






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia Shavuot Begins	1 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color Me Happy [AR2] 1:30 Pokeno [AR2] 2:45  [AR2]	2 9:00 Morning Hydration 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 China Super Buffet Restaurant Outing FD 1:30 Price is Right [AR2] 3:00 DIY Pinwheels [AR2]	3 9:00 Morning Hydration 9:30 Current Events 10:00 Food Forum [DR3] 1:30 DIY Suncatcher 2:45  [AR2]	4 9:00 Morning Hydration 9:30 Current Events 10:00 Yoga w. Oilly [AR2] 10:30 Nail Spa 1:00 La Mesa Library Outing [FD] 1:00 Movie & Popcorn [AR2] (Driving Miss Daisy) 3:30 Jewelry Making [AR2]	5 9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Hot Air Balloon Flower Collage [AR2] 1:30  [AR2] 3:00 Happy Hour [AR2]	6 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
8 9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 DIY Father's Day Greeting Card [AR2] 1:30 Dominoes [AR2] 2:45  [AR2]	10 9:00 Morning Hydration 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] 1:30 Domino Bouquets Game [AR2] 3:00 Art w. Oilly [AR2] (Expressionistic: Finger Painting)	11 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 Mobility Wipe Down 2:45  [AR2]	12 9:30 Current Events 10:00 Yoga w. Oilly [AR2] 10:30 Nail Spa 1:00 Walmart Shopping Outing [FD] 1:00 Movie & Popcorn [AR2] (The Intern) 3:30 Flower Arrangements	13 9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Lucky vs. Unlucky Craft [AR2] 1:30  [AR2] 3:00 Happy Hour w/ Peter Seltzer [DR3]	14 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 11:30 Father's Day Celebration [ADR/PT] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] Flag Day (U.S.)
15 9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Doughnuts & Dads [AR2] Father's Day	16 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Paper Party Gnomes [AR2] 1:30 Unlucky Seven [AR2] 2:45  [AR2]	17 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. Oilly [AR2] (Sea Shell Painting)	18 9:00 Morning Hydration 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 DIY Kites [PT] 2:45  [AR2]	19 Birthday Celebration – Aruba 9:30 Current Events 11:30 Birthday Celebration 1:00 Frazier Farms Shopping Outing [FD] 1:00 Celebrating Juneteenth! Documentary [AR2] (Juneteenth: 1865-2021) 3:30 Juneteenth Social Hour Juneteenth	20 9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Summer Buket List [AR2] 1:30  w. John Mendoza [DR3] 3:00 Happy Hour w. Matthew [DR3] Summer Begins	21 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] 6:00 Summerfest Evening Concert [PT]
22 9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	23 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Woodland Mushroom Centerpiece [AR2] 1:30 Blackjack [AR2] 2:45  [AR2]	24 9:00 Morning Hydration 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] 1:00 JCPenney Shopping Outing [FD] 1:00 Movie & Popcorn [AR2] (Mr. Holland's Opus) 3:30 Jewelry Making [AR2]	25 9:00 Morning Hydration 9:30 Current Events 10:00 Resident Council [DR3] 1:30 API Meet Up [AR2] 1:30 Gardening Circle [AR2] 2:45  [AR2]	26 9:00 San Diego County Fair Outing [FD] 9:30 Morning Hydration 10:00 Current Events 1:00 Puzzles & Trivia [AR2] 3:30 Jewelry Making [AR2]	27 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]	28 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
29 9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	30 9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color Me Happy [AR2] 1:30 UNO [AR2] 2:45  [AR2]	<div> <div> <div>AR2 = Activity Room (2nd floor)</div> <div>DR3 = Dining Room (3rd floor)</div> <div>FD = Front Desk</div> <div>AF = All Floor</div> <div>PT = Patio</div> </div>  </div> <div data-kind="ghost"></div> <div data-kind="ghost"></div> <div data-kind="ghost"></div> <div data-kind="ghost"></div>				