












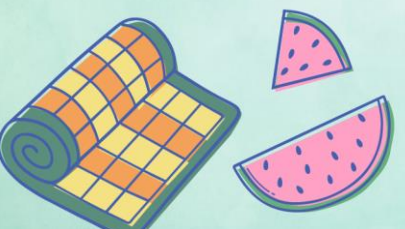


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|---|
| <div>    </div> <p><i>*Activities are subject to change*</i></p> | | | | | | |
| 9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia | 9:00 Morning Hydration 9:30 Current Events 10:00 Morning Exercise [AR2] 10:30 Maple Leaves Coloring [AR2] 1:30 UNO [AR2] 2:45  [AR2] | 9:00 Morning Hydration 9:30 Current Events 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] 1:30 Jeopardy [AR2] 3:00 Art w. Olly [AR2] (Round Canvas Melon) | 9:00 Morning Hydration 9:30 Current Events 10:00 Food Forum [DR3] 1:30 API Meet Up [AR2] 1:30 Mobility Wipe Down 2:45  [AR2] | 9:30 Current Events 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa 1:00 La Mesa Library Outing [FD] 1:00 Movie & Popcorn [AR2] (Elsa and Fred) 3:30 Jewelry Making [AR2] | 9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Elvis in the Building Game [AR2] 1:30  [AR2] 3:00 Social Hour [PT] | 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] |
| 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 | 9:00 Morning Hydration 9:30 Current Events 10:00 Morning Exercise [AR2] 10:30 Cup of Tea Lacing Cards [AR2] 1:30 Pokemo [AR2] 2:45  [AR2] | 9:00 Morning Hydration 9:30 Current Events 10:00 Morning Stretch [AR2] 11:00 Picnic Outing [FD] 1:30 Trivia Tuesday [AR2] 3:00 Art w. Olly [AR2] (Illuminated Mandalas) | 9:00 Morning Hydration 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 Brown Bag Baskets [AR2] 2:45  [AR2] | 9:00 Morning Hydration 9:30 Walmart Shopping Outing [FD] 10:00 Current Events 10:30 Jewelry Making [AR2] 1:30 Afternoon Exercise [AR2] 3:00 Nail Spa | 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Dot to Dot [AR2] 1:30  w. John Mendoza [DR3] 3:00 Happy Hour w/ Matthew [DR3] | 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] |
| 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 | 9:00 Morning Hydration 9:30 Current Events 10:00 Morning Exercise [AR2] 10:30 Word Game [AR2] 1:30 Dominoes [AR2] 2:45  [AR2] | 9:00 Morning Hydration 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] (Golf Ball Art) | 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 API Meet Up [AR2] 1:30 Jar Lid Sunflowers [AR2] 2:45  [AR2] | Birthday Celebration – Hawaii 9:30 Current Events 11:30 Birthday Celebration 1:00 Sunset Cliff Scenic Drive [FD] 1:00 Movie & Popcorn [AR2] (The Departed) 3:30 Jewelry Making [AR2] | 9:30 Current Events 10:00 Morning workout [AR2] 10:30 “What’s the difference?” Game [AR2] 1:30  [AR2] 3:00 Happy Hour w. Sylvia [DR3] | 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] |
| 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 | 9:00 Morning Hydration 9:30 Current Events 10:00 Morning Exercise [AR2] 10:30 EZ Detective Puzzle [AR2] 1:30 Unlucky Seven [AR2] 2:45  [AR2] | 9:00 Morning Hydration 9:30 Current Events 10:00 Movie Theater Outing [FD] 1:30 Trivia Tuesday [AR2] 3:00 Art w. Olly [AR2] | 9:00 Morning Hydration 9:30 Current Events 10:00 Resident Council [DR3] 1:30  [AR2] 3:00 Food for Thought [AR2] (Grilled Cheese Panini Sandwich) | 9:00 Morning Hydration 9:30 Ross Shopping Outing [FD] 10:00 Current Events 10:30 Jewelry Making [AR2] 1:30 Afternoon Exercise [AR2] 3:00 Nail Spa | 9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Paint by number [AR2] 1:30  [AR2] 3:00 Happy Hour w. Marcus [DR3] | 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2] |
| 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 | <div>  <div> AR = Activity Room (2nd floor) DR3 = Dining Room (3rd floor) FD = Front Desk AF = All Floor PT = Patio </div>  </div> | | | | | |