

Sunday

Monday

Tuesday

Wednesday

Thursday

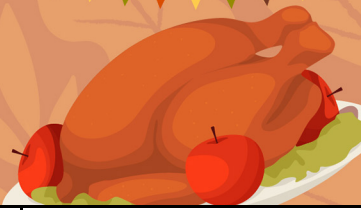
Friday

Saturday

WAR= West Activity Room
 WDR= West Dining Room
 AF= All Floors
 WL= West Lobby
 AUD= Auditorium
 LIB= Library
 FD= Front Desk
 MDR= Main Dining Room
 SL= South Lounge

NOVEMBER 2024

West Building



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|---|---|---|--|---|--|---|
| <p>9:00 Shadow Mountain Church Livestream [SL] 3</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:45 Sittercise [AUD]</p> <p>12:30 LDS Church Meeting [AUD]</p> <p>1:30 Balboa Park Scenic Tour [FD]</p> <p>3:00 Apple Cider & Donuts Social [AUD] Daylight Saving Time Ends</p> | <p>9:00 Current Events [1 to 1] 4</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Puzzles & Crosswords [WAR]</p> <p>BINGO [WAR]</p> <p>1:30 [WAR]</p> <p>3:00 Afternoon Stroll [WL]</p> | <p>9:00 Current Events [1 to 1] 5</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Blackjack [WAR]</p> <p>12:00 San Pasqual Winery Outing *\$18 per Person* [FD]</p> <p>1:30 Movie & Popcorn [WAR] ("Coco")</p> <p>3:00 Activity Meeting w/ Hot Cocoa [WDR]</p> | <p>9:00 Current Events [1 to 1] 6</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Room Visits [AF]</p> <p>1:30 Gratitude Wreath Creation [WAR]</p> <p>3:00 Rock n Roll Song Title Charades [WAR]</p> <p>BINGO Night! [AUD]</p> <p>6:00 [AUD]</p> | <p>9:00 Current Events [1 to 1] 7</p> <p>9:30 Yoga w/ Olivia [WAR]</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>1:30 Improv w/ Olivia & Sommer! [WAR]</p> <p>3:00 Happy Hour w/ Peggy's Porch Sing Along! [WAR]</p> | <p>9:00 Trader Joes Outing 1</p> <p>9:30 Current Events(LIB)</p> <p>10:00 Exercise with Ray(AUD)</p> <p>10:45 Five Crowns (AUD)</p> <p>1:00 Dollar Tree Outing [FD]</p> <p>1:30 Name That Tune(AUD)</p> <p>3:00 Musical Happy Hour(MDR)</p> <p>6:00 Resident/Volunteer lead Pokeno(AUD)</p> <p style="text-align: center;"><small>Diwali (Hindu)</small></p> | <p>9:30 Current Events(LIB) 2</p> <p>10:00 Donuts & Coffee(LIB)</p> <p>10:45 Crosswords(AUD)</p> <p>1:30 Blackjack(AUD)</p> <p>3:00 Afternoon Comedy Film(Don't Look Up)(AUD)</p> |
| <p>9:00 Shadow Mountain Church Livestream [SL] 10</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:45 Sittercise [AUD]</p> <p>1:30 Blossom Valley Scenic Tour [FD]</p> <p>3:00 Balloon Volleyball [AUD]</p> | <p>9:00 Current Events [1 to 1] 11</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>11:30 Veteran's Day BBQ [WDR/MDR]</p> <p>BINGO [WAR]</p> <p>1:30 [WAR]</p> <p>3:00 Veteran's Day Film ("Hackshaw Ridge") [WAR]</p> <p style="text-align: center;"><small>Veterans Day Remembrance Day (Canada)</small></p> | <p>9:00 Current Events [1 to 1] 12</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Blackjack [WAR]</p> <p>10:30 Reader's Theatre w/ Olivia & Sommer! [AUD]</p> <p>1:30 Afternoon Stroll [WL]</p> <p>3:00 Beads & Things [WAR]</p> | <p>9:30 Current Events [LIB] 13</p> <p>10:00 Resident Council [WDR]</p> <p>1:30 Homemade Potpourri Favors [AUD]</p> <p>3:00 Jazz Afternoon [AUD]</p> <p>BINGO Night! [AUD]</p> <p>6:00 [AUD]</p> | <p>9:00 Current Events [WL] 14</p> <p>9:30 Yoga w/ Kathy [WAR]</p> <p>11:30 Birthday Celebration![WDR/ MDR]</p> <p>1:30 Documentary ("The U.S. East Coast") [WAR]</p> <p>3:00 Happy Hour! [WAR]</p> | <p>9:00 Target Outing 15</p> <p>9:30 Current Events(LIB)</p> <p>10:00 Exercise w/ Ray(AUD)</p> <p>10:45 Five Crowns (AUD)</p> <p>1:00 CVS Outing [FD]</p> <p>1:30 Charades w/ Sommer(AUD)</p> <p>3:00 Comedy Happy Hour(MDR)</p> <p>6:00 Resident Lead Pokeno(AUD)</p> | <p>9:30 Current Events(LIB) 16</p> <p>9:45 Audio Book(Pride & Prejudice)(LIB)</p> <p>10:00 Coffee/Donuts(LIB)</p> <p>10:45 Blackjack(AUD)</p> <p>1:30 Cards & Dominoes(AUD)</p> <p>3:00 Name That Tune(AUD)</p> |
| <p>9:00 Shadow Mountain Church Livestream [SL] 17</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:45 Sittercise [AUD]</p> <p>1:30 La Jolla Scenic Tour [FD]</p> <p>3:00 Hot Cocoa & Cookie Social [AUD]</p> | <p>9:00 Current Events [1 to 1] 18</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Puzzles & Crosswords [WAR]</p> <p>BINGO [WAR]</p> <p>1:30 [WAR]</p> <p>3:00 Afternoon Stroll [WL]</p> | <p>9:00 Current Events [1 to 1] 19</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Blackjack [WAR]</p> <p>10:30 Julian Outing [FD]</p> <p>1:30 Movie & Popcorn [WAR] ("Jack and Jill")</p> <p>3:00 Nails by Olivia [WAR]</p> <p style="text-align: center;"></p> | <p>9:00 Current Events [1 to 1] 20</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Room Visits [AF]</p> <p>1:30 Thanksgiving Card Making [WAR]</p> <p>3:00 Mobility Wipe Down [WAR]</p> <p>BINGO Night! [AUD]</p> <p>6:00 [AUD]</p> | <p>9:00 Current Events [1 to 1] 21</p> <p>9:30 Yoga w/ Kathy [WAR]</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>1:30 Trivia Thursday [WAR]</p> <p>4:00 Thanksgiving Dinner [WDR]</p> | <p>9:00 Walmart Outing [FD] 22</p> <p>9:30 Current Events(AUD)</p> <p>10:00 Exercise w/ Ray(AUD)</p> <p>10:45 Five Crowns(AUD)</p> <p>1:00 Ross Outing [FD]</p> <p>1:30 Paint & Sip Wine Art Class(AUD)</p> <p>3:00 Thanksgiving Themed Happy Hour(MDR)</p> <p>6:00 Resident Lead Pokeno(AUD)</p> | <p>9:30 Current Events(LIB) 23</p> <p>10:00 Morning Walk W/Sommer(Meet in the Front)</p> <p>10:45 Crosswords & Puzzles(LIB)</p> <p>1:30 Sit & Dance Class(AUD)</p> <p>3:00 Afternoon Film(GoodFellas)(AUD)</p> |
| <p>9:00 Shadow Mountain Church Livestream [SL] 24</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:45 Celebration of Lives[AUD]</p> <p>1:30 Seaport Village Scenic Tour [FD]</p> <p>1:30 Afternoon Sittercise [AUD]</p> <p>3:00 Calendar Review & Sign Up Social [AUD]</p> | <p>9:00 Current Events [1 to 1] 25</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Puzzles & Crosswords [WAR]</p> <p>BINGO for Sweet Treats [WAR]</p> <p>1:30 [WAR]</p> <p>3:00 Afternoon Stroll [WL]</p> | <p>9:00 Current Events [1 to 1] 26</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Blackjack [WAR]</p> <p>1:30 Movie & Popcorn [WAR] ("A Thanksgiving Christmas")</p> <p>3:00 GG Bucks Auction [AUD]</p> | <p>9:00 Current Events [1 to 1] 27</p> <p>9:30 Sit & Get Fit [WAR]</p> <p>10:00 Room Visits [AF]</p> <p>1:30 Pinecone Turkey Craft [WAR]</p> <p>3:00 Beads & Things [WAR]</p> <p>BINGO Night! [AUD]</p> <p>6:00 [AUD]</p> | <p>8:30 Macy's Thanksgiving Day Parade(AUD) 28</p> <p>10:45 Thanksgiving Wishes Chat/Activity(AUD)</p> <p style="text-align: center;"><small>Thanksgiving Day</small></p> | <p>9:30 Current Events(AUD) 29</p> <p>10:00 Exercise w/ Ray(AUD)</p> <p>10:45 Five Crowns(AUD)</p> <p>1:30 Afternoon Stretching w/Sommer(AUD)</p> <p>3:00 Happy Hour(MDR)</p> <p>6:00 Resident Lead Pokeno(AUD)</p> | <p>9:30 Current Events(LIB) 30</p> <p>10:00 Donuts & Coffee(LIB)</p> <p>10:45 Meditative Coloring Workshop(AUD)</p> <p>1:30 Sit & Dance Class(AUD)</p> <p>3:00 Afternoon Film(Legends of the Fall)(AUD)</p> |