

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>January 2026</h1> <h2>East (Memory Care) Calendar</h2> <p>*Activities are subject to change without notice*</p> </div>						
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>	9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 3:00pm 	9:00am Morning Workout 9:30am Current Events 10:00am Sip & Chat 10:30am Memory Game 1:30pm Trivia Tuesday <b>3:00pm Arts &amp; Craft w/ Alex</b>	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	 New Year's Day 9:30am Current Events 10:00am Morning Hydration <b>10:30am Downtown Scenic Drive [FD]</b> 1:30 Color Me Happy 3:00pm Movie W/ Hot Chocolate	9:00am Morning Workout 9:30am Current Events 10:00am Snack Time! 10:30am  1:30pm UNO! <b>3:00pm 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]	9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 3:00pm 	9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration <b>10:00am Santee Lake Scenic Drive [FD]</b> 1:30pm Trivia Tuesday <b>3:00pm Arts &amp; Craft w/ Alex</b>	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	<b>Birthday Celebration – Philippines</b> 9:30am Current Events <b>11:30 Birthday Celebration [ADR]</b> 1:30pm Color Me Happy 3:00pm Movie w/ Hot Chocolate	9:00am Morning Workout 9:30am Current Events 10:00am Snack Time! 10:30am  1:30pm UNO! <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]	9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 3:00pm  Martin Luther King Jr. Day	9:00am Morning Workout 9:30am Current Events 10:00am Sip & Chat 10:30am Memory Game 1:30pm Trivia Tuesday <b>3:00pm Arts &amp; Craft w/ Alex</b>	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	9:30am Current Events 10:00am Snack Time! <b>10:30am Mission Beach Scenic Drive [FD]</b> 1:30pm Color Me Happy 3:00pm Movie w/ Hot Chocolate	9:00am Morning Workout 9:30am Current Events 10:00am Snack Time! 10:30am  1:30pm UNO! <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]	9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 3:00pm  Australia Day (Observed)	9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration <b>10:00am La Jolla Scenic Drive [FD]</b> 1:30pm Trivia Tuesday <b>3:00pm Arts &amp; Craft w/ Alex</b>	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	9:30am Current Events 10:00am Snack Time! <b>10:30am Balboa Scenic Drive [FD]</b> 1:30pm Color Me Happy 3:00pm Movie w/ Hot Chocolate	9:00am Morning Workout 9:30am Current Events 10:00am Snack Time! 10:30am  1:30pm UNO! <b>3:00pm 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