

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>January 2026</i> <b>East Building</b></p> <p>*Activities are subject to change without notice*</p>						
9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] <b>1:30 Christmas Clean Up</b> <b>3:00 Christmas Clean Up</b>	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] <b>10:30 Christmas Clean Up</b> 1:30  [AR2] <b>3:00 Christmas Clean Up</b>	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] <b>1:00 La Mesa Branch Library &amp; Tech Tuesday Outing [FD]</b> <b>3:00 Christmas Clean Up</b>	9:00 Morning Hydration 9:30 Current Events [AR2] <b>10:00 Food Forum [DR3]</b> <b>10:30 Bible Study [AR2]</b> <b>1:00 Moose Mixer [AR2]</b> 3:00 Unlucky Seven [AR2]	 New Year's Day 9:00 Morning Hydration 9:30 Current Events [AR2] <b>10:30 Downtown Scenic Drive [FD]</b> 1:00 Movie & Popcorn [AR2] <b>1:00 Wal-Mart Shopping Trip [FD]</b> 3:00 Jewelry Making-Bracelets [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00  [AR2] <b>3:00 Happy Hour [DR3]</b>	9:00am Morning Exercise 9:30am Current Events 10:00am Sip & Snacks <b>10:30am Arts &amp; Craft w/ Cassy</b> 1:30pm  3:00pm Movie W/ Popcorn
9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] <b>1:30 Conversation Cards w/ Cory [AR2]</b> 3:00 Puzzles & Trivia [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] <b>1:30 Nail Spa [AR2]</b> 3:00  [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:30  [AR2] 3:00 Unlucky Seven [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated cardio [AR3] <b>10:30 Bible Study [AR2]</b> <b>1:30 A&amp;C's Craft Corner-Polymer Clay Snowflakes [AR2]</b> 3:00  [AR2]	Birthday Celebration – Philippines 9:30 Morning Hydration <b>11:30 Birthday Celebration [ADR]</b> <b>1:00 Macy's Shopping Trip [FD]</b> 3:00 Jewelry Making-Bracelets [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00  [AR2] <b>3:00 Happy Hour w. Matthew [DR3]</b>	9:00am Morning Exercise 9:30am Current Events 10:00am Sip & Snacks <b>10:30am Arts &amp; Craft w/ Cassy</b> 1:30pm  3:00pm Movie W/ Popcorn
9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] <b>1:30 Conversation Cards w/ Cory [AR2]</b> 3:00 Puzzles & Trivia [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] <b>1:30 Nail Spa [AR2]</b> 3:00  [AR2] Martin Luther King Jr. Day	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] <b>1:00 Point Loma Scenic Tour [FD]</b> 3:00 Unlucky Seven [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated cardio [AR2] <b>1:30 Board Games Social [AR2]</b> 3:00  [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] <b>10:30 Mission Beach Scenic Drive [FD]</b> 1:00 Movie & Popcorn [AR2] <b>1:00 Target Shopping Trip [FD]</b> 3:00 Jewelry Making-Bracelets [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00  [AR2] <b>3:00 Happy Hour w. Slyvia [DR3]</b>	9:00am Morning Exercise 9:30am Current Events 10:00am Sip & Snacks <b>10:30am Arts &amp; Craft w/ Cassy</b> 1:30pm  3:00pm Movie W/ Popcorn
9:00 Shadow Mountain Church Livestream [AR2] 10:00 Catholic Mass [AR2] 11:00 Chair Yoga [AR2] <b>1:30 Conversation Cards w/ Cory [AR2]</b> 3:00 Puzzles & Trivia [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] <b>1:30 Nail Spa [AR2]</b> 3:00  [AR2] Australia Day (Observed)	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:30  [AR2] 3:00 Unlucky Seven [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] <b>10:00 Resident Council Meeting [DR3]</b> 10:30 Bible Study [AR2] <b>1:30 A&amp;C's Craft Corner-"Pinecone Snow Owls"</b> 3:00  [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] <b>10:30 Balboa Scenic Drive [FD]</b> 1:00 Movie & Popcorn [AR2] <b>1:00 Dollar Tree Shopping Trip [FD]</b> 3:00 Jewelry Making-Bracelets [AR2]	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00  [AR2] <b>3:00 Happy Hour [DR3]</b>	9:00am Morning Exercise 9:30am Current Events 10:00am Sip & Snacks <b>10:30am Arts &amp; Craft w/ Cassy</b> 1:30pm  3:00pm Movie W/ Popcorn