

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# JULY 2023

## West Calendar

\*Activities are subject to change\*

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