

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 East (Memory Care) Building *Activities are subject to change*			9:00 Morning Yoga 1 9:30 Hot Coco Time! 10:00 Current Events 10:30 Conversation Cards 1:30 DIY Pumpkin Craft 3:00  Kippur Begins	9:00 Morning Exercise 2 9:30 Milkshake Time <u>10:00 Downtown Scenic Tour</u> 1:30 Masking tape Mummy Craft 3:00 Trivia Thursday	9:00 Morning Zumba 3 9:30 Daily Hydration 10:00 Current Events 10:30 Crossword Puzzles 1:30  <u>3:00 Ice Cream Social [PT]</u>	9:00 Morning Exercise 4 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30  3:00 Movie & Popcorn
9:00 Shadow Mountain 5 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 6 9:30 Current Events 10:00 Morning Exercise 10:30 Reminiscing Rhymes [AR2] 1:30 UNO [AR2] 2:45  Sukkot Begins [AR2]	9:00 Morning Zumba 7 9:30 Coco Time! 10:00 Current Events 10:30 Color me Happy 😊 1:30 Trivia Tuesday 3:00 Jewelry Making	9:00 Morning Exercise 8 9:30 Sip & Snacks 10:00 Current Events 10:30 UNO 1:30 Paper Tree Making 3:00 Guess in 10	9:00 Morning Exercise 9 9:30 Daily Hydration <u>10:00 Torrey Pines Scenic Tour</u> 1:30 Halloween Paper Chain 3:00 Trivia Thursday	9:00 Morning Zumba 10 9:30 Milkshake Time 10:00 Current Events 10:30 Crossword Puzzles 1:30  3:00 Happy Hour [DR3]	9:00 Morning Exercise 11 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30  3:00 Movie & Popcorn
9:00 Shadow Mountain 12 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 13 9:30 Current Events 10:00 Morning Exercise [AR2] 10:30 Color Me Happy 😊 1:30 Blackjack [AR2] 2:45  [AR2] Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:00 Morning Exercise 14 9:30 Coco Time! <u>10:30 Picnic @ Lake Murray [FD]</u> 1:30 Trivia Tuesday 3:00 Hallway Hockey Simchat Torah Begins	9:00 Morning Exercise 15 9:30 Daily Hydration 10:00 Current Events 10:30 UNO 1:30  3:00 DIY Glue Ghost Craft	Birthday Celebration – Oktoberfest 16 9:30 Daily Hydration 10:00 Current Events <u>11:30 Birthday Celebration</u> <u>1:00 La Jolla Cove Scenic Tour [FD]</u> 1:30 Coloe me Happy 😊 3:00 Trivia Thursday	9:00 Morning Zumba 17 9:30 Banana Milkshakes 10:00 Current Events 10:30 Crossword Puzzles 1:30 Nail & Spa 3:00 Happy Hour w/ Matthew [DR3]	9:00 Morning Exercise 18 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30  3:00 Movie & Popcorn
9:00 Shadow Mountain 19 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 20 9:30 Current Events 10:00 Morning Exercise 10:30 October Order Up Memory Game [AR2] 1:30 Dominoes [AR2] 2:45  [AR2]	9:00 Morning Exercise 21 9:30 Daily Hydration <u>10:00 Picnic @ Goff Pumpkin Patch [FD]</u> 1:30 Trivia Tuesday 3:00 Halloween Yarn Pumpkin	9:00 Morning Yoga 22 9:30 Sip & Snacks 10:00 Current Events 10:30 Conversation Cards 1:30 Guess in 10 3:00 Hallway Hockey	9:00 Morning Yoga 23 9:30 Daily Hydration <u>10:00 Mission Beach Scenic Tour [FD]</u> 1:30 UNO 3:00 	9:00 Morning Zumba 24 9:30 Coffee & Chat 10:00 Current Events 10:30 Puzzle Making 1:30 Cookie Decoratng 3:00 Happy Hour w. Sylvia [DR3] 6:00 Halloween Trunk or Treat in the parking lot	9:00 Morning Exercise 25 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30  3:00 Movie & Popcorn
9:00 Shadow Mountain 26 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 27 9:30 Current Events 10:00 Morning Exercise 10:30 Remembering Hayrides [AR2] 1:30 Unlucky Seven [AR2] 2:45  [AR2]	9:00 Morning Exercise 28 9:30 Daily Hydration 10:00 Current Events <u>10:30 Picnic @ Lindo Park [FD]</u> 1:30 Mummy Painting 3:00 Trivia Tuesday	9:00 Morning Exercise 29 9:30 Daily Hydration 10:00 Current Events 10:30 Puzzle Making 1:30 Pumpkin Painting 3:00 Volleyball	9:00 Morning Yoga 30 9:30 Sip & Snacks <u>10:00 Mount Soledad Scenic Tour [FD]</u> 1:30 UNO 3:00 	9:00 Morning Zumba 31 9:30 Coco Time! 10:00 Current Events 10:30 Puzzle Making 1:30 Pumpkin Painting (Beetlejuice) 3:00 Halloween Movie 4:00 Halloween Dinner Party Halloween	AR2 = Activity Room (2 nd floor) DR3 = Dining Room (3 rd floor) FD = Front Desk AF = All Floor AR1 = Activity Room (1 st floor) AR4 = Activity Room (4 th floor) PT = Patio