

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration [AR2] 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2]	9:00am Morning Workout 2 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Patio Picnic w/ Snacks 3:00pm  <small>Purim Begins</small>	9:00am Morning Workout 3 9:30 Current Events 10:00am Morning Hydration w/ Music 10:30am Conversation Cards 1:30pm TRIVIA Tuesday! 3:00pm Arts and Craft w/ Alex	9:00am Morning Workout 4 9:30am Current Events 10:00am Morning Hydration/ Music 10:30am Bingo! 1:30pm Ballon Volleyball 3:00pm Sing- a- long	9:30am Current Events 5 10:00am Morning Hydration 10:00am Mission Beach Scenic Drive 1:30pm Color Me Happy 3:00pm Tv Show / Snacks	9:00am Morning Workout w/ Cassy 6 9:30am Current Events 10:00am Snack Time W/Cassy 10:30am Loteria! 1:30pm UNO! 3:00 Happy- Social Hour [AR2]	9:00am Morning Exercise 7 9:30am Current Events 10:00am Sip and Chat 10:30am Painting w/ Cassy 1:30pm  3:00pm Movie w/ Popcorn
9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration [AR2] 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2] <small>Daylight Saving Time Begins</small>	9:00am Morning Workout 9 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Patio Picnic w/ Snacks 3:00pm 	9:00am Morning Workout 10 9:30 Current Events 10:30am Lake Murray Picnic 1:30pm TRIVIA Tuesday! 3:00pm Arts and Craft	9:00am Morning Workout 11 9:30am Current Events 10:00am Morning Hydration/ Music 10:30am Bingo! 1:30pm Ballon Volleyball 3:00pm Sing- a- long	9:30am Current Events 12 10:00am Morning Hydration 10:00am Balboa Scenic Drive 1:30pm Color Me Happy 3:00pm Tv Show / Snacks	9:00am Morning Workout w/ Cassy 13 9:30am Current Events 10:00am Snack Time W/Cassy 10:30am Loteria! 1:30pm UNO! 3:00 Happy Hour w. Gene	9:00am Morning Exercise 14 9:30am Current Events 10:00am Sip and Chat 10:30am Painting w/ Cassy 1:30pm  3:00pm Movie w/ Popcorn
9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration [AR2] 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Sunday Social-"A journey through Tea Time" [AR2]	9:00am Morning Workout 16 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Patio Picnic w/ Snacks 3:00pm 	9:00am Morning Workout 17 9:30 Current Events 10:00am Morning Hydration w/ Music 10:30am Conversation Cards 1:30pm St. Patrick Day TRIVIA! 3:00pm Arts and Craft <small>St. Patrick's Day</small>	9:00am Morning Workout 18 9:30am Current Events 10:00am Morning Hydration/ Music 10:30am Bingo! 1:30pm Ballon Volleyball 3:00pm Sing- a- long	19 Birthday Celebration -Ireland 9:30 Current Events [AR2] 11:30 Birthday Celebration [ADR] 1:00 Movie & Popcorn [AR2] 1:00 Hobby Lobby Shopping [FD] 3:00 Jewelry Making [AR2]	9:00am Morning Workout w/ Cassy 20 9:30am Current Events 10:00am Snack Time W/Cassy 10:30am Loteria! 1:30pm UNO! 3:00 Happy Hour w. Matthew [AR2]	9:00am Morning Exercise 21 9:30am Current Events 10:00am Sip and Chat 10:30am Painting w/ Cassy 1:30pm  3:00pm Movie w/ Popcorn
9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration [AR2] 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2]	9:00am Morning Workout 23 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Patio Picnic w/ Snacks 3:00pm 	9:00am Morning Workout 24 9:30 Current Events 10:30 San Diego Automotive Museum Outing [FD] 1:30pm TRIVIA Tuesday! 3:00pm Arts and Craft	9:00am Morning Workout 25 9:30am Current Events 10:00am Morning Hydration/ Music 10:30am Bingo! 1:30pm Ballon Volleyball 3:00pm Sing- a- long	9:30am Current Events 26 10:00am Morning Hydration 10:0am Torrey Pines Scenic Drive 1:30pm Color Me Happy 3:00pm Tv Show / Snacks	9:00am Morning Workout w/ Cassy 27 9:30am Current Events 10:00am Snack Time W/Cassy 10:30am Loteria! 1:30pm UNO! 3:00 Happy Hour w. Slyvia [AR2]	9:00am Morning Exercise 28 9:30am Current Events 10:00am Sip and Chat 10:30am Painting w/ Cassy 1:30pm  3:00pm Movie w/ Popcorn
9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration [AR2] 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2]	9:00am Morning Workout 30 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Patio Picnic w/ Snacks 3:00pm 	9:00am Morning Workout 31 9:30 Current Events 10:00am Morning Hydration w/ Music 10:30am Conversation Cards 1:30pm TRIVIA Tuesday! 3:00pm Arts and Craft	<p>AR2=Activity Room (2nd floor) PT=Patio FD=Front Desk DR3=Dining Room (3rd floor) AF=All Floors</p> 			

March 2026

East (Memory Care) Building

