor Day Huntington Beach VS<br/>10:00AM Catholic Service PD<br/>10:30AM Chair Exercise TV<br/>1:00PM SCENIC DRIVE VS<br/>2:30PM SOCIAL HOUR ML</p>     | <p>20</p> <p>9:00AM Coffee AR<br/>10:30AM Chair Exercise TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p> <p>SPRING BEGINS</p>  |
| <p>21</p> <p>9:00AM COFFEE AR<br/>9:30AM CHURCH SERVICE WITH COMMUNION TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p>  | <p>22</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM TARGET &amp; HENRY'S VS<br/>7:00PM Bridge MZ</p> | <p>23</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM ALBERTSONS, K-MART, T.J. MAXX &amp; RITE AID VS<br/>7:00PM TRAVEL LOG WITH VICKI TV</p>  | <p>24</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>3:00PM JOHN COWAN SINGING IN THE MAIN LOBBY</p>   | <p>25</p> <p>9:00AM Coffee AR<br/>10:00AM STATER BROS. &amp; CVS DRUG STORE VS<br/>10:30AM Chair Exercise TV<br/>1:00PM BANKING VS<br/>2:45PM BINGO AR<br/>7:00PM Bridge MZ</p> | <p>26</p> <p>9:00AM Coffee AR<br/>8:00-11:00AM Doctor Day Huntington Beach VS<br/>10:00AM Catholic Service PD<br/>10:30AM Chair Exercise TV<br/>11:30AM OUT TO LUNCH VS<br/>2:30PM SOCIAL HOUR ML</p>    | <p>27</p> <p>9:00AM Coffee AR<br/>10:30AM Chair Exercise TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p>  |
| <p>28</p> <p>9:00AM COFFEE AR<br/>9:30AM CHURCH SERVICE WITH COMMUNION TV<br/>1:45PM MOVIE TV<br/>3:30PM MUSIC ML</p> <p>PALM SUNDAY</p>  | <p>29</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM 99CENT ONLY STORE VS<br/>7:00PM Bridge MZ</p>    | <p>30</p> <p>9:00AM Coffee AR<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>1:30PM ALBERTSONS, K-MART, T.J. MAXX &amp; RITE AID VS<br/>7:00PM NIGHT BINGO AR</p> <p>PASSOVER</p>  | <p>31</p> <p>9:00AM Coffee Ar<br/>8:00-12:00PM Doctor Day VS<br/>10:30AM Chair Exercise TV<br/>3:00PM SOCIAL HOUR WITH JOHN COWAN ML</p>   |   |  | <p>COSTA NEUPORTE ACTIVITY SCHEDULE</p> <p>PD-PRIVATE DINING ROOM<br/>VS-VEHICLE SERVICE<br/>AR-CRAFT ROOM<br/>TV- TV &amp; ACTIVITIES ROOM<br/>MZ-MEZZANINE<br/>ML-MAIN LOUNGE/FOYER</p>                        |