





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: Activities and events subject to change. Please read flyers and bulletins for details.</p>  <p>Happy Mother's Day Sunday, May 13, 2018.</p>		<p>1</p> <p>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 Bob Hughes 7:30 pm Movie</p>	<p>2</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 11:30 am Lunch Outing-Imura 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>3</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>4</p> <p>9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 10:30 am Book Club 11:00 am Food Committee 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie</p>	<p>5</p> <p>9:30 am Trader Joe's 12:00 pm Food, Fun & BINGO 1:00 pm Movie 7:30 pm Movie</p>
<p>6</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: UCSC 1:00 pm Movie 7:30 pm Movie</p>	<p>7</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 Blackjack! 7:30 pm Movie</p>	<p>8</p> <p>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 Young At Heart 7:30 pm Movie</p>	<p>9</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>10</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>11</p> <p>9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 10:30 am Book Club 1:00 pm Shopping 3:30 pm Social hour 3:30 pm David Field 7:30 pm Movie</p>	<p>12</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>13</p>  <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Sierra Azul Nursery 1:00 pm Movie 7:30 pm Movie HAPPY MOTHER'S DAY</p>	<p>14</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 Blackjack! 7:30 pm Movie</p>	<p>15</p> <p>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</p>	<p>16</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>17</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>18</p> <p>9:00 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 10:30 am Book Club 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Mike Noonan 7:30 pm Movie</p>	<p>19</p> <p>11:00 am Lunch at Olive Garden (Salinas) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>20</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: Prunedale 1:00 pm Movie 7:30 pm Movie</p>	<p>21</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 Blackjack! 7:30 pm Movie</p>	<p>22</p> <p>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 Chris Ring 7:30 pm Movie</p>	<p>23</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>24</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:00 pm Podiatrist (Dr. Hyland) 1:30 pm BINGO 7:30 pm Movie</p>	<p>25</p> <p>9 am Exercise 9:30 am Exercise 10:00 am DVD Lecture 10:30 am Book Club 12:00 pm Mens Lunch 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Banjos By The Bay 7:30 pm Movie</p>	<p>26</p> <p>11:00 am Lunch at California Grill (Watsonville) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>27</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: Freedom Blvd. 1:00 pm Movie 7:30 pm Movie</p>	<p>28</p>  <p>10:00 am Shopping 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Blackjack! 7:30 pm Movie MEMORIAL DAY</p>	<p>29</p> <p>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</p>	<p>30</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>31</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>MEMORIAL DAY CELEBRATE • HONOR • REMEMBER</p>	

WELCOME OUR NEWEST RESIDENTS:

MARJORIE WOLFE,
AND
JOHN IRELAND



Happy May Birthdays

- Shirley Manfre May 06
- Joan Meyers May 11
- Marge Rossi May 13
- Mary Jane Saveria May 18
- Martha Powell May 22
- Esther Walsh May 26



"Be not afraid of life. Believe that life is worth living, and your belief will help create the fact."
~William James

Dr. Hyland (Podiatrist) will be at Valley Heights on Thursday, May 24. For an appointment, contact the Front Desk.

"When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, I used everything you gave me."
~Erma Bombeck

Memorial Day is observed on Monday, May 28, 2018. All Federal offices, banks, and many doctor offices will be closed on this day.