

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SL=South Lounge AUD=Auditorium SDR=South Dining Rm. ADR=All Dining Rms. PDR=Private Dining Rm. LIB=Library MD=Main Dining Rm. FD=Front Desk PL=Pool	9:30 Current Events (1 to 1) 1 10:00 Sittercise (AUD) 11:00 Labor Day Luncheon(MDR) 1:30 Alpine Scenic Tour (FD) 1:30 Bloom Bouquet Design (SL) 3:00 Quarter Bingo(Win some quarters & GG Bucks! (AUD) Labor Day	9:30 Current Events (1 to 1) 2 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 Picture Frame Painting (SL)	9:00 Casino Outing 3 9:30 Current Events (1 to 1) 10:00 Sittercise (SL) 11:00 New Resident Lunch(PDR) 1:30 Popcorn & a Movie (SL) 3:00 Peggy's Porch Sing Along w/Popsicles (MDR) 6:00  w/Olivia (AUD)	9:30 Current Events (LIB) 4 10:00 Seated Wellness Workout (SL) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Garden Stroll Meet at the South Lounge	National Pizza Day 5 9:30 Walmart Marketplace Outing 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Ross Outing 3:00 Karaoke Happy	9:30 Current Events(LIB) 6 10:00 Sittercise(AUD) 10:45 Black Jack(AUD) 1:30 Mind & Body Boost w/ Todd(AUD) 3:00 Left/Right/Center Game(AUD) 5:00 Breakfast at Tiffany's Film(AUD)
9:00 Shadow Mountain Church Livestream [SL] 7 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [WAR] 12:30 LDS Church Meeting [AUD] 1:30 Ice Cream Social for Grandparents' Day! 3:00 Unlucky Seven [AUD] Grandparents Day	Assisted Living Week World Traveler Day 8 9:30 Current Events (1 to 1) 10:00 Sittercise(AUD) 10:45 Blackjack (AUD) 1:30 Cabrillo Nat'l Monument Scenic Tour (FD) 1:30 Skip Bo (SL) 3:00 Quarter Bingo(Win some quarters and GG Bucks! (AUD)	Sports & Adventure Day 9 9:30 Current Events (1 to 1) 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 Painting w/Dina (Pool) 3:00 Mobility Wipe Down (PL)	Purple Day 10 9:30 Current Events (1 to 1) 10:00 Sittercise (SL) 11:00 Lake Murray Stroll & Picnic 1:30 Popcorn & a Movie (SL) 3:00 Nails by Shannon (SL) 6:00  w/Sommer (AUD)	Patriot Day 11 9:30 Current Events (LIB) 10:00 Seated Wellness Workout (SL) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Decorating in the South Building	50's Day 12 9:30 Shopping Trip to Walmart Grossmont Outing 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Self Afternoon Stroll(FD) 4:00 Sock Hop Homecoming!(South Parking Lot)	9:30 Current Events(LIB) 13 10:00 Sittercise(AUD) 10:45 Black Jack(AUD) 1:30 Coaster Decorating Craft 3:00 Name That Tune: Musical Memory Game(AUD)
9:00 Shadow Mountain Church Livestream [SL] 14 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [WAR] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 15 10:00 Sittercise(AUD) 10:45 Blackjack (AUD) 1:30 Sunset Cliffs Scenic Tour (FD) 1:30 Skip Bo (SL) 3:00 Quarter Bingo (Win Some Quarters & GG Bucks!) (AUD)	9:30 Current Events (1 to 1) 16 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 Mason Jar Craft (SL)	9:30 Current Events (LIB) 17 10:00 Sit & Stretch Fitness (AUD) 10:45 Unlucky Seven (AUD) 11:00 Applebees Outing 1:30 Popcorn & A Movie (SL) 3:00 Peggy's Porch Sing Along (AUD) 6:00  w/Shannon	9:30 Current Events (LIB) 18 11:00 Fall Birthday Celebration (ADR) 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Nails By Shannon (SL)	9:30 Current Events(LIB) 19 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Sprouts Grocery Outing 3:00 Ice Cream Happy Hour Social(AUD) 6-8 Family Bingo Night	9:30 Current Events(LIB) 20 10:00 Sittercise(AUD) 10:45 Left/Right/Center Game(AUD) 1:30 Black Jack(AUD) 3:00 Oktoberfest Documentary(AUD) Oktoberfest Begins
9:00 Shadow Mountain Church Livestream [SL] 21 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [WAR] 1:30 Cards & Dominoes [LIB] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 22 10:00 Sittercise (AUD) 10:45 Blackjack (AUD) 1:30 Mt Soledad Scenic Tour (FD) 3:00 Quarter Bingo(Win some quarters & GG Bucks!) (AUD) Rosh Hashanah Begins Autumn Begins	9:30 Current Events(LIB) 23 10:00 Resident Council(AUD) 10:45 Phase 10(AUD) 1:30 Pokeno(AUD) 3:00 Honey Tasting for Rosh Hashanah (AUD) 5:00 Documentary about Rosh Hashanah(AUD)	9:30 Current Events (LIB) 24 10:00 Sittercise (AUD) 10:30 Black Jack(AUD) 1:30 Popcorn & A Movie (SL) 3:00 Peggy's Porch Sing-Along w/ Rootbeer Floats(SDR) 6:00  w/Olivia(AUD)	9:30 Current Events (LIB) 25 10:00 Food Forum (SDR) 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Garden Stroll meet at the south lounge	9:30 CVS Outing 26 9:30 Current Events(LIB) 10:00 Exercise w/ Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Macy's Outing 2:00 Bingo w/ John(AUD) 3:00 Happy Hour Social(AUD)	9:30 Current Events(LIB) 27 10:00 Chair Zumba(AUD) 10:45 Coloring Pages(AUD) 1:30 Mind & Body Boost w/ Todd(AUD) 3:00 Resident Lead Stroll 5:00 Planet Earth Documentary
9:00 Shadow Mountain Church Livestream [SL] 28 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Celebration of Lives [AUD] 1:30 Cards & Dominoes [LIB] 2:30 Afternoon Sittercise [AUD] 3:00 Unlucky Seven [AUD]	National Coffee Day 29 9:30 Current Events (1 to 1) 10:00 Sittercise (AUD) 10:45 Blackjack (AUD) 1:30 Mission Bay Scenic Tour (FD) 1:30 Skip Bo(SL) 3:00 Quarter Bingo (AUD)	9:30 Current Events (1 to 1) 30 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 Art Class w/Shannon (SL)				

