

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<h1>January 2026</h1> <h2>East Building</h2> <p>*Activities are subject to change without notice*</p>			<p>1</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00 BINGO! [AR2] 3:00 Happy Hour [DR3]</p>	<p>2</p> <p>9:00am Morning Exercise 9:30am Current Events 10:00am Sip & Snacks 10:30am Arts & Craft w/ Cassy 1:30pm BINGO! 3:00pm Movie W/ Popcorn</p>
<p>9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] 1:30 Christmas Clean Up 3:00 Christmas Clean Up</p>	<p>4</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] 10:30 Christmas Clean Up 1:30 BINGO! [AR2] 3:00 Christmas Clean Up</p>	<p>5</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:00 La Mesa Branch Library & Tech Tuesday Outing [FD] 3:00 Christmas Clean Up</p>	<p>6</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Food Forum [DR3] 10:30 Bible Study [AR2] 1:00 Moose Mixer [AR2] 3:00 Unlucky Seven [AR2]</p>	<p>7</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:30 Downtown Scenic Drive [FD] 1:00 Movie & Popcorn [AR2] 1:00 Wal-Mart Shopping Trip [FD] 3:00 Jewelry Making-Bracelets [AR2]</p>	<p>8</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:30 Downtown Scenic Drive [FD] 1:00 Movie & Popcorn [AR2] 1:00 Wal-Mart Shopping Trip [FD] 3:00 Jewelry Making-Bracelets [AR2]</p>
<p>9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] 1:30 Conversation Cards w/ Cory [AR2] 3:00 Puzzles & Trivia [AR2]</p>	<p>11</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] 1:30 Nail Spa [AR2] 3:00 Playtime [AR2]</p>	<p>12</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:30 BINGO! [AR2] 3:00 Unlucky Seven [AR2]</p>	<p>13</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated cardio [AR3] 10:30 Bible Study [AR2] 1:30 A&C's Craft Corner-Polymer Clay Snowflakes [AR2] 3:00 BINGO! [AR2]</p>	<p>14</p> <p>Birthday Celebration - Philippines 9:30 Morning Hydration 11:30 Birthday Celebration [ADR] 1:00 Macy's Shopping Trip [FD] 3:00 Jewelry Making-Bracelets [AR2]</p>	<p>15</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00 BINGO! [AR2] 3:00 Happy Hour w. Matthew [DR3]</p>
<p>9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] 1:30 Conversation Cards w/ Cory [AR2] 3:00 Puzzles & Trivia [AR2]</p>	<p>18</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] 1:30 Nail Spa [AR2] 3:00 BINGO! [AR2] Martin Luther King Jr. Day</p>	<p>19</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:00 Point Loma Scenic Tour [FD] 3:00 Unlucky Seven [AR2]</p>	<p>20</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated cardio [AR2] 1:30 Board Games Social [AR2] 3:00 Playtime [AR2]</p>	<p>21</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated cardio [AR2] 10:30 Mission Beach Scenic Drive [FD] 1:00 Movie & Popcorn [AR2] 1:00 Target Shopping Trip [FD] 3:00 Jewelry Making-Bracelets [AR2]</p>	<p>22</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00 BINGO! [AR2] 3:00 Happy Hour w. Sylvia [DR3]</p>
<p>9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] 1:30 Conversation Cards w/ Cory [AR2] 3:00 Puzzles & Trivia [AR2]</p>	<p>25</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] 1:30 Nail Spa [AR2] 3:00 Playtime [AR2] Australia Day (Observed)</p>	<p>26</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:30 BINGO! [AR2] 3:00 Unlucky Seven [AR2]</p>	<p>27</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Resident Council Meeting [DR3] 10:30 Bible Study [AR2] 1:30 A&C's Craft Corner-Pinecone Snow Owls [AR2] 3:00 BINGO! [AR2]</p>	<p>28</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:30 Balboa Scenic Drive [FD] 1:00 Movie & Popcorn [AR2] 1:00 Dollar Tree Shopping Trip [FD] 3:00 Jewelry Making-Bracelets [AR2]</p>	<p>29</p> <p>9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00 BINGO! [AR2] 3:00 Happy Hour [DR3]</p>
					<p>30</p> <p>9:00am Morning Exercise 9:30am Current Events 10:00am Sip & Snacks 10:30am Arts & Craft w/ Cassy 1:30pm BINGO! 3:00pm Movie W/ Popcorn</p>