

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>January 2026</p> <p>East (Memory Care) Calendar</p> <p><small>*Activities are subject to change without notice*</small></p>						
						
9:00 Shadow Mountain Church Livestream [AR2]	4 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 11:00 Chair Yoga [AR2] 1:30 Christmas Clean Up 3:00 Christmas Clean Up	5 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 3:00pm BINGO!	6 9:00am Morning Workout 9:30am Current Events 10:00am Sip & Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Arts & Craft w/ Alex	7 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am Paint and Chat 1:30pm Balloon Volleyball 3:00pm Conversation Cards	8 9:30am Current Events 10:00am Morning Hydration 10:30am Downtown Scenic Drive [FD] 1:30 Color Me Happy 3:00pm Movie W/ Hot Chocolate	1 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time! 10:30am  1:30pm UNO! 3:00pm Happy Hour [DR3]
9:00 Shadow Mountain Church Livestream [AR2]	11 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 11:00 Chair Yoga [AR2] 1:30 Conversation Cards w/ Cory [AR2] 3:00 Puzzles & Trivia [AR2]	12 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 3:00pm BINGO!	13 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:00am Santee Lake Scenic Drive [FD] 1:30pm Trivia Tuesday 3:00pm Arts & Craft w/ Alex	14 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am Paint and Chat 1:30pm Ballon Volleyball 3:00pm Sing-a- long w/ Alex	15 9:30am Current Events 11:30 Birthday Celebration [ADR] 1:30pm Color Me Happy 3:00pm Movie w/ Hot Chocolate	9 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
9:00 Shadow Mountain Church Livestream [AR2]	18 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 11:00 Chair Yoga [AR2] 1:30 Conversation Cards w/ Cory [AR2] 3:00 Puzzles & Trivia [AR2]	19 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 3:00pm BINGO! <small>Martin Luther King Jr. Day</small>	20 9:00am Morning Workout 9:30am Current Events 10:00am Sip & Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Arts & Craft w/ Alex	21 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am Paint and Chat 1:30pm Ballon Volleyball 3:00pm Conversation Cards	22 9:30am Current Events 10:00am Snack Time! 10:30am Mission Beach Scenic Drive [FD] 1:30pm Color Me Happy 3:00pm Movie w/ Hot Chocolate	16 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time! 10:30am  1:30pm UNO! 3:00 Happy Hour w. Matthew [DR3]
9:00 Shadow Mountain Church Livestream [AR2]	25 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 11:00 Chair Yoga [AR2] 1:30 Conversation Cards w/ Cory [AR2] 3:00 Puzzles & Trivia [AR2]	26 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:00am La Jolla Scenic Drive [FD] 1:30pm Trivia Tuesday 3:00pm Arts & Craft w/ Alex	27 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am Paint and Chat 1:30pm Ballon Volleyball 3:00pm Sing-a- long w/ Alex	28 9:30am Current Events 10:00am Snack Time! 10:30am Balboa Scenic Drive [FD] 1:30pm Color Me Happy 3:00pm Movie w/ Hot Chocolate	29 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time! 10:30am  1:30pm UNO! 3:00pm Happy Hour [DR3]	30 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