

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

East (Memory Care) Building

Activities are subject to change



<p>9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Movie & Popcorn [AR2] (Groundhog Day) <small>Groundhog Day</small></p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 BINGO! 3:00 Movie & Popcorn</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 La Mesita Park Picnic Outing 1:30 Trivia Tuesday 3:00 BINGO!</p>	<p>9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 Valentine's Day Door Hanger 3:00 Nail & Spa</p>	<p>9:00 Morning Yoga 9:30 Daily Hydration 10:00 Chicano Scenic Tour 1:30 Trivia Thursday 3:00 Jewelry Making</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30 La Loberia 3:00 Happy Hour w. Emil</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 BINGO! 3:00 Movie & Popcorn</p>
<p>Jersey Day 9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AF] 3:30 Superbowl Tailgate [DR3]</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 BINGO! 3:00 Movie & Popcorn</p>	<p>Peace and Love Day 9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Uno 11:00 IHOP Restaurant Outing [FD] 1:30 DIY Valentine's Card 3:00 BINGO!</p>	<p>Pink Out Day 9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 Valentine's Frame Craft 3:00 SlapJack</p>	<p>Soulmate Day 9:00 Morning Yoga 9:30 Daily Hydration 10:00 Ramona Scenic Tour 1:30 Flower Arrangements 3:00 BINGO!</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 11:30 Sweethearts Dance [DR3] 1:30 Cookie Decoration 3:00 Happy Hour w. Don <small>Valentine's Day</small></p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 BINGO! 3:00 Movie & Popcorn</p>
<p>9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Puzzles & Trivia</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 BINGO! 3:00 Movie & Popcorn <small>Presidents' Day (U.S.)</small></p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Lake Murray Picnic Outing 1:30 Trivia Tuesday 3:00 BINGO!</p>	<p>9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:00 Resident Council [DR3] 10:30 Puzzles w. Cassy 1:30 Heart painting w. Cassy 3:00 Nail & Spa</p>	<p>Birthday Celebration – Par 9:00 Morning Yoga 9:30 Daily Hydration 10:00 Current Events 11:30 Birthday Celebration [ADR] 1:00 Library Outing [FD] 1:30 Trivia Thursday 3:00 Jewelry Making</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30 La Loberia 3:00 Happy Hour w. Matthew</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 BINGO! 3:00 Movie & Popcorn</p>
<p>9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Puzzles & Trivia</p>	<p>9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Puzzles and Ponderings [AR2] 1:30 Bunco [AR2] 2:45 La Loberia [AR2]</p>	<p>9:00 Safari Park Outing [FD] 9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 1:30 Cranium Crunches 3:00 Mandala</p>	<p>9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 Painting w. Cassy 3:00 SlapJack</p>	<p>9:00 Morning Yoga 9:30 Daily Hydration 10:00 Solana Beach Scenic Tour 1:30 Trivia Thursday 3:00 Jewelry Making</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30 La Loberia 3:00 Happy Hour w. Sylvia [DR3] <small>Ramona Begins</small></p>	<p>AR2 = Activity Room (2nd floor) DR3 = Dining Room (3rd floor) FD = Front Desk AF = All Floor AR1 = Activity Room (1st floor) AR4 = Activity Room (4th floor)</p>