

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY 2023

Gardens Calendar

Activities are subject to change

							
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 La Jolla Scenic Tour [FD] 3:00 Nickel Pokeno [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 3 10:00 Yoga w/ Kathy [SDR] 10:45 GG Store 1:30 Blackjack [AUD] 3:00  [AUD] 6:00 Evening Card Games [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 4 10:00 Exercise w/ Ray [AUD] 10:45 Phase TEN [AUD] 11:30 – 2:00 4th of July celebration!  Independence Day (US)</p>	<p>9:30 Daily Chronicle [LIB] 5 10:00 Balance Class [AUD] 10:45 Texas Hold'em [AUD] 1:30 Needles & More [DCR] 3:00 Under the Sea Graham Crackers [AUD] 6:00  Night! [AUD]</p>	<p>9:00 Coffee & News [DCR] 6 9:30 Daily Chronicle [LIB] 10:00 Yoga w/ Kathy [AUD] 10:45 Blackjack [AUD] 1:30 Nickel Pokeno [AUD] 3:00 Nails w/ Larissa [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 7 10:00 Activity Planning [AUD] 10:45 Five Crowns [AUD] 1:00 Target Shopping [FD] 1:30  [SDR] 3:00 Happy Hour w/ Vina [PL] 6:00 Nickel Pokeno [AUD]</p>	<p>9:30 Current Events [LIB] 8 10:00 Exercise with Ray [AUD] 10:45 Art for all Ages [AUD] 1:30 Unlucky SEVEN [AUD] 3:00 Afternoon Documentary [AUD] <small>Canada Day</small></p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 La Mesa Scenic Tour [FD] 3:00 Bunco [SL]</p>	<p>9:30 Daily Chronicle [LIB] 10 10:00 Yoga w/ Kathy [SDR] 10:45 Bonding Social [LIB] 1:30 Blackjack [AUD] 3:00  [AUD] 6:00 Evening Card Games [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 11 10:00 Spreckels Park Picnic Outing [FD] 10:00 Exercise w/ Ray [AUD] 10:45 Phase TEN [AUD] 1:30 Beach in a Bottle [PL] 3:00 Peggy's Porch Sing Along [SDR]</p>	<p>9:30 Daily Chronicle [LIB] 12 10:00 Morning Stroll 10:45 Texas Hold'em [AUD] 11:00 New Res. Luncheon [PD] 1:30 Art class w/ Aja [AUD] 3:00 Tonya Talks [AUD] 6:00  Night! [AUD]</p>	<p>9:00 Coffee & News [DCR] 13 9:30 Daily Chronicle [LIB] 10:00 Yoga w/ Kathy [AUD] 10:45 Blackjack [AUD] 1:30 Nickel Pokeno [AUD] 3:00 Aqua Aerobic [PL] 5:30 Chats with E.D. [LIB]</p>	<p>9:30 Daily Chronicle [LIB] 14 10:00 Resident Council [AUD] 10:45 Five Crowns [AUD] 1:00 Hobby Lobby Shopping 1:30  [SDR] 3:00 Ice Cream Social [PL] 6:00 Nickel Pokeno [AUD]</p>	<p>9:30 Current Events [LIB] 15 10:00 Exercise with Ray [AUD] 10:45 Nickel Pokeno [AUD] 1:30 Unlucky SEVEN [AUD] 3:00 Afternoon Documentary [AUD]</p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 Mission Bay N. Scenic Tour [FD] 3:00 Blackjack [WAR]</p>	<p>9:30 Daily Chronicle [LIB] 17 10:00 Yoga w/ Kathy [SDR] 10:45 GG Store 1:30 Blackjack [AUD] 3:00  [AUD] 6:00 Evening Card Games [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 18 10:00 Exercise w/ Ray [AUD] 10:00 SD Museum of Art [FD] 10:45 Phase TEN [AUD] 2:00 Movie and Popcorn [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 19 10:00 Balance Class [AUD] 10:45 Texas Hold'em [AUD] 1:30 Needles & More [DCR] 3:00 Hot Dog Stand [PL] 6:00  Night! [AUD]</p>	<p><i>Birthday Celebration – America</i> 20 9:00 Coffee & News [DCR] 9:30 Daily Chronicle [LIB] 10:00 Yoga w/ Kathy [AUD] 11:30 Birthday Celebration 1:30 Nickel Pokeno [AUD] 3:00 Blackjack [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 21 10:00 Living to 100 Club [AUD] 10:45 Five Crowns [AUD] 1:00 Frazier Farms Shopping 1:30  [SDR] 3:00 Happy Hour w/ Vina [PL] 6:00 Nickel Pokeno [AUD]</p>	<p>9:30 Current Events [LIB] 22 10:00 Exercise with Ray [AUD] 10:45 Nickel Pokeno [AUD] 1:30 Unlucky SEVEN [AUD] 3:00 Afternoon Documentary [AUD]</p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 Lyons Valley Scenic Tour [FD] 3:00 Phase 10 [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 24 10:00 Yoga w/ Kathy [SDR] 10:45 Bonding Social [LIB] 1:30 Blackjack [AUD] 3:00  [AUD] 6:00 Evening Card Games [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 25 10:00 Exercise w/ Ray [AUD] 10:45 Phase TEN [AUD] 11:00 Lunch Outing [FD] (Bj's Restaurant & Brewhouse) 1:30 Jewelry Making [AUD] 3:00 Peggy's Porch Sing Along [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 26 10:00 Morning Stroll 10:45 Texas Hold'em [AUD] 11:00 New Res. Luncheon [PD] 1:30 Art class w/ Aja [AUD] 3:00 Health Talk [AUD] (Hydration and You) 6:00  Night! [AUD]</p>	<p>9:00 Coffee & News [DCR] 27 9:30 Daily Chronicle [LIB] 10:00 Food Forum [AUD] 10:45 Blackjack [AUD] 1:30 Nickel Pokeno [AUD] 3:00 Aqua Aerobics [PL] 5:30 Chats with E.D. [LIB]</p>	<p>9:30 Daily Chronicle [LIB] 28 10:00 Sittercise [AUD] 10:45 Five Crowns [AUD] 1:00 Macy's Shopping 1:30 Big Bang  [AUD] 3:00 New Res. Welcome Party [AUD] 6:00 Nickel Pokeno [AUD]</p>	<p>9:30 Current Events [LIB] 29 10:00 Yoga w/ Kathy [AUD] 10:45 Nickel Pokeno [AUD] 1:30 Unlucky SEVEN [AUD] 3:00 Afternoon Documentary [AUD]</p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 Downtown San Diego Scenic Tour [FD] 3:00 No-Look Domino [SL]</p>	<p>9:30 Daily Chronicle [LIB] 31 10:00 Yoga w/ Kathy [SDR] 10:45 GG Store 1:30 Blackjack [AUD] 3:00  [AUD] 6:00 Evening Card Games [AUD]</p>	 <p>LIB = Library SL = South Lounge PL = Pool Area DCR = Discovery Room (Old Café Room) SDR = South Dining Room</p>				 <p>AUD = Auditorium FD = Front Desk PD = Private Dining Room</p>	