

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 South Building Calendar *Activities Are Subject to Change Without Notice*						9:30 Current Events 10:00 Morning Stroll 10:45 Left/Right/Center Game [AUD] 1:30 Turkey & Chicken Trivia [AUD] 3:00 Movie & Popcorn [MT]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 12:30 LDS Church (AUD) 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD] Daylight Saving Time Ends	9:30 Current Events (1 to 1) 10:00 Sittercise [AUD] 10:00 Seated Wellness Workout (SL) 10:45 Blackjack [AUD] 1:30 Apples to Apples (SL) 1:30 Silver Strand Scenic Tour [FD] 3:00 Quarter Bingo (AUD)	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 Garden Stroll (SDR)	9:00 Casino Outing 9:30 Current Events (LIB) 10:00 Sittercise (AUD) 11:00 New Resident Lunch (PDR) 1:30 Bird Watching (SP) 3:00 Peggy's Porch Sing Along (MDR) 6:00  w. Olly! (AUD)	9:30 Current Events (1 to 1) 10:00 Seated Chair Fitness (SL) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Library Stroll (SDR)	9:30 Walmart Marketplace Outing [FD] 9:30 Current Events 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Albertsons Shopping Outing [FD] 3:00 Happy Hour w. Emil [AUD]	9:30 Current Events 10:00 Morning Stroll 10:45 Arts for all Ages [AUD] 1:30 Blackjack [AUD] 3:00 Pony Bead Corn Craft [AUD]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Self- Led Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 3:00 Afternoon Film [AUD]	9:30 Current Events (1 to 1) 10:00 Sittercise [AUD] 10:00 Seated Wellness Workout (SL) 10:45 Blackjack [AUD] 1:30 Chicken Soup for the Soul (SL) 1:30 Torrey Pines Scenic Tour [FD] 3:00 Quarter Bingo (AUD)	9:30 Current Events (1 to 1) 11:30 Veteran's Day BBQ [MDR] 1:30  w. Shannon (SDR) 3:00 Color Fall (SL) Veterans Day Remembrance Day (Canada)	9:30 Current Events (LIB) 10:00 Sittercise (AUD) 10:30 Mission Bay Picnic Outing [FD] 10:45 Phase 10 (AUD) 1:30 Mobility Wipe Down (PL) 3:00 Pinecone Turkey Craft (AUD) 6:00  w. Shannon! (AUD)	Birthday Celebration – New England 9:30 Current Events (LIB) 11:30 Birthday Celebration [ADR] 1:30 Bible Study (SL) 2:00 Social Visits (1 to 1) 3:00 Sunshine Stroll (SDR)	9:30 Walmart Shopping Outing [FD] 9:30 Current Events 10:00 Chair Exercise [AUD] 10:45 Five Crowns [AUD] 1:30 Aldi Shopping Outing [FD] 3:00 Happy Hour w. Steve [AUD]	9:30 Current Events 10:00 Morning Stroll 10:45 Left/Right/Center Game [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Name That Tune [PL]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 10:00 Sittercise [AUD] 10:00 Seated Wellness Workout (SL) 10:45 Blackjack [AUD] 1:30 The Dick Van Dyke Show (SL) 1:30 Mission Bay Scenic Tour [FD] 3:00 Quarter Bingo (AUD)	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 Garden Stroll (SDR)	10:00 Resident Council (AUD) 11:00 New Resident Lunch (PDR) 1:30 Phone & Internet Safety (SL) 3:00 Peggy's Porch Sing Along (AUD) 3:30 Ice Cream Social [PL] 4:00 Olive Garden Restaurant Dinner Outing [FD] 6:00  w/ Olivia! (AUD)	9:30 Current Events (1 to 1) 10:00 GG Thanksgiving Parade 10:00 - 12:00 Hearing Aids Event [AUD] 1:30 Bible Study (SL) 4:00 Thanksgiving Dinner [ADR]	9:30 Walmart Marketplace Outing [FD] 9:30 Current Events 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Target Shopping Outing [FD] 3:00 Happy Hour w. music [PL]	9:30 Current Events 10:00 Morning Stroll 10:45 UNO! [AUD] 1:30 Turkey Pot Craft [AUD] 3:00 Movie & Popcorn [MT]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD]	9:30 Current Events (1 to 1) 10:00 Sittercise [AUD] 10:00 Seated Wellness Workout (SL) 10:45 Blackjack [AUD] 1:30 Apples to Apples (SL) 1:30 Julian Scenic Tour [FD] 3:00 Quarter Bingo (AUD)	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 Art Class w. Shannon	9:30 Current Events (LIB) 10:00 Sittercise (AUD) 10:30 Food Forum (SDR) 11:00 Café Coyote Restaurant Outing [FD] 1:30 Food for Thought (AUD) 3:00 Peggy's Porch Sing Along (SDR) 6:00  w/ Shannon!	HAPPY  THANKSGIVING Thanksgiving Day (U.S.)	9:30 Walmart Shopping Outing [FD] 9:30 Current Events 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Macy's Shopping Outing [FD] 3:00 Happy Hour/Ice Cream Social [PL]	9:30 Current Events 10:00 Morning Stroll 10:45 Left/Right/Center Game [AUD] 1:30 Coloring Project [AUD] 3:00 Wii Sports [AUD]
9:00 Shadow Mountain Church Livestream [SL] 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]	SL= South Lounge SDR = South Dining Room AUD = Auditorium PDR = Private Dining Room LIB = Library MDR = Main Dining Room FD = Front Desk PL= Pool SP=South Patio					