

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

May 2026
East (Memory Care) Building
 Activities are subject to change without notice

9:00 Shadow Mt. Livestream 10:00 Morning Workout 10:30 Catholic Mass [AR2] 1:30 Color Me Happy 😊 3:00 Patio Gardening	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 BINGO! 1:30 Nail Spa 3:00 Outdoor Exercise	Happy Cinco de Mayo! 9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Color Me Happy! 1:30 Trivia Tuesday! 3:00 Arts and Craft - Sombrero Making <small>Cinco de Mayo</small>	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Guess Who? 1:30 BINGO! 3:00 Afternoon Exercise	9:00 Morning Workout 9:30 Current Events 10:00 Balboa Park Scenic 1:30 Trivia w/ Lee 3:00 Afternoon Stroll	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time! 10:30 Sip and Paint 1:30 Ballon Volleyball 3:00 Happy Hour w. Ellis AR2] <small>May Day</small>	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time! 10:30 Color Me Happy! 1:30 Nail Spa 3:00 Movie's & Popcorn (The Bucket List)
9:00 Shadow Mt. Livestream 10:00 Morning Workout 10:30 Catholic Mass [AR2] 1:30 Mother's Day Bouquet Craft <small>Mother's Day National Skilled Nursing Care Week</small>	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 BINGO! 1:30 Nail Spa 3:00 Outdoor Exercise	9:00 Morning Workout 9:30 Current Events 10:00 Mission Bay Picnic Outing 1:30 Trivia Tuesday! 3:00 Arts and Craft - Flower Bouquet	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Guess Who? 1:30 BINGO! 3:00 Afternoon Exercise	9:00 Morning Workout 9:30 Current Events 10:00 Mt Soledad Scenic Drive 1:30 Trivia w/ Lee 3:00 Afternoon Stroll	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time! 10:30 Sip and Paint 1:30 Ballon Volleyball 3:00 Happy Hour w. Matthew [AR2]	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time 10:30 Color Me Happy! 1:30 Nail Spa 3:00 Movie's & Popcorn (The Last Laugh) <small>Armed Forces Day</small>
9:00 Shadow Mt. Livestream 10:00 Morning Workout 10:30 Catholic Mass [AR2] 1:30 Color Me Happy 😊 3:00 Patio Gardening	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 BINGO! 1:30 Nail Spa 3:00 Outdoor Exercise <small>Victoria Day (Canada)</small>	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Color Me Happy! 1:30 Trivia Tuesday! 3:00 Arts and Craft - Paper Butterflies	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Guess Who? 1:30 BINGO! 3:00 Afternoon Exercise	Birthday Celebration - Mexico 11:30 Birthday Celebration [ADR] <small>Shavuot Begins</small>	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time! 10:30 Sip and Paint 1:30 Ballon Volleyball 3:00 Happy Hour w. Sylvia [AR2]	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time 10:30 Color Me Happy! 1:30 Nail Spa 3:00 Movie's & Popcorn
9:00 Shadow Mt. Livestream 10:00 Morning Workout 10:30 Catholic Mass [AR2] 1:30 Color Me Happy 😊 3:00 Patio Gardening	Happy Memorial Day! 11:30 Memorial Day BBQ [PT] 1:30 Arts and Craft - Paper Flags 3:00 Outdoor Exercise <small>Memorial Day</small>	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Color Me Happy! 1:30 Trivia Tuesday! 3:00 Arts and Craft - Rock Painting	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Guess Who? 1:30 BINGO! 3:00 Afternoon Exercise	9:00 Morning Workout 9:30 Current Events 10:00 Morning Hydration 10:30 Guess Who? 1:30 Trivia w/ Lee 3:00 Afternoon Stroll	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time! 10:30 Sip and Paint 1:30 Ballon Volleyball 3:00 Happy Hour Karaoke [AR2]	9:00 Morning Workout 9:30 Current Events 10:00 Snack Time 10:30 Color Me Happy! 1:30 Nail Spa 3:00 Movie's & Popcorn (Savings Mr. Bank)

9:00 **Shadow Mt. Livestream**
 10:00 Morning Workout
 10:30 **Catholic Mass [AR2]**
 1:30 Color Me Happy 😊
 3:00 Patio Gardening

AR2=Activity Room (2nd floor)
PT=Patio
FD=Front Desk
DR3=Dining Room (3rd floor)
AF=All Floors