

OCTOBER

VALLEY HEIGHTS ACTIVITY CALENDAR

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Welcome our newest residents: Ruth Rummell Kathy Idoine Robert Miller</p> <p>Note: Activities and events subject to change. Please read flyers and bulletins for details.</p>	<p>1</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>2</p> <p>9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 11:00 am Bible Study with Kim & Carla 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Bob Hughes 7:30 pm Movie</p>	<p>3</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 11:30 pm Weekday Lunch: Fish House 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>4</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>5</p> <p>9 am Exercise 9:30 am Exercise 10:30 am Book Club 11:00 am Food Committee 1:00 pm Creative Writing 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie</p>	<p>6</p> <p>9:30 am Trader Joe's 12:00 pm Food, Fun & BINGO 1:00 pm Movie 7:30 pm Movie</p>
<p>7</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: UCSC Campus 1:00 pm Movie 7:30 pm Movie</p>	<p>8</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>9</p> <p>9-12 pm Santa Cruz 9 am Exercise 9:30 am Exercise 11:00 am Communion 11:00 am Bible Study with Kim & Carla 1:00 pm Kitchen Tour with Chef Cesar 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Young At Heart 7:30 pm Movie</p>	<p>10</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Welcome Lunch 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>11</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>12</p> <p>9:00 am Exercise 9:30 am Exercise 10:30 am Book Club 1:00 pm Creative Writing 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Steve Valle 7:30 pm Movie</p>	<p>13</p> <p>11:00 am Lunch at Red Lobster (Salinas) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>14</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: San Juan Bautista 1:00 pm Movie 7:30 pm Movie</p>	<p>15</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>16</p> <p>9-12 pm Santa Cruz 9 am Exercise 9:30 am Exercise 11:00 am Communion 11:00 am Bible Study with Kim & Carla 1:00 pm Podiatrist (Dr. Hyland) 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Chris Ring 7:30 pm Movie</p>	<p>17</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 11:00 am Resident Council 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>18</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>19</p> <p>9:00 am Exercise 9:30 am Exercise 10:30 am Book Club 1:00 pm Creative Writing 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie</p>	<p>20</p> <p>11:00 am Lunch at Palapas (Aptos) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>21</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: Graham Hill Rd 1:00 pm Movie 7:30 pm Movie</p>	<p>22</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>23</p> <p>9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 11:00 am Bible Study with Kim & Carla 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Lizz Fischer 7:30 pm Movie</p>	<p>24</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Ladies Social 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>25</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>26</p> <p>9 am Exercise 9:30 am Exercise 7:10-30 am Book Club 12:00 pm Mens Lunch 1:00 pm Creative Writing 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Mike Noonan 7:30 pm Movie</p>	<p>27</p> <p>11:00 am Martinelli Co. Store (Watsonville) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>28</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: Monterey 1:00 pm Movie 7:30 pm Movie</p>	<p>29</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>30</p> <p>9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 11:00 am Bible Study with Kim & Carla 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie</p>	<p>31</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 1:00 pm Bridge 3:30 pm Halloween Costume Party 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>Celebrate Halloween at Valley Heights! Wednesday, October 31 at 3:30 PM</p> <p>Celebrate Halloween with a delightful costume contest at Social Hour the Living Room. Sit back, relax, enjoy some ghoulish treats, and admire all the creative Halloween creations. We will parade around the Living Room at 4:00 PM; then award prizes for costumes (by 4:15 PM). Following the parade, first seating of dinner will begin. Time to enjoy this annual Halloween party!</p>		

HAPPY ANNIVERSARY

Bill & Lupe Burgstrom
Oct. 24, 1948

Join Teacher Jane Fridays for our weekly Book Club at 10:30 AM in the TV Lounge. Then join Jane for Creative Writing Class at 1 PM in the Multi-Use Room. Each class is offered FREE of charge!

Bible Study is held at 11 AM on Tuesdays in the TV room. All residents welcome to join. This is a 3 part study on the book of Ephesians. The first part will be 10 weeks (concluding on November 12). Kim and Carla are leading this group as it goes through the history of the early Christian church.

A study guide (\$9.00 each) for this section is available; just come to the study to purchase your copy.

Ladies Social is on Wednesday, October 24 at noon in the Dining Room. This will be our final Ladies Social for this calendar year. All female residents are invited and encouraged to attend.

Men's Lunch will be held on Friday, October 26 in the side Dining Room on the 1st floor at noon. All men residents are invited to join us for the final Men's lunch of 2018!

Happy October Birthday:

Tony Colendich-	10/01
Mary Portillo-	10/08
Earl Hassler-	10/10
Teresa Robertson-	10/17
Lillian Nielsen-	10/23
Alpha Gardner-	10/23