| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| programs are soccur as weath *Activity mater are available is Located in the *KEY: AL = A | ne Activities occur daily and ALL activity subject to change, activities her permits. rials for independent use in the Activity Closet; e Activity Room. ssisted Living Auditorium in AL | 10:30 This Day in History 11:00 Balloon Volleyball 1:15 Comfort Cart Visits 3:00 Poker/Blackjack | 10:00 Move to the Beat 2 10:30 Fit Minds 11:00 Pretty Nails 2:00 BINGO 3:00 Green Thumb Club 4:00 One-on-One Visits | 2 9:00 Good Morning Visits 10:00 Fitness Fun! 10:30 Matinee Movie 2:00 Puzzle Time 2:30 Mindful Moves 3:00 Dominoes | 3 9:00 Sunshine Circle or 4 Strolls 10:00 Stretch & Smile 11:00 What's New News 2:00 Game On! 3:00 Happy Hour (Aud) 4:00 Karaoke | 9:00 Morning News 5 10:00 Cards & Puzzles 1:30 Afternoon Strolls 2:00 Current Events w/ Cheryl 3:00 Reader Theatre: Feel Good Short Stories |
| SB 10:00 Chapel Service – AUD 1:15 Sunday Cinema 3:15 Brain Games 3:45 National | 10:45 Noodle Exercise 11:15 Manicures & Massages 2:00 Genealogy Club | 10:30 This Day in History 11:00 Bucket Ball 1:15 Comfort Cart Visits 3:00 UNO Cards 4:00 Library Strolls | 9:30 Scenic Bus Ride: 9 Carlsbad Flower Fields 10:00 Price Is Right 11:00 Fit Minds 2:00 BINGO 3:00 Resident Council 4:00 One-on-One Visits | Visits 10:00 Fitness Fun! 10:30 Hollywood Class 2:00 Puzzle Time 2:30 Mindful Moves | 10 9:00 Sunshine Circle or 1 Strolls 10:00 Stretch & Smile 11:00 Daily Journal 2:00 Game On! 3:00 Happy Hour (Aud) 4:00 Knitters Korner | 9:00 Morning News 12 10:00 Cards & Puzzles 1:30 Afternoon Strolls 2:00 Current Events w/ Cheryl 3:00 Reader Theatre: Feel Good Short Stories |
| SB 10:00 Chapel Service – AUD 1:15 Sunday Cinema | 10:45 Noodle Exercise 11:15 Manicures & Massages 2:00 Book Club | 1:15 Comfort Cart Visits 3:00 Filling Easter Eggs | | 9:00 Good Morning Visits 10:30 Mindful Moves <i>12:30 Resident Birthda</i> <i>Celebration & New</i> <i>Resident Luncheon</i> 2:00 Puzzle Time 3:00 Early Evening Cinema | 2:00 HCC Egg Hunt 3:00 Happy Hour (Aud) | 9:00 Morning News 19 10:00 Cards & Puzzles <i>11:00 Easter Event (Main Dining room in AL)</i> 2:00 Current Events w/ Cheryl 3:00 Reader Theatre: Feel Good Short Stories |
| SB 10:00 Chapel Service – AUD 1:15 Sunday Cinema 3:15 Brain Games | 10:45 Noodle Exercise 11:15 Manicures & Massages 2:00 Reading, Out Loud, Club: Harry Potter #1 | 1:15 Comfort Cart Visits 3:00 Recycled Arts & Crafts 4:00 Library Strolls | | 9:00 Good Morning Visits 10:00 Fitness Fun! 10:30 Big SCREEN Movie 2:00 Puzzle Time 2:30 Mindful Moves 3:00 Computer Lab | 24 9:00 Sunshine Circle 25 or Strolls 10:00 Coffee & Company 11:00 Daily News & Stretching 2:00 Game On! 3:00 HCC Bingo Store 4:00 What's in the Bag? | 9:00 Morning News 26 10:00 Cards & Puzzles 1:30 Afternoon Strolls 2:00 Current Events w/ Cheryl 3:00 Reader Theatre: Feel Good Short Stories |
| 10:00 Chapel Service – AUD 1:15 Sunday Cinema 3:15 Brain Games | 10:45 Noodle Exercise 11:15 Manicures & Massages 2:00 Learning ASL 3:00 Parachute 6:00 Walk & StROLL | 10:30 This Day in History 11:00 Balloon Volleyball 1:15 Comfort Cart Visits 3:00 Card Sharks 4:00 Library Strolls | 10:00 Chair Tai Chi 30 10:30 Fit Minds 11:00 Pretty Nails 2:00 BINGO 3:00 Gentleman's Social 4:00 One-on-One Visits | | Goril 2 HEALTH CARE CEN | 411 |

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

