

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|--|--|---|--|--|---|--|
| 9:00 Shadow Mountain Church Live Stream [AR2]<br>9:30 Morning Hydration<br>10:45 Catholic Mass [AR2]<br>1:30 TV Series [AR2]<br>3:00 Puzzles & Trivia<br>Shavuot Begins  | <b>1</b><br>9:00 Morning Hydration<br><b>9:30 Yoga w. Kathy [AR2]</b><br>10:00 Current Events<br><b>10:30 Color Me Happy [AR2]</b><br>1:30 Pokeno [AR2]<br>2:45  [AR2]                      | <b>2</b><br>9:00 Morning Exercise<br>9:30 Daily Hydration<br>10:00 Current Events<br>10:30 UNO<br>1:30 <br>3:00 Trivia Tuesday  | <b>3</b><br>9:00 Morning Yoga<br>9:30 Morning Hydration<br>10:00 Current Events<br>10:30 Color Me Happy<br><b>1:30 Nail &amp; Spa</b><br>3:00 Painting w. Cassy  | <b>4</b><br>9:00 Morning Zumba<br>9:30 Daily Hydration<br><b>10:00 Surf Beach Scenic Tour</b><br>1:30 Trivia Thursday<br>3:00   | <b>5</b><br>9:00 Morning Zumba<br>9:30 Daily Hydration<br>10:00 Current Events<br>10:30 Uno<br>1:30 <br><b>3:00 Happy Hour w. Root Beer Floats</b>                               | <b>6</b><br>9:00 Morning Zumba<br>9:30 Morning Hydration<br>10:00 Current Events<br>10:30 Color me Happy 😊<br>1:30 <br>3:00 Movie & Popcorn   |
| <b>8</b><br>9:00 Shadow Mountain Church Live Stream [AR2]<br>9:30 Morning Hydration<br>10:45 Catholic Mass [AR2]<br>1:30 TV Series [AR2]<br>3:00 Puzzles & Trivia  | <b>9</b><br>9:00 Morning Hydration<br><b>9:30 Yoga w. Kathy [AR2]</b><br>10:00 Current Events<br><b>10:30 DIY Father's Day Greeting Card [AR2]</b><br>1:30 Dominoes [AR2]<br>2:45  [AR2]    | <b>10</b><br>9:00 Morning Exercise<br>9:30 Morning Hydration<br>10:00 Current Events<br><b>10:30 Lake Murray Picnic Outing [FD]</b><br>1:30 <br>3:00 Trivia Tuesday   | <b>11</b><br>9:00 Morning Yoga<br>9:30 Morning Hydration<br>10:00 Current Events<br>10:30 Puzzles with Cassy<br>1:30 Jewelry Making<br><b>3:00 Ball Fishing</b>  | <b>12</b><br>9:00 Morning Exercise<br>9:30 Daily Hydration<br><b>10:00 Scenic Tour</b><br>1:30 <br><b>3:00 Strawberries Shortcake w. Cassy</b>  | <b>13</b><br>9:00 Morning Zumba<br>9:30 Daily Hydration<br>10:00 Current Events<br>10:30 Uno<br>1:30 <br><b>3:00 Happy Hour w/ Peter Seltzer [DR3]</b>                           | <b>14</b><br>9:00 Morning Zumba<br>9:30 Morning Hydration<br>10:00 Current Events<br><b>11:30 Father's Day Celebration</b><br>1:30 <br>3:00 Movie & Popcorn<br><small>Flag Day (U.S.)</small> |
| <b>15</b><br>9:00 Shadow Mountain Church Live Stream [AR2]<br>9:30 Morning Hydration<br>10:45 Catholic Mass [AR2]<br>1:30 TV Series [AR2]<br><b>3:00 Doughnuts &amp; Dads [AR2]</b><br><small>Father's Day</small> | <b>16</b><br>9:00 Morning Hydration<br><b>9:30 Yoga w. Kathy [AR2]</b><br>10:00 Current Events<br><b>10:30 Paper Party Gnomes [AR2]</b><br>1:30 Unlucky Seven [AR2]<br>2:45  [AR2]          | <b>17</b><br>9:00 Morning Exercise<br>9:30 Daily Hydration<br>10:00 Current Events<br>10:30 UNO<br>1:30 <br>3:00 Trivia Tuesday   | <b>18</b><br>9:00 Morning Yoga<br>9:30 Morning Hydration<br>10:00 Current Events<br>10:30 Color Me Happy<br><b>1:30 Nail &amp; Spa</b><br>3:00 Painting w. Cassy | <b>19</b><br><small>Birthday Celebration – Aruba</small><br>9:00 Morning Exercise<br>9:30 Daily Hydration<br><b>11:30 Birthday Celebration</b><br><b>1:30 Celebrating Juneteenth! Documentary [AR2]</b><br><small>(Juneteenth: 1865-2021)</small><br>3:00  Juneteenth | <b>20</b><br>9:00 Morning Zumba<br>9:30 Daily Hydration<br>10:00 Current Events<br>10:30 Uno<br>1:30 <br><b>3:00 Happy Hour w. Matthew [DR3]</b><br><small>Summer Begins</small> | <b>21</b><br>9:00 Morning Zumba<br>9:30 Morning Hydration<br>10:00 Current Events<br>10:30 Color me Happy 😊<br>1:30 <br>3:00 Movie & Popcorn  |
| <b>22</b><br>9:00 Shadow Mountain Church Live Stream [AR2]<br>9:30 Morning Hydration<br>10:45 Catholic Mass [AR2]<br>1:30 TV Series [AR2]<br>3:00 Puzzles & Trivia   | <b>23</b><br>9:00 Morning Hydration<br><b>9:30 Yoga w. Kathy [AR2]</b><br>10:00 Current Events<br><b>10:30 Woodland Mushroom Centerpiece [AR2]</b><br>1:30 Blackjack [AR2]<br>2:45  [AR2] | <b>24</b><br>9:00 Morning Exercise<br>9:30 Morning hydration<br>10:00 Current Events<br><b>10:30 Balboa Park Picnic Outing [FD]</b><br>1:30 <br>3:00 Flower Pot Painting  | <b>25</b><br>9:00 Morning Yoga<br>9:30 Morning Hydration<br>10:00 Current Events<br>10:30 Puzzles with Cassy<br>1:30 Jewelry Making<br><b>3:00 Ball Fishing</b>  | <b>26</b><br><b>9:00 San Diego County Fair Outing [FD]</b><br>9:30 Morning Zumba<br>10:00 Daily Hydration<br>1:00 Puzzles & Trivia [AR2]<br>3:00 Trivia Thursday   | <b>27</b><br>9:00 Morning Zumba<br>9:30 Daily Hydration<br>10:00 Current Events<br>10:30 Uno<br>1:30 <br><b>3:00 Happy Hour w. Sylvia [DR3]</b>                                | <b>28</b><br>9:00 Morning Exercise<br>9:30 Morning Hydration<br>10:00 Current Events<br>10:30 Color me Happy 😊<br>1:30 <br>3:00 Movie & Popcorn   |
| <b>29</b><br>9:00 Shadow Mountain Church Live Stream [AR2]<br>9:30 Morning Hydration<br>10:45 Catholic Mass [AR2]<br>1:30 TV Series [AR2]<br>3:00 Puzzles & Trivia   | <b>30</b><br>9:00 Morning Hydration<br><b>9:30 Yoga w. Kathy [AR2]</b><br>10:00 Current Events<br><b>10:30 Color Me Happy [AR2]</b><br>1:30 UNO [AR2]<br>2:45  [AR2]                      | <div> <div> <div>AR2 = Activity Room (2<sup>nd</sup> floor)</div> <div>DR3 = Dining Room (3<sup>rd</sup> floor)</div> <div>FD = Front Desk</div> <div>AF = All Floor</div> <div>AR1 = Activity Room (1<sup>st</sup> floor)</div> <div>AR4 = Activity Room (4<sup>th</sup> floor)</div> </div> <div>     </div> <div>     </div> </div> <div> <h1>June 2025</h1> <h2>East (Memory Care) Building</h2> <p><small>*Activities are subject to change*</small></p> </div> |  |  |   |  |