

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Aud=Auditorium
 FD=Front Desk
 LIB=Library
 SL=South Lounge
 SDR=South Dining Room
 MDR=Main Dining Room
 PDR=Private Dining Room
 PL=Pool

February 2026

South Building

9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Board Games Social [AUD] 3:00 Unlucky Seven [AUD] Tu B'Shevat Begins	1 9:30 Current Events 10:00 Sittercise Video (AUD) 10:00 Sit & Get Fit (SL) 10:45 Blackjack (AUD) 1:00 Movie & Popcorn (AUD) (Groundhog Day) 1:30 La Jolla Scenic Tour (FD) 3:00 Quarter (AUD) Groundhog Day	2 9:30 Current Events (1to1) 10:00 Sit & Stretch (SL) 10:30 Garden Stroll (SL)  1:30 W/Shannon (SDR) 3:00 Room Visits	3 9:00 Casino Outing 9:30 Current Events (1to1) 10:00 Sit & Get Fit (SL) 10:30 Garden Stroll (SL) 10:00 Sittercise (AUD) 3:00 Peggy's Porch Sing Along (MDR) 6:00  W/Shannon	4 9:30 Current Events (1to1) 10:00 Food Forum (AUD) 10:00 Seated Wellness Workout (SL) 10:30 Uno (AUD) 1:30 Bible Study (SL) 3:00 Garden Stroll	5 9:30 Current Events 9:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Aldi Shopping [FD] 3:00 Happy Hour w. Rick [AUD]	6 9:30 Current Events 10:00 Morning Stroll 10:45 Resident Led Unlucky Seven [AUD] 1:30 Valentine's Day Jewelry Making [AUD] 3:00 Movie & Popcorn [AUD] (Mrs. Doubtfire)	7 9:30 Current Events 10:00 Morning Stroll 10:45 Resident Led Unlucky Seven [AUD] 1:30 Valentine's Day Jewelry Making [AUD] 3:00 Movie & Popcorn [AUD] (Mrs. Doubtfire)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Board Games Social [AUD] 3:30 Superbowl Tailgate [MDR]	8 9:30 Current Events 10:00 Sittercise Video (AUD) 10:00 Sit & Get Fit (SL) 10:30 Trivia (SL) 10:45 Blackjack (AUD) 1:30 Coronado Scenic Tour (FD)  3:00 Quarter (AUD)	9 9:30 Current Events (1to1) 10:00 Sit & Stretch (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 Name That Tune (SDR) 3:00 Activity Planning Meeting (AUD)	10 9:30 Current Events 10:00 Sit & Stretch [AUD] 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 Name That Tune (SDR) 3:00 Activity Planning Meeting (AUD)	11 9:30 Current Events 10:00 Chair Zumba [AUD] 10:45 Crazy 8's Card Game [AUD] 11:30 Lake Murray Picnic (FD) 1:30 Mobility Wipe Down [PL] 3:00 Lollipop Bouquet [AUD] 6:00  w/ Olly!	12 9:30 Current Events 10:00 Exercise w/ Joyce [AUD] 11:30 Valentine's Day Celebration [ADR] 1:30 CVS Shopping [FD] 3:00 Happy Hour w. Steve [AUD]	13 9:30 Current Events 10:00 Morning Stroll 10:45 Love Potion Craft [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Movie & Popcorn [AUD] (Valentine's Day)	14 9:30 Current Events 10:00 Morning Stroll 10:45 Love Potion Craft [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Movie & Popcorn [AUD] (Valentine's Day)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Board Games Social [AUD] 3:00 Unlucky Seven [AUD]	15 9:30 Current Events 10:00 Sittercise Video (AUD) 10:00 Sit & Get Fit (SL) 10:30 Trivia (SL) 10:45 Blackjack (AUD) 1:30 Cabrillo Nat'l Scenic Tour (FD)  3:00 Quarter (AUD) Presidents' Day (U.S.)	16 9:30 Current Events (1to1) 10:00 Sit & Stretch (SL) 10:30 Sunshine stroll (SL)  1:30 W/Shannon (SDR) 3:00 Room visits	17 9:30 Current Events (1to1) 10:00 Resident Council (AUD) 11:00 DZ Akins Outing 1:30 Pretty Nails (SL) 3:00 Peggy's Porch Sing Along (AUD) 6:00  W/Olivia	18 9:30 Current Events 11:30 Birthday Celebration (ADR) 1:30 Bible Study (SL) 3:00 Bird Watching and Stroll	19 9:30 Current Events 9:30 Walmart Marketplace Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Dollar Tree Shopping [FD] 3:00 Happy-Social Hour [AUD]	20 9:30 Current Events 9:30 Walmart Marketplace Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Dollar Tree Shopping [FD] 3:00 Happy-Social Hour [AUD]	21 9:30 Current Events 10:00 Morning Stroll 10:45 Blackjack [AUD] 1:30 Board Games Social [AUD] 3:00 Name that Tune [AUD]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Celebration of Lives [AUD] 2:00 Sittercise [AUD] 3:00 Unlucky Seven [AUD]	22 9:30 Current Events 10:00 Sittercise Video (AUD) 10:00 Sit & Get Fit (SL) 10:30 Trivia (SL) 10:45 Blackjack (AUD) 1:30 Shelter Island Scenic Tour (FD)  3:00 Quarter (AUD)	23 9:30 Current Events (1to1) 10:00 Sit & Stretch (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 GG Bucks Auction (AUD)	24 9:30 Current Events (1to1) 10:00 Sit & Stretch (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 GG Bucks Auction (AUD)	25 9:00 Safari Park Outing 9:30 Current Events (1to1) 10:00 Chair Zumba [AUD] 10:00 Food Forum (SDR) 10:00 Sittercise (AUD) 1:30 Scrabble (AUD) 3:00 Peggy's Porch Sing Along (SDR)	26 9:30 Current Events 9:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Target Shopping [FD] 3:00 Happy Hour w. Matthew [AUD]	27 9:30 Current Events 9:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Target Shopping [FD] 3:00 Happy Hour w. Matthew [AUD]	28 9:30 Current Events 10:00 Morning Stroll 10:45 Left/Right/Center [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Jewelry Making [AUD]