


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>January 2025</b> <b>East Building</b> *Activities are subject to change*</p>			 <p><b>HAPPY YEAR 2025</b> New Year's Day</p>	<p>1 9:30 Morning Hydration 10:00 Yoga w. Oilly [AR2] 10:30 Current Events 1:30 Movie &amp; Popcorn [AR2] (A beautiful Day in the Neighborhood) 3:00 Christmas Decoration Clean up</p>	<p>2 9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Current Events [AR2] 1:30 [AR2] 3:00 Christmas Decoration Clean up</p>	<p>3 9:30 Morning Hydration 10:00 Sittercise [AR2] 10:30 Morning News 1:30 Beading &amp; Jewelry Making [AR2] 3:00 [AR2]</p>
<p>5 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 &amp; Trivia</p>	<p>6 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color me Happy [AR2] 1:30 Blackjack [AR2] 3:00 [AR2]</p>	<p>7 9:30 Morning Hydration 10:00 Chair Exercise [AR2] 10:30 Current Events [AR2] 1:30 Art w. Oilly [AR2] (New Year's Toast) 3:00 Nail Spa [AR2]</p>	<p>8 9:30 Morning Hydration 10:00 Chair Zumba [AR2] 10:30 Current Events [AR2] 1:30 Waterless Snow Globe Craft [AR2] 3:00 [AR2]</p>	<p>9 9:30 Morning Hydration 10:00 Bank Runs [FD] 10:30 Current Events 1:30 Movie &amp; Popcorn [AR2] (Julie &amp; Julia) 3:00 Flower Arrangements [AR2]</p>	<p>10 9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Current Events [AR2] 1:30 [AR2] 3:00 Happy Hour w. Emil [DR3]</p>	<p>11 9:30 Morning Hydration 10:00 Sittercise [AR2] 10:30 Morning News 1:30 Beading &amp; Jewelry Making [AR2] 3:00 Karaoke [AR2]</p>
<p>12 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 &amp; Trivia</p>	<p>13 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 3D Teacups [AR2] 1:30 Unlucky Seven [AR2] 3:00 [AR2]</p>	<p>14 9:30 Morning Hydration 10:00 Chair Exercise [AR2] 11:00 IHOP Restaurant Outing [FD] 1:30 Cranium Crunches [AR2] 3:00 Art w. Oilly [AR2] (Painting a sunset)</p>	<p>15 9:30 Morning Hydration 10:00 Chair Zumba [AR2] 10:30 Current Events [AR2] 1:30 Documentary [AR2] (Story of China) 3:00 [AR2]</p>	<p>16 Birthday Celebration – China 9:30 Morning Hydration 11:30 Birthday Celebration [ADR] 1:00 Walmart Shopping Outing [FD] 1:30 Movie &amp; Popcorn [AR2] (The Two Popes) 3:00 Jewelry Making [AR2]</p>	<p>17 9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Current Events [AR2] 1:30 w. John Mendoza [DR3] 3:00 Happy Hour w/ Don [DR3]</p>	<p>18 9:30 Morning Hydration 10:00 Sittercise [AR2] 10:30 Morning News 1:30 Beading &amp; Jewelry Making [AR2] 3:00 [AR2]</p>
<p>19 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 &amp; Trivia Activity Professionals Week</p>	<p>20 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color Me Happy [AR2] 1:30 Apples to Apples [AR2] 3:00 Martin Luther King Jr. Day [AR2]</p>	<p>21 9:30 Morning Hydration 10:00 Chair Exercise [AR2] 10:30 Current Events [AR2] 1:30 Art w. Oilly [AR2] (Year of the Snake painting) 3:00 Nail Spa [AR2]</p>	<p>22 9:30 Morning Hydration 10:00 Resident Council [DR3] 1:30 Winter tube roll craft [AR2] 3:00 [AR2]</p>	<p>23 9:30 Morning Hydration 10:00 Yoga w. Oilly [AR2] 10:30 Current Events 1:00 Ross Shopping Outing [FD] 1:30 Movie &amp; Popcorn [AR2] (Thelma) 3:00 GG Store on the Go!</p>	<p>24 9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Current Events [AR2] 1:30 [AR2] 3:00 Happy Hour w/ Sylvia [DR3]</p>	<p>25 9:30 Morning Hydration 10:00 Sittercise [AR2] 10:30 Morning News 1:30 Beading &amp; Jewelry Making [AR2] 3:00 Karaoke [AR2]</p>
<p>26 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 &amp; Trivia Australia Day (Observed)</p>	<p>27 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Paint by Numbers [AR2] 1:30 Pokeno [AR2] 3:00 [AR2]</p>	<p>28 9:30 Morning Hydration 10:30 San Diego Automotive Museum Outing [FD] 1:30 Cranium Crunches [AR2] 3:00 Food for Thought (Banana Cream Pie)</p>	<p>29 9:30 Morning Hydration 10:00 Chair Zumba [AR2] 10:30 Current Events [AR2] 1:30 Valentine's Day Wreath [AR2] 3:00 [AR2] Chinese New Year (Year of the Snake)</p>	<p>30 9:30 Morning Hydration 10:00 Yoga w. Oilly [AR2] 10:30 Current Events 1:00 Albertsons Shopping Outing [FD] 1:30 Movie &amp; Popcorn [AR2] (The Best Exotic Marigold Hotel) 3:00 Jewelry Making [AR2]</p>	<p>31 9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Current Events [AR2] 1:30 [AR2] 3:00 Happy Hour w/ Peter Selltser [DR3]</p>	<p>AR2 = Activity Room (2<sup>nd</sup> floor) DR3 = Dining Room (3<sup>rd</sup> floor) FD = Front Desk AF = All Floor</p>