Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1	9:30 Morning Hydration 2	9:30 Morning Hydration 3	9:30 Morning Hydration 4
W.G	. 60	nor (1)		10:00 Yoga w. Olly [AR2] 10:30 Current Events	10:00 Morning workout [AR2]	10:00 Sittercise [AR2]
	ALLOHIL VI			1:30 Movie & Popcorn [AR2]	10:30 Current Events [AR2]	10:30 Morning News
	nuary 20			(A beautiful Day in the		1:30 Beading & Jewelry
			×	Neighborhood)	1:30 [AR2]	Making [AR2]
	East Building			3:00 Christmas Decoration	3:00 Christmas Decoration	Making [/ tit2]
	Activities are subject to change		New Year's Day	Clean up		3:00 [AR2]
_	9:00 Morning Hydration 6	9:30 Morning Hydration 7	9:30 Morning Hydration 8	9	9:30 Morning Hydration 10	9:30 Morning Hydration 11
9:00 Shadow Mountain	9:30 Yoga w. Kathy [AR2]	10:00 Chair Exercise [AR2]	10:00 Chair Zumba [AR2]	9:30 Morning Hydration	10:00 Morning workout [AR2]	10:00 Sittercise [AR2]
Church Live Stream [AR2]	10:00 Current Events	10:30 Current Events [AR2]	10:30 Current Events [AR2]	10:00 Bank Runs [FD]		10:30 Morning News
9:30 Morning Hydration		1		10:30 Current Events	l	•
10:45 Catholic Mass [AR2]	10:30 Color me Happy [AR2]		1:30 Waterless Snow	1:30 Movie & Popcorn [AR2]	1:30 [AR2]	1:30 Beading & Jewelry
	1:30 Blackjack [AR2]	(New Year's Toast)	Globe Craft [AR2]	(Julie & Julia) 3:00 Flower Arrangements	3:00 Happy Hour w. Emil	Making [AR2]
Hydration [AF] 3:00 Puzzles & Trivia	3:00 [AR2]	3:00 Nail Spa [AR2]	3:00 [AR2]	[AR2]	[DR3]	3:00 Karaoke [AR2]
	9:00 Morning Hydration 13	14			9:30 Morning Hydration 17	9:30 Morning Hydration 18
9:00 Shadow Mountain	9:30 Yoga w. Kathy [AR2]	9:30 Morning Hydration	10:00 Chair Zumba [AR2]	9:30 Morning Hydration	10:00 Morning workout [AR2]	10:00 Sittercise [AR2]
Church Live Stream [AR2]		10:00 Chair Exercise [AR2]		11:30 Birthday Celebration	10:30 Current Events [AR2]	
9:30 Morning Hydration	10:00 Current Events	11:00 IHOP Restaurant	10:30 Current Events [AR2]	[ADR]		10:30 Morning News
10:45 Catholic Mass [AR2]	10:30 3D Teacups [AR2]	Outing [FD] 1:30 Cranium Crunches [AR2]	1:30 Documentary [AR2]	1:00 Walmart Shopping Outing [FD]	1:30 w.	1:30 Beading & Jewelry
1:30 TV Series w/ Snack and	1:30 Unlucky Seven [AR2]	3:00 Art w. Olly [AR2]	(Story of China)	1:30 Movie & Popcorn [AR2]	John Mendoza [DR3]	Making [AR2]
Hydration [AF]	2.00	(Painting a sunset)	2.00	(The Two Popes)	3:00 Happy Hour w/ Don [DR3]	2.00 [AD2]
3:00 Puzzles & Trivia 9:00 Shadow Mountain 19	3:00 [AR2] 9:00 Morning Hydration 20	9:30 Morning Hydration 21	3:00 [AR2]	3:00 Jewelry Making [AR2]	• •	3:00 [AR2] 9:30 Morning Hydration 25
Church Live Stream [AR2]			9:30 Morning Hydration	9:30 Morning Hydration		
9:30 Morning Hydration	9:30 Yoga w. Kathy [AR2]	10:00 Chair Exercise [AR2]	10:00 Resident Council	10:00 Yoga w. Olly [AR2]	10:00 Morning workout [AR2]	
10:45 Catholic Mass [AR2]	10:00 Current Events	10:30 Current Events [AR2]	[DR3]	10:30 Current Events 1:00 Ross Shopping Outing	10:30 Current Events [AR2]	10:30 Morning News
1:30 TV Series w/ Snack and	10:30 Color Me Happy [AR2]	1:30 Art w. Olly [AR2]	1:30 Winter tube roll craft	[FD]		1:30 Beading & Jewelry
Hydration [AF]	1:30 Apples to Apples [AR2]	(Year of the Snake painting)	[AR2]	1:30 Movie & Popcorn [AR2]	1:30 [AR2]	Making [AR2]
3:00 Puzzles & Trivia		3:00 Nail Spa [AR2]	3:00 [AR2]	(Thelma) 3:00 GG Store on the Go!	3:00 Happy Hour w/ Sylvia	
Activity Professionals Week	3:00 Martin Luther Kind M.R.2				[DR3]	3:00 Karaoke [AR2]
_~	9:00 Morning Hydration 27	9:30 Morning Hydration 28	9:30 Morning Hydration 29	9:30 Morning Hydration	9:30 Morning Hydration 31	Real Property Control
Church Live Stream [AR2]	9:30 Yoga w. Kathy [AR2]	10:30 San Diego		10.00 roga w. Olly [AR2]	10:00 Morning workout [AR2]	AR2 = Activity Room
9:30 Morning Hydration	10:00 Current Events	Automotive Museum	10:30 Current Events [AR2]	10:30 Current Events 1:00 Albertsons Shopping	[10:30 Current Events [AR2]	(Z 11001)
10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and		Outing [FD]	1:30 Valentine's Day	Outing [FD]		DR3 = Dining Room
Hydration [AF]		1:30 Cranium Crunches [AR2]	Wreath [AR2]	1:30 Movie & Popcorn [AR2]	1:30 [AR2]	
3:00 Puzzles & Trivia	1:30 Pokeno [AR2]	3:00 Food for Thought	3:00 [AR2]	(The Best Exotic Marigold Hotel)		FD = Front Desk
Australia Day (Observed)	3:00 [AR2]	(Banana Cream Pie)	Chinese New Year (Year of the Snake)	3:00 Jewelry Making [AR2]	Selltser [DR3]	AF = All Floor
	180 Marengo Ave La Mes	- CA 04040 (040) 400		<u> </u>	-	

Grossmont Gardens – 5480 Marengo Ave La Mesa, CA 91942 – (619) 463-0281.