

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 (SDR)	9:30 Current Events (1 to 1) 3 10:00 Chair Dancing (SL) 10:30 Reminiscing (SL) 1:30  w/ Shannon (SDR) 3:00 Activity Planning Meeting (SL)	9:00 Casino Outing 4 9:30 Current Events (LIB) 10:15 Yoga w/Kathy (AUD) 11:00 New Res.Lunch(PDR) 1:30 Ozzie & Harriet Show w/coffee 3:00 Peggy'sPorch Sing Along(MDR) 6:00  w/Sommer(AUD)	9:30 Current Events (1 to 1) 5 10:00 Sit & Get Fit (SL) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 2:00 Resident Visits 3:00 Decorating for June	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
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 (SDR)	9:30 Current Events (LIB) 10 10:00 Sittercise Video(AUD) 10:00-11:30 GHD Mobile Library(FD) 1:30  w/ Shannon (SDR) 3:00 Ed Sullivan Show & Juice (SL) 6:00 Music in the	9:30 Current Events (LIB) 11 10:15 Yoga w/Kathy (AUD) 10:45 Unlucky Seven (AUD) 11:00 Lake Murray Picnic 1:30 Nails by Shannon (SL) 2:30 Name That Tune (SL) 6:00  w/Shannon(AUD)	9:30 Current Events (1to1) 12 10:15 Yoga w/Kathy (SDR) 10:00 Food Forum (AUD) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 2:00 Resident Visits 3:00 Color Me Happy (SL)	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 Sizzle & Sip for with Dad Luncheon(ADR) 1:30 Flag Decorating Activity & Pledge of Allegiance(AUD) 3:00 Water Pilates(Pool) Flag Day (U.S.)
9:00 Shadow Mountain Church Livestream [SL] 15 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 (SDR)	9:30 Current Events (1 to 1) 17 10:00 Chair Dancing (SL) 10:30 Reminiscing (SL) 1:30  w/ Shannon (SDR) 3:00 Music Trivia (SL) 3:00 Physical, Cognitive Workshop w/Todd (AUD)	9:30 Current Events (1 to 1) 18 10:00 Sit & Stretch (SL) 10:00 Resident Council Meeting (AUD) 11:00 IHOP Outing 1:30 Popcorn & A Movie (SL) 3:00 Peggy's Porch Sing Along (AUD) 6:00  w/Sommer(AUD)	9:30 Current Events(LIB) 19 10:00 Yoga w/ Kathy (AUD) 11:30 Birthday Celebration (ADR) 1:30 Bible Study (SL) 2:00 Resident Visits 3:00 Garden Stroll (SP) 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 Summertime Happy Hour by the pool(outside) Summer Begins	9:30 Current Events(LIB) 21 10:00 Sittercise Video(AUD) 10:45 Art for All Ages(AUD) 1:30 Name That Tune(AUD) 3:00 Water Pilates(Pool)
9:00 Shadow Mountain Church Livestream [SL] 22 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 (SDR)	9:30 Current Events (1 to 1) 24 10:00 Chair Dancing (SL) 10:30 Reminiscing (SL) 1:30  w/ Shannon (SDR) 3:00 Ozzy & Harriet Show & Juice (SL)	9:30 Current Events (LIB) 25 10:15 Yoga w/ Kathy (AUD) 10:45 Unlucky Sevens (AUD) 1:30 Popcorn & A Movie (SL) 3:00 Peggy's Porch Sing Along (SDR) 6:00  w/Shannon(AUD)	9:30 Current Events (1 to 1) 26 10:00 Sit & Get Fit (SL) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 1:30 Garden Rock Painting (AUD) 2:00 Resident Visits 3:00 Color Me Happy (SL)	9:30 Walmart Grossmont Outing 27 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Walmart Grossmont Outing 3:00 Happy Hour w/ DJ the DJ!(AUD)	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] 29 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 (SDR)	SL = South Lounge SDR = South Dining Room MDR = Main Dining Room ADR = All Dining Rooms FD = Front Desk LIB = Library AUD = Auditorium SP = South Patio				

June 2025

South Building Activities

*Activities are subject to change without notice.

