

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2025 West Building Activities 						
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]	9:00 Current Events [1 to 1] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:15 Bingo! [WAR] 1:30 Coronado Scenic Tour [FD] 2:45 Apples to Apples [WAR]	9:00 Current Events [1 to 1] 9:30 Sittercise [WAR] 10:00 Unlucky Seven [WAR] 1:15 Skip- Bo [WAR] 2:45 Activity Meeting [WDR]	9:00 Casino Outing [FD] 9:00 Current Events [1 to 1] 9:30 Sit & Stretch [WAR] 10:00 Blackjack [WAR] 1:15 Phase 10 [WAR] 2:30 Afternoon Film [WAR] 6:00 Bingo Night! [AUD]	9:00 Current Events [1 to 1] 9:30 Sit & Get Fit [WAR] 10:00 Balloon Volleyball [WAR] 1:15 Bingo! [WAR] 2:45 Peggy's Porch Sing Along! [WDR]	9:30 Walmart Marketplace Outing 9:30 Current Events 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Marshalls Outing 3:00 Happy Hour(AUD)	9:30 Current Events(LIB) 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]	9:00 Current Events [1 to 1] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:15 Loteria! [WAR] 1:30 Torrey Pines Scenic Tour [FD] 2:45 Apples to Apples [WAR]	9:00 Current Events [1 to 1] 9:30 Sittercise [WAR] 10:00 Unlucky Seven [WAR] 1:15 Skip- Bo [WAR] 2:45 Summer Limoncello Making [WAR]	9:00 Current Events [1 to 1] 10:00 Resident Council Meeting [WDR] 11:00 Brigantine Seafood Outing [FD] 1:15 Corn Hole [PL] 2:30 Afternoon Musical [WAR] 6:00 Bingo Night! [AUD]	9:00 Current Events [1 to 1] 9:30 Sit & Get Fit [WAR] 10:00 Food Forum [AUD] 10:00 Balloon Volleyball [WAR] 1:15 Bingo! [WAR] 2:45 Happy Hour! [WAR]	9:30 Walmart Grossmont Outing 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Target Outing 3:00 Happy Hour(Outside by Pool)	9:30 Current Events(LIB) 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]	9:00 Current Events [1 to 1] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:15 Bingo! [WAR] 1:30 Mission Beach Scenic Tour [FD] 2:45 Apples to Apples [WAR]	9:00 Current Events [1 to 1] 9:30 Sittercise [WAR] 10:00 Unlucky Seven [WAR] 1:15 Skip- Bo [WAR] 2:45 Nails by Olivia [WAR]	9:00 Current Events [1 to 1] 9:30 Sit & Stretch [WAR] 11:00 San Pasqual Winery Outing [FD] 1:15- 3:15 Gordon's 100th Birthday Celebration! [WDR] 6:00 Bingo Night! [AUD]	9:00 Current Events [WL] 11:30- 1:30 Hawaii Birthday Celebration! [MDR] 2:00 Afternoon Exercise [WAR] 2:45 Bingo! [WAR]	9:30 ALDI Outing 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) 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]	9:00 Current Events [1 to 1] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:15 Loteria! [WAR] 1:30 La Jolla Scenic Tour [FD] 2:45 Apples to Apples [WAR]	9:00 Current Events [1 to 1] 9:30 Sittercise [WAR] 10:00 Unlucky Seven [WAR] 1:30- 3:30 GG Store [AUD]	9:30 Current Events(LIB) 10:00 Resident Council(AUD) 10:45 Unlucky Seven(AUD) 12:00 Superman Movie Outing [FD] 3:00 Smoothies & Smooth Jazz(AUD) 6:00 Bingo Night! (AUD)	9:30 Current Events(LIB) 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 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Macy's Outing 3:00 Happy Hour(AUD)	9:30 Current Events(LIB) 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 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	WAR= West Activity Room WDR= West Dining Room WL= West Lobby AUD= Auditorium MDR= Main Dining Room LIB= Library PL= Pool SL= South Lounge SDR= South Dining Room					
Activities subject to change without notice						