

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

East (Memory Care) Building



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

9:00 Morning Hydration
 9:30 Yoga w. Kathy [AR2]
 10:00 Current Events
 1:30 Blackjack [AR2]
 2:45 [AR2]

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Lake Murray Picnic Outing
 1:30 St. Patrick's Day Wreath
 3:00 Mardi Gras

9:00 Morning Yoga
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO
 1:30 Nails & Spa
 3:00 Loteria

9:00 Morning Zumba
 9:30 Daily Hydration
 10:00 La Jolla Scenic Tour
 1:30 Dominoes
 3:00 Blakjack

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Crossword Puzzles
 1:30 Jewelry Making
 3:00 Happy Hour

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO!
 1:30
 3:00 Movie & Popcorn

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
Daylight Saving Time Begins

9:00 Morning Hydration
 9:30 Yoga w. Kathy [AR2]
 10:00 Current Events
 10:30 Paper Garland O' Shamrocks [AR2]
 1:30 Unlucky Seven [AR2]
 2:45 [AR2]

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Uno
 1:30 Leprechaun Craft
 3:00 Trivia Tuesday

9:00 Morning Yoga
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO
 1:30 Arts & Crafts
 3:00 Loteria

9:00 Morning Zumba
 9:30 Daily Hydration
 10:00 Downtown San Diego Scenic Tour
 1:30 Dominoes
 3:00 Blakjack
Purim Begins

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Crossword Puzzles
 1:30
 3:00 Happy Hour

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO!
 1:30
 3:00 Movie & Popcorn

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

9:00 Morning Hydration
 9:30 Yoga w. Kathy [AR2]
 10:00 Current Events
 10:30 Lil' Leprechaun Pin Craft [AR2]
 1:30 Apples to Apples [AR2]
 2:45 [AR2]
St. Patrick's Day

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Santee Lake Picnic Outing
 1:30 Cookie Decorating
 3:00

9:00 Morning Yoga
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO
 1:30 Nails & Spa
 3:00 Loteria

9:00 Birthday Celebration - Ireland
 9:00 Morning Zumba
 9:30 Daily Hydration
 10:00 Current Events
 11:30 Birthday Celebration [ADR]
 1:30 Dominoes
 3:00 Blakjack
Spring Begins

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Crossword Puzzles
 1:30 Jewelry Making
 3:00 Happy Hour

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO!
 1:30
 3:00 Movie & Popcorn

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

9:00 Morning Hydration
 9:30 Yoga w. Kathy [AR2]
 10:00 Current Events
 10:30 Color Me Happy [AR2]
 1:30 Pokeno [AR2]
 2:45 [AR2]

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Uno
 1:30 Button Tree Canvas
 3:00 Trivia Tuesday

9:00 Morning Yoga
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO
 1:30 Arts & Crafts
 3:00 Loteria

9:00 Morning Zumba
 9:30 Daily Hydration
 10:00 Coronado Scenic Tour
 1:30 Dominoes
 3:00 Blakjack

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 Crossword Puzzles
 1:30
 3:00 Happy Hour

9:00 Morning Exercise
 9:30 Daily Hydration
 10:00 Current Events
 10:30 UNO!
 1:30
 3:00 Movie & Popcorn

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

9:00 Morning Hydration
 9:30 Yoga w. Kathy [AR2]
 10:00 Current Events
 10:30 Bluebird Door Decor [AR2]
 1:30 Blackjack [AR2]
 2:45 [AR2]



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)

