Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	- CT A	9:00 Morning Exercise	9:00 Morning Yoga	2 9:00 Morning Exercise 3		9:00 Morning Zumba 5
	THE PROPERTY AND ADDRESS OF THE PROPERTY ADDRESS OF THE PROPERTY AND ADDRESS OF THE PROPERTY ADDRE	9:30 Daily Hydration	9:30 Morning Hydration	11:30 Independence Day	9:30 Morning Hydration	9:30 Morning Hydration
	· / www	10:00 Current Events	10:00 Current Events	Celebration [DR3/PT] 1:00 La Mesa Library Outing	10:00 Current Events 10:30 Puzzles w/ Cassy	10:00 Current Events
	0 0	10:30 Color me happy	10:30 UNO!	[FD]	1:30 DIY Straw Fireworks	10:30 Color me Happy 😊
East (Memory	Care) Building	1:30	1:30	1:30 Trivia Thursday 3:00 DIY Bag Flower Painting	3:00 4th of July Cookie	1:30
*Activities are subject t		3:00 Trivia Tuesday	3:00 Nail & Spa	5:30-6:30 Ice Cream Social with Live Music (AUD)	Decorating Independence Day (US)	
				9 9:00 Morning Exercise 10	11	3:00 Movie & Poncorn 9:00 Morning Zumba 12
	9:30 Yoga w. Kathy [AR2]	9:30 Daily Hydration	9:30 Morning Hydration	9:30 Daily Hydration	9:00 Morning Exercise 9:30 Morning Hydration	9:30 Morning Hydration
Church Live Stream [AR2]	10:00 Current Events	10:00 Current Events	10:00 Current Events	10:00 Seaport Village	10:00 Current Events	10:00 Current Events
9:30 Morning Hydration	10:30 Rock & Roll Trivia [AR2]	10:30 Picnic @ the Beach Outing [FD]	10:30 UNO!	Scenic Tour	10:30 Puzzles w/ Cassy	10:30 Color me Happy 😊
10:45 Catholic Mass [AR2]	1:30 Pokeno [AR2]		1:30	1:30 Trivia Thursday	1.20 FADOL	
1:30 TV Series [AR2]	2:45 [AR2]	1:30 Control	3:00 Jewelry Making w/	3:00 Ball Fishing	1:30 [AR2] 3:00 Happy Hour	1:30
5.00 Fuzzies & Tiivia		3:00 Trivia Tuesday 9:00 Morning Exercise 15	Cassy 9:00 Morning Yoga 1	6 Birthday Celebration – Western 17		3:00 Movie & Poncorn 9:00 Morning Zumba 19
9.00 Shadow Mountain	0.003/	9:30 Daily Hydration		6 Birthay Goldbiation Western 17	9:30 Morning Hydration	
Church Live Stream [AR2]	10:00 Current Events	• •	9:30 Morning Hydration	9:00 Morning Exercise	10:00 Current Events	9:30 Morning Hydration
9:30 Morning Hydration	10:30 Hot Air Balloon	10:00 Current Events	10:00 Current Events	9:30 Daily Hydration	10:30 Puzzles w/ Cassy	10:00 Current Events
10:45 Catholic Mass [AR2]	Flower Collage [AR2] 1:30 Dominoes [AR2]	10:30 Color me happy	10:30 UNO!	11:30 Birthday Celebration	1:30 [AR2]	10:30 Color me Happy 😊
1:30 TV Series [AR2]		1:30	3:00 Nail & Spa	3:00 Painting w/ Cassy	1:30 [AR2] 3:00 Happy Hour w. Matthew	1:30
3:00 Puzzles & Trivia		3:00 Trivia Tuesday	3:00	(American Flag)	[DR3]	3:00 Movie & Poncorn
9:00 Shadow Mountain 20		9:00 Morning Exercise 22	9:00 Morning Yoga 2	9:00 Morning Exercise 24	9:00 Morning Exercise 25	9:00 Morning Zumba 26
Church Live Stream [AR2]	9:30 Yoga w. Kathy [AR2] 10:00 Current Events	9:30 Daily Hydration 10:00 Current Events	9.30 Morning Hydration	9:30 Daily Hydration	9:30 Morning Hydration 10:00 Current Events	9:30 Morning Hydration
9:30 Morning Hydration	10:30 Travel Poster Puzzle	10:30 Picnic @ Lake	10:00 Current Events 10:30 UNO!	10:00 Balboa Park Scenic	10:30 Puzzles w/ Cassy	10:00 Current Events
10:45 Catholic Mass [AR2]	[AR2]	Murray Outing [FD]	1:30	Tour 1:30 Butterfly Sponge		10:30 Color me Happy © 1:30
4:20 TV Caria - [AD0]	1:30 Unlucky Seven [AR2]	1:30	3:00 Jewelry Making w/	Painting	1:30 [AR2]	
3:00 Puzzles & Trivia	2:45 [AR2]	3:00 Trivia Tuesday	Cassy	3:00 Ball Fishing	3:00 Happy Hour w. Sylvia IDR31	3:00 Movie & Popcorn 6:00 Evening Concert [PT]
9:00 Shadow Mountain 27		•	0:00 Morning Voga		AR2 = Activity Room (2 nd floor	
Church Live Stream [AR2]	9:30 Yoga w. Kathy [AR2]	9:00 Morning Exercise 9:30 Daily Hydration	9:00 Morning Yoga 9:30 Morning Hydration	9:30 Daily Hydration	DR3 = Dining Room (3 rd floor) FD = Front Desk	
	10.00 Current Events	10:00 Current Events	10:00 Current Events	10:00 Coronado Scenic	AF = All Floor AR1 = Activity	Room (1st floor)
9:30 Morning Hydration	10:30 Color Me Happy [©] [AR2]	10:30 Color me happy	10:30 UNO!	Tour	AR4 = Activity Room (4 th floor)	
10:45 Catholic Mass [AR2]	1:30 Blackjack [AR2]	1:30	1:30 Nail & Spa	1:30		
1:30 TV Series [AR2]	- dha	3:00 Trivia Tuesday	3:00 Jewelry Making w/ Cassy			
3:00 Puzzles & Trivia	2.45 2 [A1\2]	, 04.040.40 (040).400	ř	3:00 Painting w/ Cassy		

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