


















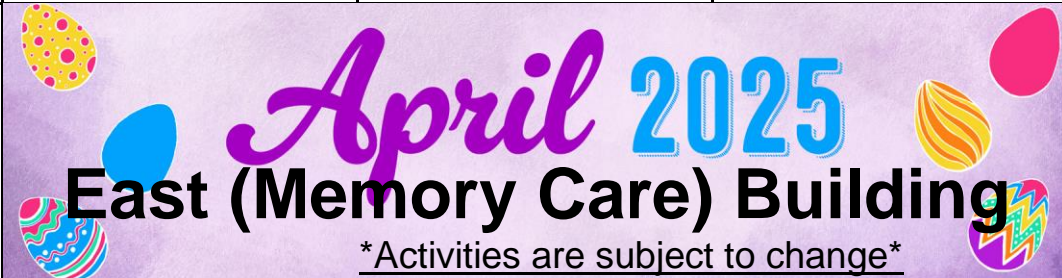


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>AR2 = Activity Room (2nd floor) DR3 = Dining Room (3rd floor) FD = Front Desk AF = All Floor AR1 = Activity Room (1st floor) AR4 = Activity Room (4th floor)</p>		<p>9:00 Morning Exercise 1 9:30 Daily Hydration 10:00 Current Events 10:30 Lake Miramar Picnic</p>  <p>1:30 3:00 DIY Easter Baskets <small>All Fools' Day</small></p>	<p>9:00 Morning Yoga 2 9:30 Daily Hydration 10:00 Current Events 10:30 Uno 1:30 Nails & spa 3:00 Easter Egg Rock Painting</p>	<p>9:00 Morning Zumba 3 9:30 Daily Hydration 10:00 Torrey Pines Scenic Tour 1:30 Trivia Thursday 3:00 Black Jack</p>	<p>9:00 Morning Exercise 4 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30  3:00 Happy Hour w/ Emil</p>	<p>9:00 Morning Exercise 5 9:30 Daily Hydration 10:00 Current Events 10:30 Paint By number 1:30  3:00 Movie & Popcorn</p>
<p>9:00 Shadow Mountain Church Live Stream [AR2] 6 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Puzzles & Trivia</p>	<p>9:00 Morning Hydration 7 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 DIY Bookmark [AR2] 1:30 Blackjack [AR2]  [AR2] 2:45</p>	<p>9:00 Morning exercise 8 9:30 Daily hydration 10:00 Current Events 10:30 Color me Happy  <p>1:30 3:00 Ester Bunny Craft</p> </p>	<p>9:00 Morning Yoga 9 9:30 Daily Hydration 10:00 Current Events 10:30 Uno  3:00 Colorful Egg Wreath</p>	<p>9:00 Morning Zumba 10 9:30 Daily Hydration 10:00 Ocean Beach Scenic Tour 1:30 Trivia Thursday 3:00 Cards & dominoes</p>	<p>9:00 Morning Exercise 11 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30  3:00 Happy Hour w/ Cassy Root beer floats!</p>	<p>9:00 Morning Exercise 12 9:30 Daily Hydration 10:00 Current Events 10:30 Paint by Number 1:30  3:00 Movie & Popcorn <small>Passover Begins</small></p>
<p>9:00 Shadow Mountain Church Live Stream [AR2] 13 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Scrabble [AR2] <small>Palm Sunday</small></p>	<p>9:00 Morning Hydration 14 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Easter Bunny Lollipops Craft [AR2] 1:30 Unlucky Seven [AR2]  [AR2] 2:45</p>	<p>9:00 Morning Exercise 15 9:30 Daily Hydration 10:00 Current Events 10:30 Lindo Park Picnic  1:30 3:00 Sock Bunny Craft</p>	<p>9:00 Morning Yoga 16 9:30 Daily Hydration 10:00 Current Events 10:30 Uno 1:30 Nail & Spa 3:00 Painting w/ Cassy</p>	<p>9:00 Morning Zumba 17 9:30 Daily Hydration 10:00 Current Events 11:30 Birthday Celebration 1:30 Jewelry Making 3:00 Black Jack</p>	<p>9:00 Morning Exercise 18 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30 Cupcake Decorating w/ Cassy 3:00 Happy Hour w/ Matthew</p>	<p>9:00 Morning Exercise 19 9:30 Daily Hydration 10:00 Current Events 10:30 Paint by Number 11:30 Easter Brunch Celebration [ADR] 1:30  3:00 Movie & Popcorn</p>
<p>Happy Easter Sunday! 20 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 <small>Easter Sunday</small></p>	<p>9:00 Morning Hydration 21 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Paper Plates Flower Craft [AR2] 1:30 Blackjack [AR2]  [AR2] 2:45</p>	<p>9:00 Morning Exercise 22 9:30 Daily Hydration 10:00 Current Events 10:30 Color me Happy  <p>1:30 3:00 Arts & crafts w/ Cassy <small>Earth Day</small></p> </p>	<p>9:00 Morning Yoga 23 9:30 Daily Hydration 10:00 Bible Study w/ Maria  3:00 Painting w/ Cassy <small>Administrative Professionals Day</small></p>	<p>9:00 Morning Zumba 24 9:30 Daily Hydration 10:00 Cabrillo Monument Scenic Tour 1:30 Trivia Thursday 3:00 Cards & dominoes</p>	<p>9:00 Morning Exercise 25 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30  3:00 Happy Hour w/ Silvia <small>Arbor Day</small></p>	<p>9:00 Morning Exercise 26 9:30 Daily Hydration 10:00 Current Events 10:30 Paint by Number 1:30  3:00 Movie & Popcorn</p>
<p>9:00 Shadow Mountain Church Live Stream [AR2] 27 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Puzzles & Trivia</p>	<p>9:00 Morning Hydration 28 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Fidget Fidos and Felines Craft [AR2] 1:30 Unlucky Seven [AR2]  [AR2] 2:45</p>	<p>9:00 Morning Exercise 29 9:30 Daily Hydration 10:00 Current Events 10:30 Lake Murray Picnic  <p>1:30 3:00 Arts & Crafts w/ Cassy</p> </p>	<p>9:00 Morning Yoga 30 9:30 Daily Hydration 10:00 Current Events 10:30 Uno 1:30 Nail & Spa 3:00 Painting w/ Cassy</p>	 <p>April 2025 East (Memory Care) Building <small>*Activities are subject to change*</small></p>		