

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 12:30 LDS Church Meeting [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD] Shavuot Begins	9:30 Current Events (LIB) 2 10:00 Yoga w/Kathy (SDR) 10:45 Blackjack (AUD) 1:30 Mt Soledad Scenic Tour (FD) 1:30 Bouquet Designing (SL) 3:00 Quarter Bingo (SL)	9:30 Current Events(LIB) 3 10:00 Sittercise Video(AUD) 10:45 Phase 10(AUD) 1:30 Pokeno(AUD) 3:00 Name That Tune Outside by the Pool!(Win GG Bucks & Listen to Old Favorites)	9:00 Casino Outing 4 9:30 Current Events(LIB) 10:15 Yoga w/ Kathy(AUD) 10:45 Unlucky Sevens(AUD) 11:00 New Resident Luncheon(PDR) 3:00 Peggy's Porch Sing Along(MDR)  w/Sommer(AUD)	9:30 Current Events(LIB) 5 10:00 Yoga w/ Kathy(AUD) 10:45 Black Jack(AUD) 1:30 Classic Rock & Smoothies(AUD) 3:00 Activity Planning Meeting(AUD)	9:30 Walmart Marketplace Outing 6 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Trader Joes Outing 2:00 Bingo w/ John(AUD) 3:00 Happy Hour W/ Piano Steve(AUD)	9:30 Current Events(LIB) 7 10:00 Donuts and Music(AUD) 10:45 Sittercise Video(AUD) 1:30 Black Jack(AUD) 3:00 Name That Tune(AUD) 5:00 Evening Film "Nonnas"(AUD)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (LIB) 9 10:00 Yoga w/Kathy (SDR) 10:45 Blackjack (AUD) 1:30 Balboa Park Scenic Tour (FD) 1:30 Decorative Stick Book Marks (SL) 3:00 Quarter Bingo (SL)	9:30 Current Events(LIB) 10 10:00 Sittercise Video(AUD) 10:45 Phase 10(AUD) 1:30 Pokeno(AUD) 3:00 Seashell Wreath Craft(AUD)	9:30 Current Events(LIB) 11 10:15 Yoga w/ Kathy(AUD) 10:45 Unlucky Sevens(AUD) 11:00 Lake Murray Picnic 1:30 Name That Tune w/ Treats(AUD)  w/Shannon(AUD)	9:30 Current Events(LIB) 12 10:00 Food Forum(AUD) 10:15 Yoga w/ Kathy(SDR) 10:45 Sittercise Video(AUD) 1:30 Bible Study(SL) 1:30 Black Jack(AUD) 3:00 Nail Spa(AUD)	9:30 Dollar Tree Outing 13 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 ALDI Grocery Outing 3:00 Happy Hour w/ New Performer(AUD)	9:30 Current Events(LIB) 14 10:00 Chair Zumba Video(AUD) 11:30-1:30 Fathers Day BBQ 1:30 Black Jack 3:00 Water Pilates(Pool) Flag Day (U.S.)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD] Father's Day	9:30 Current Events (LIB) 16 10:00 Yoga w/Kathy (SDR) 10:45 Blackjack (AUD) 1:30 Coronado Scenic Tour (FD) 1:30 Suncatcher Craft (SL) 3:00 Quarter Bingo (SL)	9:30 Current Events(LIB) 17 10:00 Sittercise Video(AUD) 10:45 Phase 10(AUD) 1:30 Pokeno(AUD) 3:00 Physical, Cognitive Workshop w/ Todd(AUD)	9:30 Current Events(LIB) 18 10:00 Resident Council Meeting(AUD) 11:00 IHOP Restaurant Outing 3:00 Peggy's Porch Sing Along(AUD)  w/Sommer(AUD)	9:30 Current Events(LIB) 19 10:00 Yoga w/ Kathy(AUD) 11:30 Birthday Celebration(MDR) 1:30 Black Jack(AUD) 3:00 Garden Stroll Juneteenth	9:30 Current Events(LIB) 20 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Garden Stroll(FD) 3:00 Happy Hour w/ DJ the DJ(AUD) Summer Begins	9:30 Current Events(LIB) 21 10:00 Sittercise Video(AUD) 10:45 Art for All Ages w/ Doug(AUD) 1:30 Name That Tune(AUD) 3:00 Water Pilates(Pool)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (LIB) 23 10:00 Yoga w/Kathy (SDR) 10:45 Blackjack (AUD) 1:30 Mission Trails Scenic Tour (FD) 1:30 Summer Painting Pots (SL) 3:00 Quarter Bingo (SL)	9:30 Current Events(LIB) 24 10:00 Chair Zumba(AUD) 10:45 Phase 10(AUD) 1:30 Pokeno(AUD) 3:00 Afternoon Paint Workshop with Wine, Beer and Soda Options(AUD)	9:30 Current Events(LIB) 25 10:15 Yoga w/ Kathy(AUD) 10:45 Unlucky Sevens(AUD) 1:30 Nail Spa(AUD) 3:00 Name That Tune(AUD)  w/Shannon(AUD)	9:30 Current Events(LIB) 26 10:00 Yoga w/ Kathy(AUD) 10:45 Black Jack(AUD) 1:30 Garden Rock Painting(AUD) 3:00 Black Jack(AUD)	9:30 Walmart Grossmont Outing 27 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Macy's Outing 3:00 Happy Hour Outside w/ Performance	9:30 Current Events(LIB) 28 10:00 Chair Zumba(AUD) 10:45 Black Jack(AUD) 1:30 Physical, Cognitive Workshop w/ Todd(AUD) 3:00 Water Pilates(Pool)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (LIB) 30 10:00 Yoga w/Kathy (SDR) 10:45 Blackjack (AUD) 1:30 La Jolla Scenic Tour (FD) 1:30 Art Class w/Shannon (SL) 3:00 Quarter Bingo (SL)	SL = South Lounge AUD = Auditorium SP = South Patio SDR = South Dining Room MDR = Main Dining Room ADR = All Dining Rooms FD = Front Desk LIB = Library				
June 2025 5480 Marengo Ave., La Mesa, CA., 91942 – (619)463-0821 *Activities Are Subject to Change without notice*						