

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

May 2026

West Building Activities

Activities are subject to change without notice*

							
<p>9:00 Shadow Mountain Church Livestream [SL]</p> <p>9:00 Friends w/ God [WAR]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:30 Celebration of Life [AUD]</p> <p>1:00 Scrabble [LIB]</p> <p>2:00 Afternoon Sittercise [AUD]</p> <p>3:00 Unlucky Seven [AUD]</p>	<p>3</p> <p>10:00 Sittercise [WAR]</p> <p>10:30 Daily Chronicle [WAR]</p> <p>10:45 Blackjack [AUD]</p> <p>1:30 Little Italy Scenic Tour [FD]</p> <p>1:30  [WDR]</p> <p>3:00 Activity Planning Meeting [WDR]</p>	<p>4</p> <p>10:00 Sit and Get Fit [WAR]</p> <p>10:30 Unlucky Seven [WAR]</p> <p>1:30 Jewelry Making [WAR]</p> <p>3:00 Walking Taco Happy Hour [AUD]</p> <p>Cinco de Mayo</p>	<p>5</p> <p>9:00 Casino Outing [FD]</p> <p>10:00 Sit & Stretch [WAR]</p> <p>10:30 Crazy 8's [WAR]</p> <p>1:30 Short Stories [WAR]</p> <p>3:00 Trivia- Name That Tune [WAR]</p> <p>5:30 Alzheimer's Awareness Association Presentation [AUD]</p>	<p>6</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>10:30 Remember When? [WAR]</p> <p>1:30 Blackjack [AUD]</p> <p>3:00 Happy Hour w/ Peggy's Porch Sing Along! [WDR]</p>	<p>7</p> <p>9:00 Current Events</p> <p>9:30 Walmart Marketplace Shopping [FD]</p> <p>10:00 Exercise w/ Joyce [AUD]</p> <p>10:45 Five Crowns [AUD]</p> <p>1:30 H Mart Shopping [FD]</p> <p>3:00 Happy Hour w. Emil [AUD]</p> <p>May Day</p>	<p>8</p> <p>9:00 Current Events</p> <p>9:30 Walmart Shopping [FD]</p> <p>10:00 Exercise w/ Joyce [AUD]</p> <p>10:45 Five Crowns [AUD]</p> <p>1:30 Aldi Shopping [FD]</p> <p>3:00 Happy Hour w. Ellis [AUD]</p>	<p>9</p> <p>9:00 Current Events</p> <p>10:00 Chair Tai Chi [AUD]</p> <p>10:45 Spades Card Game [AUD]</p> <p>1:30 Short stories Club [LIB]</p> <p>3:00 Golfing [PL]</p>
<p>9:00 Shadow Mountain Church Livestream [SL]</p> <p>9:00 Friends w/ God [WAR]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:30 Sittercise [AUD]</p> <p>1:00 Scrabble [LIB]</p> <p>1:30 Felt/Foam Flower Craft</p> <p>3:00 Unlucky Seven [AUD]</p> <p>Mother's Day</p> <p>National Skilled Nursing Care Week</p>	<p>10</p> <p>10:00 Sittercise [WAR]</p> <p>10:30 Daily Chronicle [WAR]</p> <p>10:45 Blackjack [AUD]</p> <p>1:30 Carlsbad Scenic Tour [FD]</p> <p>1:30  [WAR]</p> <p>3:00 Nails by Olivia [WAR]</p>	<p>11</p> <p>10:00 Sit and Get Fit [WAR]</p> <p>10:30 Unlucky Seven [WAR]</p> <p>1:30 Pokeno [AUD]</p> <p>3:00 Cranium Crunches [AUD]</p>	<p>12</p> <p>10:00 Resident Council Meeting [WDR]</p> <p>11:00 New Resident Luncheon [PDR]</p> <p>1:30 Mobility Wipe Down [PL]</p> <p>3:00 Afternoon Sittercise [WAR]</p> <p>6:00  w/ Shannon [AUD]</p>	<p>13</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>10:30 Remember When? [WAR]</p> <p>1:30  [WDR]</p> <p>3:00 Happy Hour Social [WDR]</p>	<p>15</p> <p>9:00 Current Events</p> <p>9:30 Walmart Marketplace Shopping [FD]</p> <p>10:00 Exercise w/ Joyce [AUD]</p> <p>10:45 Five Crowns [AUD]</p> <p>1:30 Kohl's Shopping [FD]</p> <p>3:00 Happy Hour w. Encore [AUD]</p>	<p>16</p> <p>9:00 Current Events</p> <p>10:00 Morning Workout</p> <p>10:45 Rummikub [AUD]</p> <p>1:30 Jewelry Making [AUD]</p> <p>3:00 Short Stories Club [LIB]</p> <p>Armed Forces Day</p>	
<p>9:00 Shadow Mountain Church Livestream [SL]</p> <p>9:00 Friends w/ God [WAR]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:30 Sittercise [AUD]</p> <p>1:00 Scrabble [LIB]</p> <p>3:00 Unlucky Seven [AUD]</p>	<p>17</p> <p>10:00 Sittercise [WAR]</p> <p>10:30 Daily Chronicle [WAR]</p> <p>10:45 Blackjack [AUD]</p> <p>1:30 La Jolla Scenic Tour [FD]</p> <p>1:30  [WDR]</p> <p>3:00 Nature Walk [WAR]</p> <p>Victoria Day (Canada)</p>	<p>18</p> <p>10:00 Sit and Get Fit [WAR]</p> <p>10:30 Unlucky Seven [WAR]</p> <p>1:30 Jewelry Making [WAR]</p> <p>3:00 Trivia Tuesday – Classic Entertainment [WAR]</p>	<p>19</p> <p>10:00 Sit & Stretch [WAR]</p> <p>10:30 Crazy 8's [WAR]</p> <p>1:30 Centerpiece Making [WAR]</p> <p>3:00 Short Stories [WAR]</p> <p>4:00 Outback Steakhouse Outing [FD]</p> <p>6:00  w/ Olivia [AUD]</p>	<p>20</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>9:30 Daily Chronicle [WL]</p> <p>11:30 Birthday Celebration [ADR]</p> <p>3:00 Balloon Volleyball [WAR]</p> <p>Shavuot Begins</p>	<p>21</p> <p>9:00 Current Events</p> <p>9:30 Walmart Shopping [FD]</p> <p>10:00 Exercise w/ Joyce [AUD]</p> <p>10:45 Five Crowns [AUD]</p> <p>1:30 Food4Less Shopping [FD]</p> <p>3:00 Happy Hour w. Matthew [AUD]</p>	<p>22</p> <p>9:00 Current Events</p> <p>10:00 Morning Stretch [AUD]</p> <p>10:45 Life Board Game [AUD]</p> <p>1:30 Mind and Body Boost w/ Todd [AUD]</p> <p>3:00 Golfing [PL]</p>	
<p>9:00 Shadow Mountain Church Livestream [SL]</p> <p>9:00 Friends w/ God [WAR]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:30 Sittercise [AUD]</p> <p>1:00 Scrabble [LIB]</p> <p>3:00 Unlucky Seven [AUD]</p>	<p>24</p> <p>Happy Memorial Day!</p> <p>11:30 Memorial Day BBQ [PL]</p> <p>1:30 Cabrillo National Monument Scenic Tour [FD]</p> <p>3:00  [WAR]</p> <p>Memorial Day</p>	<p>25</p> <p>10:00 Sit and Get Fit [WAR]</p> <p>10:30 Unlucky Seven [WAR]</p> <p>1:30  w/ Shannon [SDR]</p> <p>3:00 GG Bucks Auction [AUD]</p>	<p>26</p> <p>10:00 Sit & Stretch [WAR]</p> <p>10:30 Daily Chronicle [WAR]</p> <p>1:30 Nails by Olivia [WAR]</p> <p>3:00 Wine Down Wednesday w. Peggy! [AUD]</p> <p>6:00  w/ Oily [AUD]</p>	<p>27</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>10:30 Remember When? [WAR]</p> <p>1:30  [WDR]</p> <p>3:00 Happy Hour w/ Peggy's Porch Sing Along! [WDR]</p>	<p>28</p> <p>9:00 Current Events</p> <p>9:30 Walmart Marketplace Shopping [FD]</p> <p>10:00 Exercise w/ Joyce [AUD]</p> <p>10:45 Five Crowns [AUD]</p> <p>1:30 Ross Shopping [FD]</p> <p>3:00 Happy-Social Hour [AUD]</p>	<p>29</p> <p>9:00 Current Events</p> <p>10:00 Chair Tai Chi [AUD]</p> <p>10:45 Spades Card Game [AUD]</p> <p>1:30 Jewelry Making [AUD]</p> <p>3:00 Movie & Popcorn [AUD] (Kindergarten Cop)</p>	
<p>9:00 Shadow Mountain Church Livestream [SL]</p> <p>9:00 Friends w/ God [WAR]</p> <p>9:30 Catholic Mass [AUD]</p> <p>10:30 Celebration of Life [AUD]</p> <p>1:00 Scrabble [LIB]</p> <p>2:00 Afternoon Sittercise [AUD]</p> <p>3:00 Unlucky Seven [AUD]</p>	<p>31</p> <p>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</p>						