

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>January 2025 East (Memory Care) Building <small>*Activities are subject to change*</small></p>			9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Painting w. Cassy  3:00	9:00 Morning Yoga 2 9:30 Daily Hydration 10:00 Current Events 10:30 Scenic Drive 1:30 Slap Jack 3:00 UNO!	9:00 Morning Exercise 3 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Christmas Clean Up 3:00 Happy Hour Blackjack	9:00 Morning Exercise 4 9:30 Daily Hydration 10:00 Current Events 10:30 UNO!  1:30 3:00 Movie & Popcorn
9:00 Shadow Mountain 5 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	9:00 Morning Hydration 6 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color me Happy [AR2] 1:30 Blackjack [AR2] 3:00  [AR2]	9:00 Morning Exercise 7 9:30 Daily Hydration 10:00 Current Events 10:30 Color me Happy 1:30 Art & Craft w. Cassy 3:00 Blackjack	<small>New Year's Day</small> 9:00 Morning Exercise 8 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Painting w. Cassy  3:00	9:00 Morning Yoga 9 9:30 Daily Hydration 10:00 Current Events 1:00 Scenic Drive 1:30 Slap Jack 3:00 UNO!	9:00 Morning Exercise 10 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 1:30 Nails by Cassy 3:00 Happy Hour Blackjack	9:00 Morning Exercise 11 9:30 Daily Hydration 10:00 Current Events 10:30 UNO!  1:30 3:00 Movie & Popcorn
9:00 Shadow Mountain 12 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	9:00 Morning Hydration 13 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 3D Teacups [AR2] 1:30 Unlucky Seven [AR2] 3:00  [AR2]	9:00 Morning Exercise 14 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzles w. Cassy 11:00 IHOP Restaurant Outing [FD] 1:30 Art & Craft w. Cassy 3:00 	9:00 Morning Exercise 15 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Painting w. Cassy  3:00	<small>Birthday Celebration – China</small> 16 9:00 Morning Yoga 9:30 Daily Hydration 10:00 Current Events 11:30 Birthday Celebration [DR4] 1:30 Slap Jack 3:00 	17 9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Karaoke 3:00 Happy Hour w/ Matthew [AR1]	9:00 Morning Exercise 18 9:30 Daily Hydration 10:00 Current Events 10:30 UNO!  1:30 3:00 Movie & Popcorn
9:00 Shadow Mountain 19 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] <small>Activity Professionals Week</small> 3:00 Puzzles & Trivia	9:00 Morning Hydration 20 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color Me Happy [AR2] 1:30 Apples to Apples [AR2] 3:00  [AR2] <small>Marin Luther King Jr. Day</small>	9:00 Morning Exercise 21 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Art & Craft w. Cassy 3:00 Blackjack	9:00 Morning Exercise 22 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Painting w. Cassy  3:00	9:00 Morning Yoga 23 9:30 Daily Hydration 10:00 Current Events 10:30 Scenic Drive 1:30 Slap Jack 3:00 	24 9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Nails by Cassy 3:00 Happy Hour w. Sylvia	9:00 Morning Exercise 25 9:30 Daily Hydration 10:00 Current Events 10:30 UNO!  1:30 3:00 Movie & Popcorn
9:00 Shadow Mountain 26 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] <small>Australia Day (Observed)</small> 3:00 Puzzles & Trivia	9:00 Morning Hydration 27 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Paint by Numbers [AR2] 1:30 Pokeno [AR2] 3:00  [AR2]	9:00 Morning Exercise 28 9:30 Daily Hydration 10:00 Current Events 10:30 San Diego Automotive Museum Outing [FD] 10:30 Color me Happy 1:30 Art & Craft w. Cassy 3:00 	9:00 Morning Exercise 29 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Painting w. Cassy  <small>(Year of the Snake)</small> 3:00	9:00 Morning Yoga 30 9:30 Daily Hydration 10:00 Current Events 10:30 Scenic Drive 1:30 Slap Jack 3:00 	31 9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 UNO! 1:30 Nails by Cassy 3:00 Happy Hour Blackjack	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) 