

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <p><i>May</i> 2025 East Building</p> <p>*Activities are subject to change*</p> </div>						
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 DIY Cinco de Mayo Star [AR2] 1:30 Pokeno [AR2] 2:45  [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 El Torito Restaurant Outing [FD] 1:30 Trivia Tuesday [AR2] 3:00 Hangman [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Food Forum [DR3] 1:30 API Meet Up [AR2] 1:30 Mobility Wipe Down 2:45  [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa 1:00 Walmart Shopping Outing [FD] 1:00 Movie & Popcorn [AR2] (50 First Dates) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 DIY Mother's Day Greeting Cards [AR2] 1:30  [AR2] 3:00 Walking Taco Happy Hour [AR2]	9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 11:30 Mother's Day Brunch [ADR] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
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>Mother's Day National Skilled Nursing Care Week</small>	9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Kite Door Decor [AR2] 1:30 Dominoes [AR2] 2:45  [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Family Pharmacy Coffee and Chat [DR3] 1:30 Trivia Tuesday [AR2] 3:00 Art w. Olly [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 Paint & Sip [AR2] 2:45  [AR2]	Birthday Celebration – Cancun 9:30 Current Events 11:30 Birthday Celebration [ADR] 1:00 Hobby Lobby Shopping Outing [FD] 1:00 Documentary [AR2] (Tour around Cancun) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Paint by number [AR2] 1:30  w. John Mendoza [DR3] 3:00 Happy Hour w. Matthew [DR3]	9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] <small>Armed Forces Day</small>
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 Budding Branches and Lavender Craft [AR2] 1:30 Unlucky Seven [AR2] 2:45  [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 San Diego Museum of Art Outing [FD] 1:30 Trivia Tuesday [AR2] 3:00 Art w. Olly [AR2] (Rock Painting)	9:00 Morning Hydration 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 API Meet Up [AR2] 1:30 Lavender Field Acrylic Painting [AR2] 2:45  [AR2]	9:30 Current Events 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa 11:00 Music & Lunch (Peter Seltser) [DR3] 1:00 Sprouts Shopping Outing [FD] 1:00 Movie & Popcorn [AR2] (Draft Day) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Paint by number [AR2] 1:30  [AR2] 3:00 Happy Hour w. Sylvia [DR3]	9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
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 Blackjack [AR2] 2:45  [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 May Dot Doodles [AR2] 1:30 Trivia Tuesday [AR2] 3:00 Gardening Circle [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Resident Council [DR3] 1:30  [AR2] 3:00 Food for Thought (Guacamole & Chips)	9:00 Morning Hydration 9:30 Current Events 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa 1:00 Dollar Tree Shopping Outing [FD] 1:00 Movie & Popcorn [AR2] (A Dog's Way Home) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Paint by number [AR2] 1:30  [AR2] 3:00 Happy Hour w. Ben [DR3]	9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]