

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  November 2025 East (Memory Care) Building Calendar <i>*Activities are subject to change without notice*</i>						
9:00 Shadow Mountain Church Livestream [AR2] 10:00 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 Short Stories [AR2] 3:00 Puzzles & Trivia [AR2] Daylight Saving Time Ends	2 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 UNO! 1:30 Conversation Cards 2:45 BINGO!	3 9:00 Current Events 9:30 Morning Zumba 10:00 Morning Hydration 10:30 Color me Happy 😊 1:30 Trivia Tuesday 3:00 Jewelry Making	4 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 Guess who? 1:30 Balloon Volleyball 3:00 Karaoke	5 9:00 Current Events 9:30 Morning Hydration 10:00 Mission Beach Scenic Tour 1:00 Movie & Popcorn [AR2] 3:30 Jewelry Making [AR2]	6 9:00 Current Events 9:30 Morning Groove 10:00 Hot Coco Time 10:30 Crossword Puzzles 1:30 Balloon Volleyball 3:00 Happy Hour w. Harrison [DR3]	7 9:00 Morning Exercise 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30 BINGO! 3:00 Movie & Popcorn
9 9:00 Shadow Mountain Church Livestream [AR2] 10:00 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 Short Stories [AR2] 3:00 Puzzles & Trivia [AR2]	10 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 Guess Who? 1:30 Conversation Cards 2:45 LaLapina	11 9:00 Current Events 11:30 Veteran's Day BBQ [DR3/PT] 1:30 Alpine Scenic Drive 3:00 Color me Happy 😊 Veterans Day Remembrance Day (Canada)	12 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 Guess who? 1:30 Balloon Volleyball 3:00 Karaoke	13 Birthday Celebration – New England 9:00 Current Events 9:30 Morning Hydration 11:30 Birthday Celebration 1:00 Movie & Popcorn [AR2] 3:30 Jewelry Making [AR2]	14 9:00 Current Events 9:30 Morning Groove 10:00 Sip & Chat 10:30 Crossword Puzzles 1:30 LaLapina 3:00 Happy Hour w. Music [PT]	15 9:00 Morning Exercise 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30 BINGO! 3:00 Movie & Popcorn
16 9:00 Shadow Mountain Church Livestream [AR2] 10:00 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 Short Stories [AR2] 3:00 Puzzles & Trivia [AR2]	17 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 UNO! 1:30 Conversation Cards 2:45 BINGO!	18 9:00 Current Events 9:30 Morning Zumba 10:00 Morning Hydration 10:30 Color me Happy 😊 1:30 Trivia Tuesday 3:00 Bird House Painting	19 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 Guess who? 1:30 Balloon Volleyball 3:00 Karaoke	20 10:00 Torrey Pines Scenic Tour 10:00 GG Thanksgiving Parade 12:30 - 3:30 Hearing Aids Event [AR2] 4:00 Thanksgiving Dinner [DR3]	21 9:00 Current Events 9:30 Morning Groove 10:00 Hot Coco Time 10:30 Crossword Puzzles 1:30 Balloon Volleyball 3:00 Happy Hour w. Matthew [DR3]	22 9:00 Morning Exercise 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30 BINGO! 3:00 Movie & Popcorn
23 9:00 Shadow Mountain Church Livestream [AR2] 10:00 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 Short Stories [AR2] 3:00 Puzzles & Trivia [AR2]	24 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 Guess Who? 1:30 Conversation Cards 2:45 LaLapina	25 9:00 Current Events 9:30 Morning Zumba 10:00 Morning Hydration 10:00 Julian Scenic Tour [FD] 1:30 Trivia Tuesday 3:00 Turkey Painting	26 9:00 Current Events 9:30 Morning Exercise 10:00 Morning Hydration 10:30 Guess who? 1:30 Balloon Volleyball 3:00 Karaoke	27 HAPPY THANKSGIVING Thanksgiving Day (U.S.)	28 9:00 Current Events 9:30 Morning Groove 10:00 Hot Coco Time 10:30 Crossword Puzzles 1:30 LaLapina 3:00 Happy Hour w. Sylvia [DR3]	29 9:00 Morning Exercise 9:30 Sip & Snacks 10:00 Current Events 10:30 Color Me Happy 😊 1:30 BINGO! 3:00 Movie & Popcorn
30 9:00 Shadow Mountain Church Livestream [AR2] 10:00 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 Short Stories [AR2] 3:00 Puzzles & Trivia [AR2]	 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 					