

















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Current Events (1 to 1) 1 10:00 Sit & Stretch (AUD) 10:00 Sittercise (SDR) 10:40 Garden Stroll (SDR) 3:00 Peggy's Porch Sing Along (MDR)  w. Olly! All Fools' Day Passover Begins	9:30 Current Events (1 to 1) 2 10:00 Seated Wellness Workout (SDR) 10:30-3:00 Easter Egg Hunt (South Building Common Areas) 1:30 Bible Study (SL) 2:45 Arts & Crafts (SL)	9:00 Current Events 3 9:30 Walmart Marketplace Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 Trader Joe's Shopping [FD] 3:00 Happy Hour w. Raymond [AUD]	11:30 Easter Brunch Celebration 1:30 Jewelry Making [AUD] 3:00 Easter Bingo [AUD]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [AUD] 3:00 Unlucky Seven [AUD] <small>Easter Sunday</small>	9:00 Casino Outing 6 9:15 Current Events (LIB) 9:45 Current Events (1 to 1) 10:00 Sittercise (SDR) 10:30 Music Trivia (SDR) 10:45 BlackJack (AUD) 1:30 Carlsbad Flower Field Scenic Bus Tour (FD)  3:00 Quarter (AUD)	9:30 Current Events (1 to 1) 7 10:00 Sit & Get Fit (SDR) 10:40 Garden Stroll  1:30 W/Shannon (SDR) 3:00 Activity Planning meeting (SL)	10:00 Current Events (1 to 1) 8 10:30 Sit & Stretch (SDR) 11:15 New Resident Luncheon (PD) 1:30 Mobility Wipe Down (PL) 3:00 Color Me Happy (SL)  6:00 W/Shannon! (AUD)	9:30 Current Events (1 to 1) 9 10:00 Seated Wellness Workout (SDR) 10:30 Brain Games (SDR) 1:30 Bible Study (SL) 2:45 Arts & Crafts (SL)	9:00 Current Events 10 9:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 H Mart Shopping [FD] 3:00 Happy Hour w. The All-star Clowns [AUD]	9:00 Current Events 11 10:00 Morning Stroll 10:45 UNO [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Movie & Popcorn [AUD]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:00 Documentary [AUD] ("Elton John: Never too Late") 3:00 Unlucky Seven [AUD]	9:15 Current Events (LIB) 13 9:45 Current Events (1 to 1) 10:00 Sittercise (SDR) 10:30 Music Trivia (SDR) 10:45 BlackJack (AUD) 1:30 Point Loma Scenic Bus Tour (FD)  3:00 Quarter (AUD)	9:30 Current Events (1 to 1) 14 10:00 Sit & Get Fit (SDR) 10:00 Mobile Outreach Library (FD) 10:40 Garden Stroll  1:30 W/Shannon (SDR) 3:00 Nails by Shannon (SL)	10:00 Current Events (1 to 1) 15 10:00 Resident Council (AUD) 11:00 Gus's Restaurant Outing (FD) 1:30 Documentary (Wonders of Greece) (AUD) 3:00 Color Me Happy (SL)  6:00 W/Shannon! (AUD)	9:30 Current Events (1 to 1) 16 11:30 Birthday Celebration (ADR) 1:30 Bible Study (SL) 2:45 Nails by Shannon (SL)	9:00 Current Events 17 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]	9:00 Current Events 18 10:00 Morning Stretch 10:45 UNO [AUD] 1:30 Jewelry Making [AUD] 3:00 Short Stories Club [LIB]
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:00 Documentary [AUD] ("Beatles '64") 3:00 Unlucky Seven [AUD]	9:15 Current Events (LIB) 20 9:45 Current Events (1 to 1) 10:00 Sittercise (SDR)  10:30 Music Trivia (SDR) 10:45 BlackJack (AUD) 1:30 Old Town Scenic Bus Tour (FD)  3:00 Quarter (AUD)	9:30 Current Events (LIB) 21 10:00 Chair Yoga (AUD) 10:45 Phase 10 (AUD) 1:30 Pokeno (AUD) 3:00 April Showers Centerpiece (AUD)	10:00 Current Events (1 to 1) 22 10:30 Sit & Stretch (SDR) 11:15 New Resident Luncheon 1:30 Plant pot painting and planting [PL] 3:00 Wine Down Wednesday Meet & Greet (AUD)  6:00 W/Shannon (AUD) <small>Earth Day Administrative Professionals Day</small>	9:30 Current Events (1 to 1) 23 10:00 Seated Wellness Workout (SDR) 10:30 Brain Games (SDR) 1:30 Bible Study (SL) 2:45 Painting w/Shannon (SL)	9:00 Current Events 24 1:30 Walmart Shopping [FD] 10:00 Exercise w/ Joyce [AUD] 10:45 Five Crowns [AUD] 1:30 TJ Maxx Shopping [FD] 3:00 Happy Hour w. Slyvia [AUD] <small>Arbor Day</small>	9:00 Current Events 25 10:00 Morning Stroll 10:45 UNO [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Movie & Popcorn [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]	9:15 Current Events (LIB) 27 9:45 Current Events (1 to 1) 10:00 Sittercise (SDR)  10:30 Music Trivia (SDR) 10:45 BlackJack (AUD) 1:30 Mission Bay Scenic Bus Tour (FD)  3:00 Quarter (AUD)	9:30 Current Events (1 to 1) 28 10:00 Sit & Get Fit (SDR) 10:40 Garden Stroll  1:30 W/Shannon (SDR) 3:00 GG Auction (AUD)	9:30 Current Events (1 to 1) 29 10:00 Bernado Winery Outing (FD) 10:30 Brain Games (SDR) 1:30 "Easy Daisy" Acrylic Painting [AUD] 3:00 Peggy's Porch Sing Along (SDR)  6:00 W/Olivia!	9:30 Current Events (1 to 1) 30 10:00 Seated Wellness Workout (SDR) 10:30 Food Forum (SDR) 1:30 Bible Study (SL) 2:45 Arts & Crafts (SL)	SL = South Lounge SDR = South Dining Room AUD = Auditorium LIB = Library MDR = Main Dining Room PL = Pool 	

Grossmont Gardens – 5480 Marengo Ave., La Mesa, CA 91942 – (619)463-0281 RCFE#3746040 - *Activities are subject to change without notice. *

