

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>   </div> <div> <h1>August 2025</h1> <h2>East (Memory Care) Building</h2> <p>*Activities are subject to change*</p> </div>						
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 Exercise 9:30 Coffee & Chat 10:00 Current Events 10:30 Picnic @ Balboa Outing [FD] 1:30 Trivia Tuesday 3:00 	9:00 Morning Yoga 9:30 Coffee & Chat 10:00 Current Events 10:30 UNO! 1:30  3:00 Minute to win it!	9:00 Morning Exercise 9:30 Daily Hydration 10:00 Balboa Park Scenic Tour 1:30 Jewelry Making 3:00 Painting w/ Cassy	9:00 Morning Exercise 9:30 Coffee & Snacks 10:00 Current Events 10:30 Crossword Puzzle 1:30 Homemade Marshmallow popcorn treat 3:00 Happy Hour	9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn
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 Pokeno [AR2] 2:45  [AR2]	9:00 Morning Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Color me happy 1:30 Volleyball Game! 3:00 	9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 UNO! 1:30  3:00 Color, Match, Roll	9:00 Morning Exercise 9:30 Daily Hydration 10:00 Cup Game 1:30 Mount Soledad Scenic Tour 3:00 	9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Crossword Puzzles 1:30 Nail & Spa 3:00 Happy Hour w. Matthew [DR3]	9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn
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 Exercise 9:30 Daily Hydration 10:00 Current Events 10:30 Picnic @ Fiesta Island Outing [FD] 1:30 Trivia Tuesday 3:00 Volleyball Game!	9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 Conversation Cards 1:30  3:00 Minute to win it!	Birthday Celebration – Hawaii 9:00 Morning Exercise 9:30 Daily Hydration 11:30 Birthday Celebration 1:30 Jewelry Making 3:00 Painting w/ Cassy	9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Crossword Puzzles 1:30  [AR2] 3:00 Happy Hour w. Sylvia	9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn
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 Exercise 9:30 Daily Hydration 10:00 Current Events 10:00 Movie Theater Outing [FD] 10:30 Color me happy 1:30 Conversation Cards 3:00 Minute to win it!	9:00 Morning Yoga 9:30 Morning Hydration 10:00 Current Events 10:30 Memory Sharing 1:30  3:00 Color, Match, Roll	9:00 Morning Exercise 9:30 Daily Hydration 10:00 Cup Game 1:30 Imprial Beach Scenic Tour 3:00 Painting w/ Cassy	9:00 Morning Hydration 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Crossword Puzzles 1:30 Nail & Spa 3:00 Happy Hour w. Marcus [DR3]	9:00 Morning Zumba 9:30 Daily Hydration 10:00 Current Events 10:30 Color me Happy 😊 1:30  3:00 Movie & Popcorn
9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2]	<div>  <div> 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) PT = Patio </div>  </div>					