Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
****	Mar	2025	***	9:00 Morning Exercise 9:30 Daily Hydration	9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events	9:00 Morning Exercise 9:30 Morning Hydration 10:00 Current Events	3
	Jul	V LULU		10:00 Carlsbad Scenic Tour	10:30 Uno	10:30 Paint by Number	
E	ast (Memory	Care) Buildin	ng A	1:30	1:30	1:30 Bingo	
	Activities are su	bject to change	* 40% 33	3:00 Painting WaCassy	3:00 Happy Hour w. Emil	4:30 Movie & Popcorn	
19:00 Shadow Mountain	9:00 Morning Hydration 5 9:30 Yoga w. Kathy [AR2]	9:00 Morning Exercise	9:00 Morning Yoga		0.00 Dell. H. Jeetler	1	10
Church Live Stream [AR2]		9:30 Daily Hydration	9:30 Morning Hydration	9:30 Daily Hydration	10:00 Current Events	9:30 Morning Hydration	
9:30 Morning Hydration 10:45 Catholic Mass [AR2]	10:30 DIY Cinco de Mayo	10:00 Current Events	10:00 Current Events 10:30 Uno	10:00 La Jolla Scenic Tour	10:30 Uno	10:00 Current Events	
1:30 TV Series w/ Snack and		10:30 Color Me Happy	1:30 Jewelry Making	1:30 Nail & Spa	1:30	11:30 Mother's Day Brun	nch
Hydration [AF]		1:30	3:00 Mother's Day Flower	3:00 DIY Choclate Covered Strawberries w. Cassy	3:00 Happy Hour w. Milkshakes	1:30 Bingo	
3:00 Puzzles & Trivia	· · · · · · · · · · · · · · · · · · ·	3:00 Painting w. Cassy	Painting			4:30 Movie & Popcorn	4=
	9:00 Morning Hydration 12 9:30 Yoga w. Kathy [AR2]	9:00 Morning Exercise 13 9:30 Morning Hydration		1	9:00 Morning Zumba 16 9:30 Daily Hydration	1	17
	10:00 Current Events	10:00 Current Events	9:30 Morning Hydration	9:30 Daily Hydration	10:00 Current Events	9:30 Morning Hydration	
10:45 Catholic Mass [AR2]	10:30 Kite Door Decor	10:30 Lake Murray Picnic Outing [FD]	10:00 Current Events 10:30 Uno	11:30 Birthday Celebration	10:30 Uno	10:00 Current Events	
1:30 TV Series w/ Snack and Hydration [AF]	[AR2] 1:30 Dominoes [AR2]	1:30 Trivia Tuesday 3:00 Arts and Crafts w.		1:30	1:30	10:30 Paint by Number 1:30 Bingo	
	2:45 [AR2]	Cassy (Bird House	1:30	3:00 Painting w. Cassy	3:00 Happy Hour w. Matthew		
National Skilled Nursing Care Week		Painting)	3:00 Flower pot Painting 9:00 Morning Yoga 21	9:00 Morning Exercise 22		4:30 Movie & Popcorn	
9:00 Shadow Mountain	9:00 Morning Hydration 19 9:30 Yoga w. Kathy [AR2]	9:00 Morning Exercise	9:30 Daily Hydration	9:30 Daily Hydration	9:30 Daily Hydration	9:00 Morning Exercise 9:30 Morning Hydration	24
Church Live Stream [AR2] 9:30 Morning Hydration	10:00 Current Events	9:30 Morning Hydration 10:00 Currents Events	10:00 Current Events	10:00 Mount Soledad	10:00 Current Events	10:00 Current Events	
10:45 Catholic Mass [AR2]	10:30 Budding Branches and Lavender Craft [AR2]	10:30 Color me Happy	10:30 Uno	Scenic Tour	10:30 Uno	10:30 Paint by Number	
1:30 TV Series w/ Snack and	1:30 Unlucky Seven [AR2]	1:30 Trivia Tuesday	1:30 Nail spa	ocenic rour		1:30 Bingo	
Hydration [AF] 3:00 Puzzles & Trivia		3:00 Arts and Crafts w. Cassy	3:00 Painting w. Cassy	1:30 Gamento	1:30	4:30 Movie & Popcorn	
	2:45 Victoria Day (Canada) R2] 9:00 Morning Hydration 26	•		3:00 Painting w. Cassy	3:00 Happy Hour w. Silvia 9:00 Morning Zumba	•	- 04
9:00 Shadow Mountain —	9-30 Yoga w Kathy [AR2]	9:00 Morning Exercise		9:00 Morning Exercise			31
IC DUICD LIVE STEAM LAR /I	10:00 Current Evente	9:30 Morning hydration 10:00 Current Events	9:30 Daily Hydration 10:00 Current Events	9:30 Daily Hydration	10:00 Current Events	9:30 Morning Hydration 10:00 Current Events	
10:45 Catholic Mass [AR2]	10:30 Color Me Happy 😊	10:30 Mission Beach	10:30 Uno	10:00 Balboa Park Scenic	10:30 Uno	10:30 Paint by Number	
1:30 TV Series w/ Snack and	[AR2] 1:30 Blackjack [AR2]	Picnic Outing [FD] 1:30 Trivia Tuesday		Tour		1:30 Bingo	
Hydration [AF] 3:00 Puzzles & Trivia	OMEO)	SIMEOU	1:30 Jewelry making 3:00 Painting w. Cassy	1:30 Gamento	1:30		
	2.45 Memorial Day [AR2]	3:00	g ,	3:00 Painting w. Cassy	3:00 Happy Hour w. Ben	4:30 Movie & Popcorn	