

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2025 South Building 						
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God Bible Study [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 12:30 LDS Church Meeting [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 10:00 Seated Wellness Workout (SL) 10:45 Blackjack (AUD) 1:30 Coronado Scenic Tour (FD) 1:30 Bloom Bouquet Design(SL) 3:00 Quarter Bingo (AUD)	9:30 Current Events (1 to 1) 10:00 Sit & Stretch (SL) 10:30 Reminiscing (SL) 1:30  /Shannon(SDR) 3:00 Memory Box Decorating (SL) 3:00 Cookie Decorating (AUD)	9:00 Casino Outing (FD) 9:30 Current Events (LIB) 10:00 Sittercise Video (AUD) 10:45 Unlucky Seven (AUD) 11:00 New Resident Luncheon (PDR) 1:30 Name that Tune (AUD) 3:00 Peggy's Porch Sing-Along (MDR) 6:00  (AUD)	9:30 Current Events(LIB) 10:45 Black Jack(AUD) 1:30 Activity Planning Meeting (AUD) 1:30 Bible Study (SL) 3:00 Jazz Filled Afternoon(AUD)	9:30 Walmart Marketplace 1 9:30 Current Events 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Garden Stroll(FD) 1:30 Marshall's Outing (FD) 3:00 Happy Hour(AUD) 9:30 Walmart Grossmont 8 Outing 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Trader Joes Outing 3:00 Happy Hour(AUD)	9:30 Current Events(LIB) 2 10:00 Chair Zumba(AUD) 10:45 Black Jack(AUD) 1:30 Putt Putt(Golf Course) 3:00 Name That Tune with Ice Cream Sandwiches(AUD)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God Bible Study [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 11 10:00 Seated Wellness Workout (SL) 10:45 Blackjack (AUD) 1:30 Torrey Pines Scenic Tour (FD) 1:30 Skip Bo (SL) 3:00 Quarter Bingo (AUD)	9:30 Current Events (1 to 1) 12 10:00 Sit & Stretch (SL) 10:30 Reminiscing (SL) 1:30  /Shannon(SDR) 3:00 Painting w/Dina (Pool) 3:00 Popsicles & Tunes (AUD)	9:30 Current Events (LIB) 13 10:45 Unlucky Seven (AUD) 11:00 San Pasqual Winery 1:30 Corn Hole (Pool) 3:00 Mind & Body Boost w/Todd (AUD) 6:00  (AUD)	9:30 Current Events (1 to 1) 14 10:00 Food Forum (AUD) 10:00 Sit & Get Fit (SL) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 2:00 Memory Box Decorating(1to1) 3:00 Nails by Shannon(SL)	9:30 Target Outing 15 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Trader Joes Outing 3:00 Happy Hour(Outside by Pool)	9:30 Current Events(LIB) 16 10:00 Sittercise(AUD) 10:45 Black Jack(AUD) 1:30 Coffee Mug Painting(AUD) 3:00 Name That Tune(AUD)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God Bible Study [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 18 10:00 Seated Wellness Workout(SL) 10:45 Blackjack (AUD) 1:30 Mission Beach Scenic Tour (FD) 1:30 Skip Bo(SL) 3:00 Quarter Bingo (AUD)	9:30 Current Events (1 to 1) 19 10:00 Sit & Stretch (SL) 10:30 Reminiscing (SL) 1:30  /Shannon(SDR) 3:00 Mobility Wipe Down (PL)	9:30 Current Events (LIB) 20 10:45 Unlucky Seven (AUD) 11:00 New Resident Luncheon (PDR) 11:00 Brigantine Outing 3:00 Peggy's Porch Sing-Along (AUD) 6:00  (AUD)	9:30 Current Events(LIB) 21 11:30 Luau Birthday Party(AUD) 1:30 Bible Study (SL) 1:30 Documentary on Hawaii(AUD) 3:00 Afternoon Stroll(FD)	9:30 ALDI Outing 22 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Barnes & Noble 3:00 Happy Hour(AUD)	9:30 Current Events(LIB) 23 10:00 Sittercise(AUD) 10:45 Left/Right/Center Game(AUD) 1:30 Mind & Body Boost w/Todd(AUD) 3:00 Unlucky Seven(AUD)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God Bible Study [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 25 10:00 Seated Wellness Workout(SL) 10:45 Blackjack (AUD) 1:30 La Jolla Scenic Tour (FD) 1:30 Skip Bo 3:00 Quarter Bingo (AUD)	9:30 Current Events(LIB) 26 10:00 Sittercise(AUD) 10:45 Phase 10(AUD) 1:30-3:30 GG Bucks Store(AUD)	9:30 Current Events(LIB) 27 10:00 Resident Council(AUD) 10:45 Unlucky Seven(AUD) 12:00 Superman Movie(Starts at 1) Bring cash or card 3:00 Peggy's Porch Sing Along & Root Beer Floats(SDR) 3:00 Smoothies & Smooth Jazz(AUD) 6:00 Bingo! (AUD)	9:30 Current Events(LIB) 28 10:00 Yoga w/ Kathy (AUD) 10:45 Black Jack(AUD) 1:30 Bible Study (SL) 3:00 Name That Tune (AUD)	9:30 CVS Outing 29 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Macy's Outing	9:30 Current Events(LIB) 30 10:00 Sittercise(AUD) 10:45 Black Jack(AUD) 1:30 Name That Tune(AUD) 3:00 Left/Right/Center Game (AUD)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God Bible Study [WAR] 9:30 Catholic Mass [AUD] 10:30 Celebration of Lives [AUD] 1:30 Cards & Dominoes [LIB] 2:30 Sittercise (AUD) 3:00 Unlucky Seven [AUD]	31 SL=South Lounge AUD=Auditorium SP=South Patio SDR=South Dining Room MDR=Main Dining Room FD=Front Desk LIB=Library PDR=Private Dining Room  					

Activities are subject to change without notice