

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

East (Memory Care) Calendar

Activities are subject to change without notice



AR2 = Activity Room
(2nd Floor)
DR3 = Dining Room
(3rd Floor)
FD = Front Desk
AF = All Floor

<p>1 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2] Tu B'Shevat Begins</p>	<p>2 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy BINGO! 3:00pm Groundhog Day</p>	<p>3 9:00am Morning Workout 9:30am Current Events 10:00am Sip and Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Arts and Craft w/ Alex - Heart Tags</p>	<p>4 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration w/ Music BINGO! 10:30am Balloon Volleyball 3:00pm Conversation Cards</p>	<p>5 9:30am Current Events 10:00am Morning Hydration 10:00am Torrey Pines Scenic Drive 1:30pm Color Me Happy 3:00pm Tv show/ Snacks</p>	<p>6 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time w/ Cassy 10:30am Loteria! 1:30pm Uno! 3:00 Happy Hour w. Jim [DR3]</p>	<p>7 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Arts and Craft w/ Cassy BINGO! 1:30pm Movie w/ Popcorn</p>
<p>8 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2] 3:30 Superbowl Tailgate [DR3]</p>	<p>9 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy BINGO! 3:00pm</p>	<p>10 9:00am Morning Workout 9:30am Current Events 10:00am Mission Beach Picnic 10:30am Memory Game 1:30pm Arts and Craft w/ Alex - Paper Flowers 3:00pm Valentine's Photo Shoot</p>	<p>11 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration w/ Music 10:30am Paint and Chat 1:30pm Balloon Volleyball 3:00pm Sing-along w/ Alex</p>	<p>12 9:30am Current Events 10:00am Morning Hydration 10:00am Mount Soledad Scenic Drive 1:30pm Color Me Happy 3:00pm Tv show/ Snacks</p>	<p>13 9:30 Current Events 11:30 Valentine's Day Celebration [ADR] 10:30am Loteria! 3:00 Happy Hour [DR3]</p>	<p>14 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Valentine's Craft BINGO! 1:30pm Movie w/ Popcorn Valentine's Day</p>
<p>15 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2]</p>	<p>16 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy BINGO! 3:00pm Presidents' Day (U.S.)</p>	<p>17 9:00am Morning Workout 9:30am Current Events 10:00am Sip and Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Movie w/ Popcorn - "UP" Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>18 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration w/ Music BINGO! 10:30am Balloon Volleyball 3:00pm Conversation Cards</p>	<p>19 9:00 Morning Hydration 11:30 Birthday Celebration [ADR] 1:30pm Color Me Happy 3:00pm Tv show/ Snacks</p>	<p>20 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time w/ Cassy 10:30am Loteria! 1:30pm Uno! 3:00 Happy Hour w. Matthew [DR3]</p>	<p>21 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Arts and Craft w/ Cassy BINGO! 1:30pm Movie w/ Popcorn</p>
<p>22 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2]</p>	<p>23 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy BINGO! 3:00pm</p>	<p>24 9:00am Morning Workout 9:30am Current Events 10:00am Sip and Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Arts and Craft w/ Alex</p>	<p>25 9:00 Safari Park Outing [FD] 9:30am Current Events 10:00am Morning Hydration w/ Music 1:30pm Balloon Volleyball 3:00pm Sing-along</p>	<p>26 9:30am Current Events 10:00am Morning Hydration 10:00am La Jolla Scenic Drive 1:30pm Color Me Happy 3:00pm Tv show/ Snacks</p>	<p>27 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time w/ Cassy 10:30am Loteria! 1:30pm Uno! 3:00 Happy Hour w. Sylvia [DR3]</p>	<p>28 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Arts and Craft w/ Cassy BINGO! 1:30pm Movie w/ Popcorn</p>