

SEPTEMBER VALLEY HEIGHTS ACTIVITY CALENDAR 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">“Nowhere can man find a quieter or more untroubled retreat than in his own soul.” - Marcus Aurelius</p>			<p>1</p> 10:00 am DVD Lecture 11:00 am Food Committee 12:30 pm Crafts Class 1:00 pm Bridge 1:00 pm Shopping 7:30 pm Movie POPCORN DAY!	<p>2</p> 9:00 am Exercise 9:30 am Exercise 10:00 am Communion 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Casino Night	<p>3</p> 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 10:30 am SC Co. Bank 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie	<p>4</p> 12:00 pm Lunch at Jardine's 12:00 pm Food, Fun & BINGO 1:00 pm Movie 7:30 pm Movie
<p>5</p> 9:30 am - 12:30 pm Church Transportation 11:30 am Hymns with Bobbie 1:00 pm Whole Foods 1:00 pm Movie 7:30 pm Movie	<p>6</p> 9:00 am Tai Chi 11:00 am DVD Lecture 1:30 pm BINGO 7:30 pm Movie LABOR DAY	<p>7</p> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Rachel Frankel 7:30 pm Movie	<p>8</p> 10:00 am DVD Lecture 12:00 pm Welcome Lunch 12:30 pm Crafts Class 1:00 pm Bridge 1:00 pm Shopping 7:30 pm Movie POPCORN DAY!	<p>9</p> 9:00 am Exercise 9:30 am Exercise 10:00 am Communion 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie	<p>10</p> 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 10:30 am SC Co. Bank 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie	<p>11</p> 12:00 pm Lunch at PV Golf Course?? 12:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie PATRIOT DAY
<p>12</p> 9:30 am - 12:30 pm Church Transportation 11:30 am Hymns with Bobbie 1:00 pm Scenic Drive: Aptos (stop at Palm Deli) 1:00 pm Movie 7:30 pm Movie	<p>13</p> 9:00 am Tai Chi 10:00 am Shopping 11:00 am DVD Lecture 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie	<p>14</p> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 12-3 pm SC County Fair 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Young at Heart 7:30 pm Move	<p>15</p> 10:00 am DVD Lecture 11:00 am Res. Council 12:30 pm Crafts Class 1:00 pm Bridge 1:00 pm Shopping 7:30 pm Movie POPCORN DAY!	<p>16</p> 9:00 am Exercise 9:30 am Exercise 10:00 am Communion 11:00 am Blood pressure 12:00 pm Lunch in 1:00 pm Podiatrist Visits 1:30 pm BINGO 7:30 pm Casino Night	<p>17</p> 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 10:30 am SC Co. Bank 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Silvertones 7:30 pm Movie	<p>18</p> 11:30 am Senior Follies (Santa Cruz) 12:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie
<p>19</p> 9:30 am - 12:30 pm Church Transportation 11:30 am Hymns with Bobbie 1:00 pm Gizdich 1:00 pm Movie 7:30 pm Movie	<p>20</p> 9:00 am Tai Chi 10:00 am Shopping 11:00 am DVD Lecture 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie	<p>21</p> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Rite of Swing 7:30 pm Movie	<p>22</p> 10:00 am DVD Lecture 12:30 pm Crafts Class 1:00 pm Bridge 1:00 pm Shopping 7:30 pm Movie POPCORN DAY!	<p>23</p> 9:00 am Exercise 9:30 am Exercise 10:00 am Communion 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie AUTUMN BEGINS	<p>24</p> 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 10:30 am SC Co. Bank 12:00 pm Men's Lunch 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie HOLLYWOOD NIGHT	<p>25</p> 12:00 pm Lunch at Olive Garden 12:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie
<p>26</p> 9:30 am - 12:30 pm Church Transportation 11:30 am Hymns with Bobbie 1:00 pm Scenic Drive: Pacific Grove 1:00 pm Movie 7:30 pm Movie	<p>27</p> 9:00 am Tai Chi 10:00 am Shopping 11:00 am DVD Lecture 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie	<p>28</p> 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Jazz-A 7:30 pm Movie	<p>29</p> 10:00 am DVD Lecture 12:00 pm Ladies Tea 12:30 pm Crafts Class 1:00 pm Bridge 1:00 pm Shopping 7:30 pm Movie POPCORN DAY!	<p>30</p> 9:00 am Exercise 9:30 am Exercise 10:00 am Communion 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie	<p align="center">“Great souls have wills; feeble ones have only wishes.” - Chinese Proverb</p> <p align="right"><i>Note: Activities and events subject to change. Please read flyers and bulletins for details.</i></p>	

ENJOY THE VALLEY HEIGHTS WEEKEND OUTINGS. A DESCRIPTION AND RATING FOR EACH DESTINATION IS CONVENIENTLY LOCATED ON THE SIGN UP SHEET. (SIGN UP SHEETS ARE FOUND AT THE FRONT DESK.) ENJOY A VARIETY OF NEW EXPERIENCES AS WELL AS FAVORITE TRIED-AND-TRUE LOCATIONS THAT WE TRAVEL TO EACH MONTH.

Casino Nights will be held on the first and third Thursday beginning this month. Sign up to enjoy a delightful evening of Blackjack in our Cattail Lounge. Hopefully Lady Luck will make a visit!

Senior Day at the Santa Cruz County Fair will be on Tuesday, September 14. Valley Heights van will take residents on this special Tuesday outing. Admission price is \$4.00 on this day.

Happy September Birthdays!

Frances Kempton	September 2
Ellen McCann	September 3
Brenda Messenger	September 6
Annie Macedo	September 8
Pauline Graham	September 9
George Menasco	September 13
Florence Haney	September 18
Helen Terrell	September 20
Lorraine Silva	September 21
Harriet Hinck	September 27

Welcome to Valley Heights!
Alberta Chiavaras