

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY 2023

South Calendar

Activities are subject to change

						
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] <i>1:30 La Jolla Scenic Tour [FD]</i> 1:30 Snack Social [SL] 3:00 Nickel Pokeno [AUD]</p>	<p>9:00 Daily Chronicle [SL] 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>9:00 Daily Chronicle [SL] 4 10:00 Sittercise [SL] 10:30 Morning Hydration 11:30 – 2:00 4th of July celebration! </p>	<p>9:00 Daily Chronicle [SL] 5 10:00 Morning Stroll 10:00 Balance Class [AUD] 10:30 Morning Hydration 1:30 Flower Arrangements [SL] 3:00 Snack Social [SDR] 6:00  Night! [AUD]</p>	<p>9:00 Daily Chronicle [SL] 6 10:00 Sittercise [SL] 10:00 Yoga w/ Kathy [AUD] 10:45 Blackjack [AUD] 1:30 Trivia Social [SL] 3:00 Nails w/ Larissa [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 7 10:00 Activity Planning [AUD] 10:30 Smoothie Station [SL] <i>1:00 Target Shopping [FD]</i> 1:30  [SDR] 3:00 Happy Hour w/ Vina [PL] 6:00 Nickel Pokeno [AUD]</p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] <i>1:30 La Mesa Scenic Tour [FD]</i> 1:30 Snack Social [SL] 3:00 Bunco [SL]</p>	<p>9:00 Daily Chronicle [SL] 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>9:00 Daily Chronicle [SL] 11 10:00 Spreckels Park Picnic Outing [FD] 10:00 Sittercise [SL] 10:30 Morning Hydration 1:30 Jeopardy! [SL] 3:00 Peggy's Porch Sing Along [SDR]</p>	<p>9:00 Daily Chronicle [SL] 12 10:00 Morning Stroll 10:30 Morning Hydration 11:00 New Res. Luncheon [PD] 1:30 Art class w/ Aja [PL] 3:00 Tonya Talks [AUD] 6:00  Night! [AUD]</p>	<p>9:00 Daily Chronicle [SL] 13 10:00 Sittercise [SL] 10:00 Yoga w/ Kathy [AUD] 10:45 Blackjack [AUD] 1:30 Trivia Social [SL] 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] 10:30 Smoothie Station [SL] 1:00 Hobby Lobby Shopping 1:30  [SDR] 3:00 Ice Cream Social [PL] 6:00 Nickel Pokeno [AUD]</p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] <i>1:30 Mission Bay N. Scenic Tour [FD]</i> 1:30 Snack Social [SL] 3:00 Blackjack [WAR]</p>	<p>9:00 Daily Chronicle [SL] 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>9:00 Daily Chronicle [SL] 18 10:00 Sittercise [SL] 10:00 SD Museum of Art [FD] 10:30 Morning Hydration 1:30 Jeopardy! [SL] 3:00 Pressed flower Lanterns [SL]</p>	<p>9:00 Daily Chronicle [SL] 19 10:00 Morning Stroll 10:00 Balance Class [AUD] 10:30 Morning Hydration 1:30 Flower Arrangements [SL] 3:00 Hot Dog Stand [PL] 6:00  Night! [AUD]</p>	<p><i>Birthday Celebration – America</i> 9:00 Daily Chronicle [SL] 20 10:00 Sittercise [SL] 10:00 Yoga w/ Kathy [AUD] 11:30 Birthday Celebration 1:30 Trivia Social [SL] 3:00 Blackjack [AUD]</p>	<p>9:30 Daily Chronicle [LIB] 21 10:00 Living to 100 Club [AUD] 10:30 Smoothie Station [SL] 1:00 Frazier Farms Shopping 1:30  [SDR] 3:00 Happy Hour w/ Vina [PL] 6:00 Nickel Pokeno [AUD]</p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] <i>1:30 Lyons Valley Scenic Tour [FD]</i> 1:30 Snack Social [SL] 3:00 Phase 10 [AUD]</p>	<p>9:00 Daily Chronicle [SL] 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>9:00 Daily Chronicle [SL] 25 10:00 Sittercise [SL] 11:00 Lunch Outing [FD] (Bj's Restaurant & Brewhouse) 1:30 Jewelry Making [AUD] 3:00 Peggy's Porch Sing Along [AUD]</p>	<p>9:00 Daily Chronicle [SL] 26 10:00 Morning Stroll 10:30 Morning Hydration 11:00 New Res. Luncheon [PD] 1:30 Art class w/ Aja [AUD] 3:00 Health Talk [AUD] (Hydration and You) 6:00 </p>	<p>9:00 Daily Chronicle [SL] 27 10:00 Sittercise [SL] 10:00 Food Forum [AUD] 10:45 Blackjack [AUD] 1:30 Trivia Social [SL] 3:00 Aqua Aerobics [PL] 5:30 Chats with E.D. [LIB]</p>	<p>9:30 Daily Chronicle [LIB] 28 10:00 Sittercise [AUD] 10:30 Smoothie Station [SL] 11:30 New Res. Luncheon [PD] 1:00 Macy's Shopping 1:30 Big Bang  [AUD] 3:00 New Res. Welcome Party [AUD]</p>	
<p>9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] <i>1:30 Downtown San Diego Scenic Tour [FD]</i> 1:30 Snack Social [SL] 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>