
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>July</i> East Building 2025</p> <p><small>*Activities are subject to change*</small></p>		9:00 Morning Hydration 1 9:30 Current Events 10:00 Morning Stretch [AR2] <u>10:30 Fleet Science Center Outing [FD]</u> 1:30 Trivia Tuesday [AR2] 3:00 Comedy Circle [AR2] <small>Canada Day</small>	9:00 Morning Hydration 2 9:30 Current Events 10:00 Food Forum [DR3] 1:30 Kiwi Hand Fan Craft [AR2] 2:45  [AR2]	9:30 Current Events 3 11:30 Independence Day Celebration [DR3/PT] <u>1:00 La Mesa Library Outing [FD]</u> 1:00 Movie & Popcorn [AR2] (Grown Ups) 3:00 Patriotic Firework Craft 5:30-6:30 Ice Cream Social with Live Music [AUD]	9:00 Morning Hydration 4 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Independence Day Trivia [AR2] 1:30  [AR2] 3:00 Ice Cream Social [PT] <small>Independence Day (US)</small>	9:30 Morning Hydration 5 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
9:00 Shadow Mountain 6 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 7 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Rock & Roll Trivia [AR2] 1:30 Pokemo [AR2] 2:45  [AR2]	9:00 Morning Hydration 8 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] 1:30 Compound Memory Game [AR2] 3:00 Art w. Olly [AR2] (Cow Painting)	9:00 Morning Hydration 9 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]	9:30 Current Events 10 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa <u>1:00 Walmart Shopping Outing [FD]</u> 1:00 Movie & Popcorn [AR2] (The Straight Story) 3:30 Flower Arrangements	9:00 Morning Hydration 11 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Frida Kahlo 3D Paper Doll [AR2] 1:30  [AR2] 3:00 Karaoke Happy Hour	9:30 Morning Hydration 12 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
9:00 Shadow Mountain 13 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 14 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Hot Air Balloon Flower Collage [AR2] 1:30 Dominoes [AR2] 2:45  [AR2]	9:00 Morning Hydration 15 9:30 Current Events 10:00 Morning Stretch [AR2] <u>11:00 Smokey & The Brisket Restaurant Outing [FD]</u> 1:30 Trivia Tuesday [AR2] 3:00 Art w. Olly [AR2] (Sea Shell Painting)	9:00 Morning Hydration 16 9:30 Current Events 10:00 Clear Captions Presentation [DR3] 10:30 Short Stories [AR2] 1:30 Afternoon Chair Zumba [AR2] 2:45  [AR2]	Birthday Celebration – Western 17 9:30 Current Events 11:30 Birthday Celebration <u>1:00 Vons Shopping Outing [FD]</u> 1:00 Movie & Popcorn [AR2] (The Patriot) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 18 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Round Canvas Melon Painting [AR2] 1:30  w. John Mendoza [DR3] 3:00 Happy Hour w. Matthew [DR3]	9:30 Morning Hydration 19 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
9:00 Shadow Mountain 20 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 21 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Travel Poster Puzzle [AR2] 1:30 Unlucky Seven [AR2] 2:45  [AR2]	9:00 Morning Hydration 22 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] 1:30 Price is Right [AR2] 3:00 Art w. Olly [AR2] ('After the Beach')	9:00 Morning Hydration 23 9:30 Current Events 10:00 Resident Council [DR3] 1:30 API Meet Up [AR2] 1:30 Pit Stop Door Décor [AR2] 2:45  [AR2]	9:30 Current Events 24 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa <u>1:00 Michaels Shopping Outing [FD]</u> 1:00 Movie & Popcorn [AR2] (Steel Magnolias) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 25 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]	9:30 Morning Hydration 26 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] 6:00 Evening Concert [PT]
9:00 Shadow Mountain 27 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 28 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color Me Happy [AR2] 🎨 1:30 Blackjack [AR2] 2:45  [AR2]	9:00 Morning Hydration 29 9:30 Current Events 10:00 Morning Stretch [AR2] <u>10:30 Baskin Robbins Outing FD</u> 1:30 Trivia Tuesday [AR2] 3:00 Art w. Olly [AR2] (Expressionistic: Finger Painting)	9:00 Morning Hydration 30 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30  [AR2] 3:00 Food for Thought [AR2] (Baking Cheesecake Bars)	9:30 Current Events 31 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa <u>1:00 Target Shopping Outing [FD]</u> 1:00 Movie & Popcorn [AR2] (Sully) 3:30 Jewelry Making [AR2]	<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>	