

Castro- Upstairs & Chelsea-Downstairs In Bold Activities June 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>➤ Chelsea Village Activities are listed in Bold.</p> <p>➤ Chelsea village members are welcome to attend listed Castro activities please.</p> <p>➤ For outings please RVSP by calling 577-5084 or contact the Concierge. (Charges do apply for outings)</p> <p>➤ Interfaith Discussion Group is a closed group and the MS Support Group is an open group.</p> <p>➤ Check channel 21 for updates and contact information.</p> <p>➤ Have an activity suggestion? Please let the Activities Coordinator know.</p>			<p>1 7:30a Rise & Shine Yoga/Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>11:00 MS Support Group</p> <p>1:30 Bingo/ Snacks & Movie</p> <p>6:00p Mat Pilates/ Spa</p>	<p>2</p> <p>9:00 Walk or Wii</p> <p>10-3 Art with Jane C</p> <p>10:30 Chair Fitness/Spa</p> <p>2:30 "Food for Thought"</p> <p>3:00 Movies & Snacks</p>	<p>3</p> <p>9:00 Gardening</p> <p>9:30 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>1:30 Movies & Snacks</p> <p>6:00 Afternoon BBQ/ Patio</p>	<p>4</p> <p>8:30 Hatha Yoga/Spa</p> <p>9-4 Activity RM Open</p> <p>10:00 Interfaith Discussion Group</p> <p>2:30 Movies & Snacks</p> <p>1:30 Castro Ride/ Downtown</p>
<p>5</p> <p>9-4 Activity RM Open</p> <p>10:00 Exercise/Walk or Wii</p> <p>2-5 Movie/Snacks</p> <p>4:00 Capote Game Time</p>	<p>6 7:30a Rise & Shine Yoga/ Spa</p> <p>9:30 Robert Pierson Memorial</p> <p>10:30 Chair Fitness/Castro</p> <p>11-3 Art with Nora & Maggie</p> <p>1:30 Piano/ Sing-a-Long</p> <p>3:00 Movie/Snacks</p> <p>6:00p Mat Pilates/ Spa</p>	<p>7</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Spa</p> <p>10:30 Castro Chorus</p> <p>2:30 Movies/Snacks</p> <p>4:00 Writer's Group</p>	<p>8 7:30a Rise & Shine Yoga/Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>11:00 MS Support Group</p> <p>1-4 Chelsea Movie Outing</p> <p>1:30 Bingo/ Snacks & Movie</p> <p>6:00p Mat Pilates/ Spa</p>	<p>9</p> <p>9:00 Walk or Wii</p> <p>10-3 Art with Jane C</p> <p>10:30 Chair Fitness/Spa</p> <p>2:30 "Food for Thought"</p> <p>3:00 Afternoon Tea/ Sahara!</p>	<p>10</p> <p>9:00 Gardening</p> <p>9:30 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>1:30 Movies & Snacks</p> <p>6:00 Relay for Life/ 24hrs</p> <p>6:00 5th Anniversary Party/ BBQ</p>	<p>11</p> <p>8:30 Hatha Yoga/Spa</p> <p>9-4 Activity RM Open</p> <p>10:00 Interfaith Discussion Group</p> <p>1:30 Movies & Snacks</p> <p>1:30 Castro Ride/ Alameda Park</p> <p>9-6 Relay for Life/ Continued</p>
<p>12</p> <p>9-4 Activity RM Open</p> <p>10:00 Exercise/Walk or Wii</p> <p>2-5 Movie/Snacks</p> <p>4:00 Capote Game Time</p>	<p>13 7:30a Rise & Shine Yoga/ Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>1:30 Piano/Sing-a-Long</p> <p>3:00 Movie/Snacks</p> <p>6:00p Mat Pilates/ Spa</p>	<p>14 Flag Day</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Spa</p> <p>11:30 Members Council Conf RM</p> <p>10:30 Castro Chorus</p> <p>2:30 Movies/Snacks</p> <p>4:00 Writer's Group</p>	<p>15 7:30a Rise & Shine Yoga/Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>11:00 MS Support Group/OW</p> <p>1-4 Chelsea Movie Outing</p> <p>1:30 Bingo/ Snacks & Movie</p> <p>6:00p Mat Pilates/ Spa</p>	<p>16</p> <p>9:00 Walk or Wii</p> <p>10-3 Art with Jane C</p> <p>10:30 Chair Fitness/Spa</p> <p>2:30 "Food for Thought"</p> <p>3:00 Movies & Snacks</p> <p>4:30 Meet & Greet/ Lounge!</p>	<p>17</p> <p>9:00 Gardening</p> <p>9:30 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>1:30 Movies & Snacks</p> <p>6:00 Afternoon BBQ/ Patio</p>	<p>18</p> <p>8:30 Hatha Yoga/Spa</p> <p>9-4 Activity RM Open</p> <p>10:00 Interfaith Discussion Group</p> <p>1:30 Movies & Snacks</p> <p>1:30 Camel Rock Casino Outing <i>(Please RSVP With Concierge)</i></p>
<p>19 Happy Father's Day!</p> <p>9-4 Activity RM Open</p> <p>10:00 Exercise/Walk or Wii</p> <p>2-5 Movie/Snacks</p> <p>4:00 Capote Game Time</p>	<p>20 7:30a Rise & Shine Yoga/ Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>11-3 Art with Nora & Maggie</p> <p>1:30 Piano/Sing-a-Long</p> <p>3:00 Movie/Snacks</p> <p>6:00p Mat Pilates/ Spa</p>	<p>21 First Day of Summer</p> <p>9:00 Walk or Wii</p> <p>11-3 Art with Nora & Maggie</p> <p>10:30 Chair Fitness/Spa</p> <p>10:30 Castro Chorus</p> <p>2:30 Movies/Snacks</p> <p>4:00 Writer's Group</p>	<p>22 7:30a Rise & Shine Yoga/Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>11:00 MS Support Group</p> <p>1-4 Chelsea Movie Outing</p> <p>1:30 Bingo/ Snacks & Movie</p> <p>6:00p Mat Pilates/ Spa</p>	<p>23</p> <p>9:00 Walk or Wii</p> <p>10-3 Art with Jane C</p> <p>10:30 Chair Fitness/Spa</p> <p>2:30 "Food for Thought"</p> <p>3:00 Movies & Snacks</p>	<p>24</p> <p>9:00 Gardening</p> <p>9:30 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>1:30 Castro Member Meeting</p> <p>2:30 Movies & Snacks</p> <p>6:00 Afternoon BBQ/ Patio</p>	<p>25 Happy Pride Day!</p> <p>8:30 Hatha Yoga/Spa</p> <p>9-4 Pride Events at Rail Yard! <i>(Check newsletter for schedule)</i></p> <p>9-4 Activity RM Open</p> <p>10:00 Interfaith Discussion Group</p> <p>1:30 Movies & Snacks</p>
<p>26</p> <p>9-4 Activity RM Open</p> <p>10:00 Exercise/Walk or Wii</p> <p>2-5 Movie/Snacks</p> <p>4:00 Capote Game Time</p>	<p>27 7:30a Rise & Shine Yoga/ Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>11-3 Art with Nora & Maggie</p> <p>1:30 Piano/Sing-a-Long</p> <p>3:00 Movie/Snacks</p> <p>6:00p Mat Pilates/ Spa</p>	<p>28</p> <p>9:00 Walk or Wii</p> <p>11-3 Art with Nora & Maggie</p> <p>11:30 Members Council Conf RM</p> <p>10:30 Chair Fitness/Spa</p> <p>10:30 Castro Chorus</p> <p>2:30 Movies/Snacks</p> <p>4:00 Writer's Group</p>	<p>29 7:30a Rise & Shine Yoga/Spa</p> <p>9:00 Walk or Wii</p> <p>10:30 Chair Fitness/Castro</p> <p>11:00 MS Support Group</p> <p>1-4 Chelsea Movie Outing</p> <p>1:30 Bingo/ Snacks & Movie</p> <p>6:00p Mat Pilates/ Spa</p>	<p>30</p> <p>9:00 Walk or Wii</p> <p>10-3 Art with Jane C</p> <p>10:30 Chair Fitness/Spa</p> <p>1:30 Castro Monthly Meeting</p> <p>2:30 "Food for Thought"</p> <p>3:00 Movies & Snacks</p>		