





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>July 2023 East (Memory Care) Building *Activities are subject to change*</p>		<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Color me happy 1:30  3:00 Trivia Tuesday <small>Canada Day</small></p>	<p>9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 UNO! 1:30  3:00 Nail & Spa</p>	<p>9:00 Morning Exercise 11:30 Independence Day Celebration [DR3/PT] 1:00 La Mesa Library Outing [FD] 1:30 Trivia Thursday 3:00 DIY Bag Flower Painting 5:30-6:30 Ice Cream Social with Live Music (AUD)</p>	<p>9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 Puzzles w/ Cassy 1:30 DIY Straw Fireworks 3:00 4th of July Cookie Decorating <small>Independence Day (US)</small></p>	<p>9:00 Morning Zumba 9:30 Morning Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn</p>
<p>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</p>	<p>9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Rock & Roll Trivia [AR2] 1:30 Pokeno [AR2] 2:45  [AR2]</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Picnic @ the Beach Outing [FD] 1:30  3:00 Trivia Tuesday</p>	<p>9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 UNO! 1:30  3:00 Jewelry Making w/ Cassy</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Seaport Village Scenic Tour 1:30 Trivia Thursday 3:00 Ball Fishing</p>	<p>9:00 Morning Exercise 9:30 Morning Hydration 10:00 Current Events 10:30 Puzzles w/ Cassy 1:30  [AR2] 3:00 Happy Hour</p>	<p>9:00 Morning Zumba 9:30 Morning Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn</p>
<p>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</p>	<p>9:00 Morning Hydration 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]</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Color me happy 1:30  3:00 Trivia Tuesday</p>	<p>9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 UNO! 3:00 Nail & Spa </p>	<p>Birthday Celebration – Western 9:00 Morning Exercise 9:30 Daily Hydration 11:30 Birthday Celebration 1:30  3:00 Painting w/ Cassy (American Flag)</p>	<p>9:00 Morning Exercise 9:30 Morning Hydration 10:00 Current Events 10:30 Puzzles w/ Cassy 1:30  [AR2] 3:00 Happy Hour w. Matthew [DR3]</p>	<p>9:00 Morning Zumba 9:30 Morning Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn</p>
<p>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</p>	<p>9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Travel Poster Puzzle [AR2] 1:30 Unlucky Seven [AR2] 2:45  [AR2]</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Picnic @ Lake Murray Outing [FD] 1:30  3:00 Trivia Tuesday</p>	<p>9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 UNO! 1:30  3:00 Jewelry Making w/ Cassy</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Balboa Park Scenic Tour 1:30 Butterfly Sponge Painting 3:00 Ball Fishing</p>	<p>9:00 Morning Exercise 9:30 Morning Hydration 10:00 Current Events 10:30 Puzzles w/ Cassy 1:30  [AR2] 3:00 Happy Hour w. Sylvia [DR3]</p>	<p>9:00 Morning Zumba 9:30 Morning Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn 6:00 Evening Concert [PT]</p>
<p>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</p>	<p>9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color Me Happy [AR2] 😊 1:30 Blackjack [AR2] 2:45  [AR2]</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Color me happy 1:30  3:00 Trivia Tuesday</p>	<p>9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 UNO! 1:30 Nail & Spa 3:00 Jewelry Making w/ Cassy</p>	<p>9:00 Morning Exercise 9:30 Daily Hydration 10:00 Coronado Scenic Tour 1:30  3:00 Painting w/ Cassy</p>	<p>AR2 = Activity Room (2nd floor) DR3 = Dining Room (3rd floor) FD = Front Desk AF = All Floor AR1 = Activity Room (1st floor) AR4 = Activity Room (4th floor)</p> 	

Grossmont Gardens – 5480 Marengo Ave La Mesa, CA 91942 – (619) 463-0281.