

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WAR= West Activity Room
 WDR= West Dining Room
 WL= West Lobby
 AUD= Auditorium
 LIB= Library
 MDR= Main Dining Room
 SL= South Lounge
 SDR= South Dining Room
 PL= Pool

January 2026

West Building Calendar

Activities are subject to change without notice



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 Meeting [AUD] 1:30 Color Me Happy [SL] 3:00 Unlucky Seven [AUD]	4 9:30 Daily Chronicle [WAR] 10:00 Sittercise [WAR] 10:45 Blackjack [AUD] 1:30 Old Town Scenic Tour [FD] 1:30  [WAR] 3:00 Nature Walk [WAR]	5 9:30 Daily Chronicle [WAR] 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 1:30 Snowflake Suncatcher Craft [WAR] 3:00 Nails by Olivia [WAR]	6 9:30 Daily Chronicle [WAR] 9:00 Casino Outing 10:30 Unlucky Seven [WAR] 1:30 UNO! [WAR] 3:00 Movie Trivia [WAR] 6:00 Bingo Night w/ Olly! [AUD]	7 9:30 Daily Chronicle [WAR] 10:00 Seated Fitness [WAR] 10:30 Left/ Right/ Center [WAR] 1:30 UNO! [WAR] 3:00 Movie Trivia [WAR] 6:00 Bingo Night w/ Olly! [AUD]	8 9:30 Daily Chronicle [WAR] 10:00 Balloon Volleyball [WAR] 10:30 Blackjack [WAR] 1:30 BINGO! [WAR] 3:00 Happy Hour w/ Peggy's Porch Sing Along! [WDR] 6:00 Bingo Night w/ Olly! [AUD]	1 9:30 Current Events 9:30 Walmart Marketplace Shopping [FD] 9:30 Current Events 10:00 Morning Stroll 10:45 Christmas Decoration Clean up 1:30 Hobby Lobby Shopping Outing [FD] 3:00 Happy Hour w. Bob [AUD]	3 9:30 Current Events 10:00 Morning Stroll 10:45 Christmas Decoration Clean up 1:30 Christmas Decoration Clean up 3:00 Movie & Popcorn [AUD] (Home Alone)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Puzzles & Trivia [SL] 3:00 Unlucky Seven [AUD]	11 9:30 Daily Chronicle [WAR] 10:00 Sittercise [WAR] 10:45 Blackjack [AUD] 1:30  [WAR] 3:00 Nature Walk [WAR]	12 9:30 Daily Chronicle [WAR] 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 1:30 D.I.Y Winter Lanterns [WAR] 3:00 Tech Tuesday [WAR]	13 9:30 Daily Chronicle [WL] 10:00 Resident Council Meeting [WDR] 11:00 IHOP Restaurant Outing [FD] 1:30 Mobility Wipe Down [PL] 3:00 Afternoon Sittercise [WAR] 6:00 Bingo Night w/ Olivia!	14 9:30 Daily Chronicle [WL] 10:00 Resident Council Meeting [WDR] 11:00 IHOP Restaurant Outing [FD] 1:30 Mobility Wipe Down [PL] 3:00 Afternoon Sittercise [WAR] 6:00 Bingo Night w/ Olivia!	15 Birthday Celebration – Philippines 9:30 Daily Chronicle [WL] 11:30 Birthday Celebration [ADR] 2:00 Balloon Volleyball [WAR] 3:00 BINGO! [WAR]	16 9:30 Current Events 9:30 Walmart Marketplace Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 JCPenney's Shopping [FD] 3:00 Happy Hour w. Music [AUD]	17 9:30 Current Events 10:00 Morning Stroll 10:45 Unlucky Seven [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Board Games [AUD] (Scrabble, checkers, and more)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 “Dolphins up Close” Documentary [SL] 3:00 Unlucky Seven [AUD]	18 9:30 Daily Chronicle [WAR] 10:00 Sittercise [WAR] 10:45 Blackjack [AUD] 1:30 La Jolla Scenic Tour [FD] 1:30  [WAR] 3:00 Martin Luther King Documentary [WAR] Martin Luther King Jr. Day	19 9:30 Daily Chronicle [WAR] 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 1:30 Pinecone Snowy Owl Craft [WAR] 3:00 Nails by Olivia [WAR]	20 9:30 Daily Chronicle [WAR] 10:00 Seated Fitness [WAR] 11:00 Casa de Pico Restaurant Outing [FD] 1:30 Craft Stick Snowflakes [AUD] 3:00 Name that Tune [WAR] 6:00 Bingo w/ Shannon! [AUD]	21 9:30 Daily Chronicle [WAR] 10:00 Seated Fitness [WAR] 11:00 Casa de Pico Restaurant Outing [FD] 1:30 Craft Stick Snowflakes [AUD] 3:00 Name that Tune [WAR] 6:00 Bingo w/ Shannon! [AUD]	22 9:30 Daily Chronicle [WAR] 10:00 Balloon Volleyball [WAR] 10:30 Blackjack [WAR] 1:30 BINGO! [WAR] 3:00 Happy Hour w/ Peggy's Porch Sing Along! [WDR]	23 9:30 Current Events 9:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Trader Joe's Shopping [FD] 3:00 Happy Hour w. Matthew [AUD]	24 9:30 Current Events 10:00 Morning Stroll 10:45 Blackjack [AUD] 1:30 Bracelets Making [AUD] 3:00 Movie & Popcorn [AUD] (Avatar)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Celebration of Lives [AUD] 2:00 Afternoon Sittercise [AUD] 3:00 Unlucky Seven [AUD]	25 9:30 Daily Chronicle [WAR] 10:00 Sittercise [WAR] 10:45 Blackjack [AUD] 1:30 Torrey Pines Scenic Tour [FD] 1:30  [WAR] 3:00 GG Auction [AUD] Australia Day (Observed)	26 9:30 Daily Chronicle [WAR] 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 1:30 BINGO! w/ Shannon [SDR] 3:00 GG Auction [AUD]	27 9:30 Daily Chronicle [WAR] 10:00 Seated Fitness [WAR] 11:30 Lake Murray Picnic Outing [FD] 1:30 Paper Heart Wreath Craft [WAR] 3:00 Classic TV Trivia [WAR] 6:00 Bingo w/ Olly! [AUD]	28 9:30 Daily Chronicle [WAR] 10:00 Balloon Volleyball [WAR] 10:30 Blackjack [WAR] 1:30 BINGO! [WAR] 3:00 Happy Hour! [WDR]	29 9:30 Daily Chronicle [WAR] 10:00 Balloon Volleyball [WAR] 10:30 Blackjack [WAR] 1:30 BINGO! [WAR] 3:00 Happy Hour! [WDR]	30 9:30 Current Events 9:30 Walmart Marketplace Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Ross Shopping [FD] 3:00 Happy Hour w. Jim [AUD]	31 9:30 Current Events 10:00 Morning Stroll 10:45 Left/Right/Center [AUD] 1:30 Stick Snowflakes Craft [AUD] 3:00 Hot Chocolate Social [PL]