

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY 2023 East Calendar

Activities are subject to change

							
2	3	4	5	6	7	8	
9:30 Morning News [AR2] 10:30 Catholic Mass [AR2] 1:30  [AR2] 3:00 Resident Leisure Time	9:30 Yoga with Kathy [AR2] 10:15 Morning Hydration 1:00 Movie Monday [AR2] <i>(Clint Eastwood - Dirty Harry)</i> 3:00 Bingo! w/ Erica [AR2]	9:30 Daily Chronicle [AR2] 10:00 Sittercise w/ Hydration [AR2] 11:30 – 2:00 4th of July celebration!  <small>Independence Day (US)</small>	9:30 Daily Chronicle [AR2] 10:00 Move to the Beat [AR2] 1:30  [AR2] 3:00 Activity Planning w/ Patty [AR2]	9:30 Yoga with Kathy [AR2] 10:00 Daily Chronicle [AR2] 10:45 Moring Hydration 1:30 East Store [2FL] 3:00 Happy Hour w/ Vina [AR2]	9:30 Mt. Soledad Scenic Tour [3FL] 10:00 Morning Hydration 1:00 Target Shopping [FD] 1:30  [AR2] 3:00 Resident Leisure Time	9:00 News w/ Coffee [AR2] 10:00 Morning Hydration 1:00 Afternoon Documentary [AR2] 3:00 Blackjack [AR2]	
9	10	11	12	13	14	15	
9:30 Morning News [AR2] 10:30 Catholic Mass [AR2] 1:30  [AR2] 3:00 Resident Leisure Time	9:30 Yoga with Kathy [AR2] 10:15 Morning Hydration 1:00 Movie Monday [AR2] <i>(Lassie Come Home)</i> 3:00 Bingo! w/ Erica [AR2]	9:30 Daily Chronicle [AR2] 10:00 Sittercise w/ Hydration [AR2] 1:30 Rock Painting [3FP] 3:00 Unlucky SEVEN [AR2]	9:30 Daily Chronicle [AR2] 10:00 Move to the Beat [AR2] 1:30  [AR2] 3:00 Bird House Painting [3FP]	9:30 Yoga with Kathy [AR2] 10:00 Daily Chronicle [AR2] 10:45 Moring Hydration 1:30 Volleyball Toss [AR2] 3:00 Social Hour [3FP]	9:30 La Mesa Scenic Tour [3FL] 10:00 Morning Hydration 1:00 Hobby Lobby Shopping 1:30  [AR2] 3:00 Resident Leisure Time	9:00 News w/ Coffee [AR2] 10:00 Morning Hydration 1:00 Afternoon Documentary [AR2] 3:00 Blackjack [AR2]	
16	17	18	19	20	21	22	
9:30 Morning News [AR2] 10:30 Catholic Mass [AR2] 1:30  [AR2] 3:00 Resident Leisure Time	9:30 Yoga with Kathy [AR2] 10:15 Morning Hydration 1:00 Movie Monday [AR2] <i>(Benjamin Franklin)</i> 3:00 Bingo! w/ Erica [AR2]	9:30 Daily Chronicle [AR2] 10:00 Sittercise w/ Hydration [AR2] 10:00 SD Museum of Art [FD] 1:30 Pegg's Porch Sing Along [AR2] 3:00 Unlucky SEVEN [AR2]	9:30 Daily Chronicle [AR2] 10:00 Move to the Beat [AR2] 1:30  [AR2] 3:00 Balloon Tennis [3FP]	Birthday Celebration – America 9:30 Yoga with Kathy [AR2] 10:00 Daily Chronicle [AR2] 11:30 Birthday Celebration 1:30 East Store [2FL] 3:00 Happy Hour w/ Vina [AR2]	9:30 Mission Bay N. Scenic Tour [3FL] 10:00 Morning Hydration 1:00 Frazier Farms Shopping 1:30  [AR2] 3:00 Resident Leisure Time	9:00 News w/ Coffee [AR2] 10:00 Morning Hydration 1:00 Afternoon Documentary [AR2] 3:00 Blackjack [AR2]	
23	24	25	26	27	28	29	
9:30 Morning News [AR2] 10:30 Catholic Mass [AR2] 1:30  [AR2] 3:00 Resident Leisure Time	9:30 Yoga with Kathy [AR2] 10:15 Morning Hydration 1:00 Movie Monday [AR2] <i>(West Side Story)</i> 3:00 Bingo! w/ Erica [AR2]	9:30 Daily Chronicle [LIB] 10:00 Sittercise w/ Hydration [AR2] 11:00 Lunch Outing [FD] (Bj's Restaurant & Brewhouse) 1:30 Sing Along with Grandpa John [AR2] 3:00 Unlucky SEVEN [AR2]	9:30 Daily Chronicle [AR2] 10:00 Move to the Beat [AR2] 1:30  [AR2] 3:00 Sea Shell Collage [3FP]	9:30 Yoga with Kathy [AR2] 10:00 Daily Chronicle [AR2] 10:45 Moring Hydration 1:30 Volleyball Toss [AR2] 3:00 Social Hour [3FP]	9:30 Lyons Valley Scenic Tour [3FL] 10:00 Morning Hydration 1:00 Macy's Shopping 1:30 Big Bang  [AR2] 3:00 New Res. Welcome Party [AUD]	9:00 News w/ Coffee [AR2] 10:00 Morning Hydration 1:00 Afternoon Documentary [AR2] 3:00 Blackjack [AR2]	
30	31						
9:30 Morning News [AR2] 10:30 Catholic Mass [AR2] 1:30  [AR2] 3:00 Resident Leisure Time	9:30 Yoga with Kathy [AR2] 10:15 Morning Hydration 1:00 Movie Monday [AR2] <i>(The Help)</i> 3:00 Bingo! w/ Erica [AR2]	<div style="text-align: center;"> <p>AR2 = Activity Room (2nd Floor)</p> <p>3FL = 3rd Floor Lobby</p> <p>DR3 = Dining Room (3rd Floor)</p> <p>AUD = Auditorium</p> <p>3FP = 3rd Floor Patio</p> </div>					