

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 12:30 LDS Church Meeting [AUD] 1:30 Documentary [AUD] ("Jim Henson- Idea Man") 3:00 Unlucky Seven [AUD]	9:30 Current Events 2 10:00 Sittercise [WAR] 10:30 Daily Chronicle [WAR] 10:45 Blackjack [AUD] 1:30 Coronado Scenic Tour [FD] 1:30  [WAR] 3:00 Nature Walk [WAR] <small>Purim Begins</small>	9:30 Daily Chronicle [WAR] 3 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 1:30 Paper Shamrock Door Decorations [WAR] 3:00 Trivia Tuesday – Name That Tune [WAR]	9:00 Casino Outing 4 9:30 Current Events 10:00 Sit & Stretch [WAR] 10:30 Daily Chronicle [WAR] 1:30 Crazy 8's Card Game [WAR] 3:00 Nails by Olivia [WAR] 6:00  w/ Shannon! [AUD]	9:30 Current Events 5 10:00 Balloon Volleyball [WAR] 10:30 Daily Chronicle [WAR] 1:30  [WAR] 3:00 Happy Hour Social [WDR]	9:30 Current Events 6 9:30 Walmart Marketplace Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Michaels Shopping [FD] 3:00 Happy Hour w. Gene [AUD]	9:30 Current Events 7 10:00 Morning Stroll 10:45 Gender Reveal Game [AUD] 1:30 Jewelry Making [AUD] 3:00 Women History Picture Bingo [AUD]
9:00 Shadow Mountain Church Livestream [SL] 8 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [AUD] ("Dolphin Reef") 3:00 Unlucky Seven [AUD] <small>Daylight Saving Time Begins</small>	9:30 Current Events 9 10:00 Sittercise [WAR] 10:30 Daily Chronicle [WAR] 10:45 Blackjack [AUD] 1:30 Cabrillo National Monument Scenic Tour [FD] 1:30  [WAR] 3:00 Nature Walk [WAR]	9:30 Daily Chronicle [WAR] 10 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 1:30 DIY Stress Balls [WAR] 3:00 Trivia Tuesday- Women's History Month [WAR]	9:30 Daily Chronicle [WL] 11 10:00 Resident Council Meeting [WDR] 11:15 New Resident Luncheon [PD] 1:30 Mobility Wipe Down [PL] 3:00 Afternoon Sittercise [WAR] 3:30 Crazy 8's Card Game [WAR] 6:00  w/ Oily! [AUD]	9:30 Current Events 12 10:00 Balloon Volleyball [WAR] 10:30 Daily Chronicle [WAR] 1:30  [WAR] 3:00 Happy Hour w/ Peggy's Porch Sing Along! [WDR]	9:30 Current Events 13 9:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Ross Shopping [FD] 3:00 Happy Hour w. Steve [AUD]	9:30 Current Events 14 10:00 Morning Stroll 10:45 UNO [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Pi (Pie) Day Celebration [AUD]
9:00 Shadow Mountain Church Livestream [SL] 15 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [AUD] ("The Pixar Story") 3:00 Unlucky Seven [AUD]	9:30 Current Events 16 10:00 Sittercise [WAR] 10:30 Daily Chronicle [WAR] 10:45 Blackjack [AUD] 1:30 Ocean Beach Scenic Tour [FD] 1:30  [WAR] 3:00 Nature Walk [WAR]	9:30 Daily Chronicle [WAR] 17 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 2:00 Shamrock Shakes & Tunes [WAR] <small>St. Patrick's Day</small>	9:30 Daily Chronicle [WAR] 18 10:00 Sit & Stretch [WAR] 10:30 Daily Chronicle [WAR] 11:00 Hooleys Public House Restaurant Outing [FD] 1:30 Crazy 8's Card Game [WAR] 3:00 Nails by Olivia [WAR] 6:00  w/ Olivia!	Birthday Celebration –Ireland 19 9:30 Daily Chronicle [WL] 11:30 Birthday Celebration [ADR] 3:00 Shamrock Milkshakes w. Marketing Team [PL]	9:30 Current Events 20 9:30 Walmart Marketplace Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Walmart Shopping [FD] 3:00 Happy-Social Hour [AUD] <small>Spring Begins</small>	9:30 Current Events 21 10:00 Morning Stroll 10:45 Snakes and Ladders "Skipping through Spring Game" [AUD] 1:30 "A Lovely Centerpiece" Craft [AUD] 3:00 Name that Tune [PL]
9:00 Shadow Mountain Church Livestream [SL] 22 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [AUD] ("Apollo: Missions to the Moon") 3:00 Unlucky Seven [AUD]	9:30 Current Events 23 10:00 Sittercise [WAR] 10:30 Daily Chronicle [WAR] 10:45 Blackjack [AUD] 1:30 Ramona Scenic Tour [FD] 1:30  [WAR] 3:00 Nature Walk [WAR]	9:30 Daily Chronicle [WAR] 24 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 10:30 San Diego Automotive Museum Outing [FD] 1:30 Crepe Paper Violets [WAR] 3:00 Trivia Tuesday – US History [WAR]	9:30 Current Events 25 10:00 Sit & Stretch [WAR] 10:30 Daily Chronicle [WAR] 11:15 New Resident Luncheon [PD] 1:30 – 4:00 Craft Fair [PL] 6:00  w/ Shannon! [AUD]	9:30 Current Events 26 10:00 Balloon Volleyball [WAR] 10:30 Daily Chronicle [WAR] 10:30 Flower Fields Outing (\$20) [FD] 1:30  [WAR] 3:00 Happy Hour w/ Peggy's Porch Sing Along! [WDR]	9:30 Current Events 27 1:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Twice Treasured Thrift Store Shopping [FD] 3:00 Happy Hour w. Matthew [AUD]	9:30 Current Events 28 10:00 Morning Stroll 10:45 UNO [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Movie & Popcorn [AUD] (A Room with a View)
9:00 Shadow Mountain Church Livestream [SL] 29 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Celebration of Life [AUD] 2:00 Afternoon Sittercise [AUD] 3:00 Unlucky Seven [AUD] <small>Palm Sunday</small>	9:30 Current Events 30 10:00 Sittercise [WAR] 10:30 Daily Chronicle [WAR] 10:45 Blackjack [AUD] 1:30 Sunset Cliff Scenic Tour [FD] 1:30  [WAR] 3:00 Nature Walk [WAR]	9:30 Daily Chronicle [WAR] 31 10:00 Sit and Get Fit [WAR] 10:30 Unlucky Seven [WAR] 1:30  w/ Shannon [SDR] 3:00 GG Bucks Auction [AUD]	WAR= West Activity Room WDR= West Dining Room WL= West Lobby AUD= Auditorium LIB= Library MDR= Main Dining Room PL= Pool SDR= South Dining Room SL= South Lounge	<h1>March 2026</h1> <h2>West Building Activities</h2>		

