

| Sunday                                                                                                                                                                                                                     | Monday                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                     | Saturday                                                                                                                                                                |
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|  <p><b>July 2025</b><br/>South Building<br/>*Activities subject to change without notice.</p>                                             |                                                                                                                                                                                              | 9:30 Current Events (1 to 1)<br>10:00 Sit & Stretch (SL)<br>10:30 Reminiscing (SL)<br>1:30  with Shannon (SDR)<br>3:00 Bouquet Design (SL)<br>Canada Day | 9:00 <b>Casino Outing(FD)</b><br>9:30 Current Events(LIB)<br>10:15 Yoga w/ Kathy(AUD)<br>10:45 Unlucky Sevens(AUD)<br>11:00 New Resident Luncheon(PDR)<br>3:00 Peggy's Porch Sing Along(MDR)<br>6:00  w/Sommer(AUD)                       | 9:30 Current Events(LIB)<br>10:00 Yoga w/ Kathy(AUD)<br><b>11:30 Fourth of July Pool Party/BBQ (Pool)</b><br>3:00 Fireworks in a Jar Craft(AUD)<br><b>5:30-6:30 Ice Cream Social with Live Music to Continue the Fun!(AUD)</b> | 9:30 Current Events<br>10:00 Exercise w/ Joyce(AUD)<br>10:45 Five Crowns(AUD)<br>1:30 Garden Stroll(FD)<br><b>3-4:30 4<sup>th</sup> of July Happy Hour(AUD)</b><br>Independence Day (US)                                                                                                                   | 9:30 Current Events(LIB)<br>10:00 Sittercise Video(AUD)<br>10:45 Coloring Sheets(AUD)<br>1:30 The Movie "Hitman" and Popcorn(AUD)<br>3:00 Water Aerobics w/ Sarah(Pool) |
| 9:00 Shadow Mountain Church Livestream (SL)<br>9:00 Friends w/God (WAR)<br>9:30 Catholic Mass (AUD)<br>10:30 Sittercise (AUD)<br>12:30 LDS Church Meeting (AUD)<br>1:30 Cards & Dominoes (LIB)<br>3:00 Unlucky Seven (AUD) | 9:30 Current Events (LIB)<br>10:00 Yoga w/Kathy (SDR)<br>10:45 Blackjack (AUD)<br><b>1:30 Sunset Cliffs Scenic Tour [FD]</b><br>1:30 Patriotic Door Hangers (SL)<br>3:00 Quarter Bingo (AUD) | 9:30 Current Events (1 to 1)<br>10:00 Sit & Stretch (SL)<br>10:30 Reminiscing (SL)<br>1:30  with Shannon (SDR)<br>3:00 Activity Planning Meeting (SL)    | 9:30 Current Events(LIB)<br>10:15 Yoga w/ Kathy(AUD)<br>10:45 Unlucky Sevens (AUD)<br><b>11:00 Anthony's Prime Steak &amp; Seafood Outing</b><br>1:30 Nail Spa(AUD)<br>3:00 Documentary<br>6:00  w/Shannon                                | 9:30 Current Events<br><b>10:00 Food Forum(AUD)</b><br>10:00 Sit & Get Fit (SL)<br>10:30 Brain Games (SL)<br>1:30 Bible Study (SL)<br>2:00 Resident Visits<br>3:00 Activity Planning Meeting                                   | <b>9:30 Walmart Grossmont Outing</b><br>9:30 Current Events(LIB)<br>10:00 Exercise w/ Joyce(AUD)<br>10:45 Five Crowns(AUD)<br><b>1:30 Walmart Grossmont</b><br>3:00 Happy Hour                                                                                                                             | 9:30 Current Events(LIB)<br>10:00 Sittercise(AUD)<br>10:45 Left/Right/Center Game(AUD)<br>1:30 Garden Stroll(FD)<br>3:00 Water Aerobics w/ Sarah(Pool)                  |
| 9:00 Shadow Mountain Church Livestream (SL)<br>9:00 Friends w/God (WAR)<br>9:30 Catholic Mass (AUD)<br>10:30 Sittercise (AUD)<br>1:30 Cards & Dominoes (LIB)<br>3:00 Unlucky Seven (AUD)                                   | 9:30 Current Events (LIB)<br>10:00 Yoga w/Kathy (SDR)<br>10:45 Blackjack (AUD)<br><b>1:30 Alpine Scenic Tour [FD]</b><br>1:30 Nail Spa (SL)<br>3:00 Quarter Bingo (AUD)                      | 9:30 Current Events (1 to 1)<br>10:00 Sit & Stretch (SL)<br>10:30 Reminiscing (SL)<br>1:30  with Shannon (SDR)<br>3:00 Activity Planning Meeting (SL)    | 9:30 Current Events (1 to 1)<br>10:00 Sit & Get Fit (SL)<br>10:15 Yoga w/Kathy (AUD)<br>10:30 Brain Games (SL)<br><b>10:45 Waterfront Park Picnic Outing</b><br>1:30 Popcorn & A Movie (SL)<br>3:00 Name That Tune (SL)<br>6:00  w/Sommer | 9:30 Current Events<br>10:00 Sit & Get Fit (SL)<br>10:30 Brain Games (SL)<br>1:30 Bible Study (SL)<br>2:00 Resident Visits<br>3:00 Peaceful Color & Aromatherapy (SL)                                                          | <b>9:30 Walmart Marketplace Outing</b><br>9:30 Current Events(LIB)<br>10:00 Exercise w/ Joyce(AUD)<br>10:45 Five Crowns(AUD)<br><b>1:30 Trader Joes Outing</b><br>3:00 Happy Hour(Outside by Pool)                                                                                                         | 9:30 Current Events(LIB)<br>10:00 Chair Zumba(AUD)<br>10:45 Summer Craft(AUD)<br>1:30 Name That Tune(AUD)<br>3:00 Water Aerobics w/ Sarah(Pool)                         |
| 9:00 Shadow Mountain Church Livestream (SL)<br>9:00 Friends w/God (WAR)<br>9:30 Catholic Mass (AUD)<br>10:30 Sittercise (AUD)<br>1:30 Cards & Dominoes (LIB)<br>3:00 Unlucky Seven (AUD)                                   | 9:30 Current Events (LIB)<br>10:00 Yoga w/Kathy (SDR)<br>10:45 Blackjack (AUD)<br><b>1:30 Point Loma Scenic Tour [FD]</b><br>1:30 Skip Bo<br>3:00 Quarter Bingo (AUD)                        | 9:30 Current Events (1 to 1)<br>10:00 Sit & Stretch (SL)<br>10:30 Reminiscing (SL)<br>1:30  with Shannon (SDR)<br>3:00 Activity Planning Meeting (SL)  | 9:30 Current Events (LIB)<br>10:15 Yoga w/Kathy (AUD)<br>10:45 Unlucky Seven (AUD)<br><b>11:00 Walk Around Gaylord Hotel Outing</b><br>1:30 Popcorn & A Movie (SL)<br>3:00 Peggy's Porch Sing Along (AUD)<br>6:00  w/Shannon            | 9:30 Current Events<br>10:00 Sit & Get Fit (SL)<br>10:30 Brain Games (SL)<br>1:30 Bible Study (SL)<br>3:00 Dominoes (AUD)<br>5:30 Concert in the Gardens(Lawn Behind Pool)                                                     | <b>9:30 ALDI Outing</b><br>9:30 Current Events(LIB)<br>10:00 Exercise w/ Joyce(AUD)<br>10:45 Five Crowns(AUD)<br><b>1:30 Macy's Outing</b><br>3:00 Happy Hour(AUD)                                                                                                                                         | 9:30 Current Events(LIB)<br>10:00 Chair Zumba(AUD)<br>10:45 Black Jack(AUD)<br>1:30 Putt Putt(Golf Course)<br>3:00 Water Aerobics w/ Sarah(Pool)                        |
| 9:00 Shadow Mountain Church Livestream (SL)<br>9:00 Friends w/God (WAR)<br>9:30 Catholic Mass (AUD)<br>10:30 Sittercise (AUD)<br>1:30 Cards & Dominoes (LIB)<br>3:00 Unlucky Seven (AUD)                                   | 9:30 Current Events (LIB)<br>10:00 Yoga w/Kathy (SDR)<br>10:45 Blackjack (AUD)<br><b>1:30 Embarcadero Scenic Tour [FD]</b><br>1:30 Art Class w/Shannon<br>3:00 Quarter Bingo (AUD)           | 9:30 Current Events (1 to 1)<br>10:00 Sit & Stretch (SL)<br>10:30 Reminiscing (SL)<br>1:30  with Shannon (SDR)<br>3:00 Activity Planning Meeting (SL)  | 9:30 Current Events (1 to 1)<br>10:00 Sit & Get Fit (SL)<br>10:15 Yoga w/Kathy (AUD)<br>10:30 Brain Games (SL)<br>1:30 Popcorn & A Movie (SL)<br>3:00 Peggy's Porch Sing Along (SDR)<br>6:00  w/Sommer                                  | 9:30 Current Events<br>10:00 Sit & Get Fit (SL)<br>10:30 Brain Games (SL)<br>1:30 Bible Study (SL)<br>2:00 Resident Visits<br>3:00 Performance by Sylvia (AUD)                                                                 | <div> <div> SL = South Lounge<br/> AUD = Auditorium<br/> SP = South Patio<br/> SDR = South Dining Room<br/> MDR = Main Dining Room<br/> ADR = All Dining Rooms<br/> FD = Front Desk<br/> LIB = Library </div>  </div> |                                                                                                                                                                         |