















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SDR = South Dining Room SL = South Lounge AUD = Auditorium FD = Front Desk LIB = Library MDR+ Main Dining Room PDR = Private Dining Room PL = Pool	10:00 Sittercise (SDR) 1 10:45 Garden Stroll 10:45 Blackjack (AUD) 1:30 Documentary [AUD]  W/Shannon (AUD)	9:30 Current Events (1 to 1) 2 10:00 Sit & Get Fit (SDR) 10:40 Reminiscing with Music (SDR) 1:00 Seaport Village Scenic Tour [FD]  w/Shannon (SDR)	9:00 Casino Outing 3 9:30 Current Events (1 to 1) 10:00 Sit & Stretch (SDR) 11:30 New Resident Luncheon (PD) 3:00 Peggy's Porch Sing Along (SDR)  w/Shannon (AUD)	4 9:30 Current Events (1 to 1) 10:00 Seated Wellness Workout (SDR) 10:30 Brain Games (SDR) 1:30 Bible Study (SL) 3:00 Rock Painting (SL)	5 9:00 Current Events 9:30 Walmart Shopping [FD] 10:00 Chair Exercise [AUD] 10:45 Five Crowns [AUD] 1:30 Food4Less Shopping [FD] 3:00 Happy Hour w. [AUD]	6 9:00 Current Events 10:00 Chair Tai Chi [AUD] 10:45 Life Board Game [AUD] 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Short Stories Club [LIB]	
9:00 Shadow Mountain Church Livestream [SL] 7 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 12:30 LDS Church Meeting [AUD] 1:30 Scrabble (AUD) 3:00 Unlucky Seven [AUD]	8 9:00 Current Events (LIB) 9:30 Current Events (1 to 1) 10:00 Sittercise (SDR) 10:45 Garden Stroll 10:45 BlackJack (AUD) 1:30 Cabrillo National Scenic Tour (FD)  W/Shannon (AUD)	9 9:30 Current Events (1 to 1) 10:00 Mobile Outreach Library (FD) 10:00 Sit & Get Fit (SDR)  w/Shannon (SDR) 3:00 Summer Coloring Pages (SDR)	10 9:30 Current Events (1 to 1) 10:00 Sit & Stretch (SDR) 10:45 Brain Games (SDR) 1:30 Mobility Wipe Down (PL) 3:30 Nails by Shannon (SL)  w/Olivia (AUD)	11 9:30 Current Events (1 to 1) 10:00 Seated Wellness Workout (SDR) 10:30 Brain Games (SDR) 1:30 Bible Study (SL) 3:00 Doodle Art (SL)	12 9:00 Current Events 9:30 Walmart Marketplace Shopping [FD] 10:00 Chair Exercise [AUD] 10:45 Five Crowns [AUD] 1:30 CVS Shopping [FD] 3:00 Happy Hour w. Steve [AUD]	13 9:00 Current Events 10:00 Morning Workout 10:45 Rummikub [AUD] 1:30 Jewelry Making [AUD]  [AUD]	
9:00 Shadow Mountain Church Livestream [SL] 14 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Patriotic Suncatcher (AUD) 3:00 Unlucky Seven [AUD] <small>Flag Day (U.S.)</small>	15 9:00 Current Events (LIB) 9:30 Current Events (1 to 1) 10:00 Sittercise (SDR) 10:45 Garden Stroll 10:45 Blackjack (AUD) 1:30 Shelter Island Scenic Tour (FD)  W/Shannon (AUD)	16 9:30 Current Events (1 to 1) 10:00 Sit & Get Fit (SDR) 10:40 Reminiscing with Music (SDR) 11:00 Chili's Restaurant Outing [FD]  w/Shannon (SDR) 3:00 Doodle Art (SDR)	17 9:30 Current Events (1 to 1) 10:00 Resident Council (AUD) 10:00 Sit & Stretch (SDR) 10:45 Brain Games (SDR) 11:00 Himalayan Cuisine Restaurant Outing [FD] 11:30 New Resident Lunch (PD) 1:30 Doodle Art (SL) 3:00 Nails by Shannon (SL)  w/Oily (AUD)	18 11:30 Birthday Celebration (ADR) 1:30 Bible Study (SL) 3:00 Music Trivia (SL)	19 9:00 Current Events 9:30 Walmart Shopping [FD] 10:00 Chair Exercise [AUD] 10:45 Five Crowns [AUD] 1:30 Documentary on Juneteenth [AUD] 1:30 Trader Joes Shopping [FD] 3:00 Ice Cream Social [AUD] <small>Juneteenth</small>	20 11:30 Father's Day Luncheon (ADR) 1:30 Mind and Body Boost w/ Todd [AUD] 3:00 Movie & Popcorn (AUD) <small>(Father's Day)</small>	
9:00 Shadow Mountain Church Livestream [SL] 21 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Scrabble (AUD) 6:00 Summerfest Evening Concert (PL) <small>Father's Day Summer Begins</small>	22 9:00 Current Events (LIB) 9:30 Current Events (1 to 1) 10:00 Sittercise (SDR) 10:45 Garden Stroll 10:45 Blackjack (AUD) 1:30 Torrey Pines Scenic Tour (FD)  W/Shannon (AUD)	23 9:30 Current Events (1 to 1) 10:00 Sit & Get Fit (SDR) 10:40 Reminiscing with Music (SDR)  w/Shannon (SDR) 3:00 Summer Coloring Pages (SDR)	24 9:30 Current Events (1 to 1) 10:00 Sit & Stretch (SDR) 10:45 Brain Games (SDR) 3:00 Wine Down Wednesday w/ Peggy's Porch Sing along (AUD)  w/Shannon (AUD)	25 9:30 Current Events (1 to 1) 10:30 Food Forum (SDR) 10:30 Bernardo Winery Outing [FD] 10:45 Sunshine Stroll meet in the South Dining Room 1:30 Bible Study (SL) 3:00 Painting with Shannon (SL)	26 9:00 Current Events 9:30 Walmart Marketplace Shopping [FD] 10:00 Chair Exercise [AUD] 10:45 Five Crowns [AUD] 1:30 Burlington Shopping [FD] 3:00 Happy Hour w. Matthew [AUD]	27 9:00 Current Events 10:00 Morning Workout 10:45 Rummikub [AUD] 1:30 Jewelry Making [AUD] 3:00 Short Stories Club (LIB)	
9:00 Shadow Mountain Church Livestream [SL] 28 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]	29 9:00 Current Events (LIB) 9:30 Current Events (1 to 1) 10:00 Sittercise (SDR) 10:45 Garden Stroll 10:45 Blackjack (AUD) 1:30 Coronado Scenic Tour (FD)  W/Shannon (AUD)	30 9:00 Current Events 9:45 Chair Yoga [AUD] 10:45 Phase 10 [AUD] 1:00 Alpine Scenic Tour [FD] 3:00 GG Auction [AUD]	<h1>June 2026</h1> <h2>South Building</h2>				