



# OCTOBER VALLEY HEIGHTS ACTIVITY CALENDAR 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:30 am - 12:30 pm Church Transportation 1:00 pm Shopping at Home Goods (Marina) 1:00 pm Movie 7:30 pm Movie	<b>2</b> 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 Casino Night 7:30 pm Movie	<b>3</b> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm David Field 7:30 pm Movie	<b>4</b> 10:00 am DVD Lecture 10:00 am Shopping 11:30 am Lunch at Calif. Grill 1:00 pm Bridge 2:30 pm Bible Study 7:30 pm Movie 7:30 pm Poker Night <b>POPCORN DAY!</b>	<b>5</b> 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	<b>6</b> 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 11:00 am Food Committee 1:00 pm Shopping 1:00 pm Creative Writing 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie	<b>7</b> 9:30 am Capitola Mall 12:00 pm Food, Fun & BINGO 1:00 pm Movie 7:30 pm Movie
<b>8</b> 9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: 17 Mile Drive (Carmel) 1:00 pm Movie 7:30 pm Movie	<b>9</b> 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 Casino Night 7:30 pm Movie	<b>10</b> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:00 pm Podiatrist (Dr. Hyland) 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Young At Heart 7:30 pm Movie	<b>11</b> 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Welcome Lunch 1:00 pm Bridge 2:30 pm Bible Study 7:30 pm Movie 7:30 pm Poker Night <b>POPCORN DAY!</b>	<b>12</b> 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	<b>13</b> 9 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 11:00 am Wheel Chair/Walker Tune Up 1:00 pm Shopping 1:00 pm Creative Writing 3:30 pm Social hour 3:30 pm Mike Noonan 7:30 pm Movie	<b>14</b> 11:00 am Lunch at Olive Garden (Salinas) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie
<b>15</b> 9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: San Juan Bautista 1:00 pm Movie 7:30 pm Movie	<b>16</b> 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 Casino Night 7:30 pm Movie	<b>17</b> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie	<b>18</b> 9:30 am MVCS Show 10:00 am DVD Lecture 10:00 am Shopping 11:00 am Resident Council 1:00 pm Bridge 2:30 pm Bible Study 7:30 pm Movie 7:30 pm Poker Night <b>POPCORN DAY!</b>	<b>19</b> 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	<b>20</b> 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 1:00 pm Shopping 1:00 pm Creative Writing 3:30 pm Social hour 3:30 pm Bob Hughes 7:30 pm Movie	<b>21</b> 11:00 am Lunch at Sea Harvest 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie
<b>22</b> 9:30 am - 12:30 pm Church Transportation 1:00 pm Shopping at Wal-Mart (Marina) 1:00 pm Movie 7:30 pm Movie	<b>23</b> 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 Casino Night 7:30 pm Movie	<b>24</b> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Liz Fischer 7:30 pm Movie	<b>25</b> 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Ladies Luncheon 1:00 pm Bridge 2:30 pm Bible Study 7:30 pm Movie 7:30 pm Poker Night <b>POPCORN DAY!</b>	<b>26</b> 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	<b>27</b> 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 12:00 pm Men's Lunch 1:00 pm Shopping 1:00 pm Creative Writing 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie	<b>28</b> 11:00 am Lunch at Crow's Nest (Santa Cruz) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie
<b>29</b> 9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: San Andreas Rd. (Aptos) 1:00 pm Movie 7:30 pm Movie	<b>30</b> 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 Casino Night 7:30 pm Movie	<b>31</b> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Costume Contest 7:30 pm Movie <b>HAPPY HALLOWEEN</b>	<b>Celebrate Halloween at Valley Heights!            Tuesday, October 31 at 3:30 PM</b>  <b>Celebrate Halloween with a fun costume contest at Social Hour.            Sit back, relax, enjoy refreshments, and admire all the fun Halloween creations. We will parade in the Living Room at 4:00 PM; then award prizes for costumes (approximately 4:15 PM) before dinner begins. Everyone is welcome to take part and enjoy this annual Halloween party!</b>			Note: Activities and events subject to change. Please read flyers and bulletins for details.

Members of our terrific Maintenance Department will be available in the Multi-Use Room on Fri., Oct. 13, at 11 am to lightly service your walker or wheelchair. First come, first serve; when everyone has left the clinic will end. Don't miss out on having parts tightened and secured at the wheelchair/walker Tune up event!



### "Parables of Jesus"

Enjoy a 4-week Bible Study at Valley Heights. Class will be every Wednesday in October at 2:30 PM in the TV Lounge.

### Special student performance at Valley Heights

On Wednesday, October 18, enjoy the cherub voices of Monte Vista Christian Middle School Choir students as they sing for us in our formal Living Room. The show will begin at 9:30 AM. Invite your friends and neighbors to this extra-special morning show!

"Everybody is ignorant, only on different subjects."

.....-Will Rogers.

### Happy Birthday!

- Tony Colendich 10/01 •
- Virginia Kotecki 10/06 •
- Mary Portillo 10/08 •
- Earl Hassler 10/10 •
- Teresa Robertson 10/17 •
- Alpha Gardner 10/23 •

WELCOME OUR  
 NEWEST RESIDENT:  
 Sally Leach

