


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>Activities Difficulty Level Easy * Medium**</p> <p>GR: Great Room MS: Main St. CC: Cultural Center C: Chapel VT: Village Theater TP: Torrey Pines</p>	<p>8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Coloring by Numbers -GR ** 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 9:30 Noodle Exercise & Aromatherapy-TP 10:30 Bowling Game-MS * 10:30 Golf Game-GR ** 1:00 Puzzles & Dominoes-MS/GR 2:00 Clay Project-GR ** 2:00 Watercolor Project-MS * 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Elvis Presley-MS* 8:30 Word Search & Crosswords-GR ** 9:15 News & Views-MS/GR 9:30 Moving & Counting-MS * 9:30 Sit & Be Fit-GR ** 10:00 Vet to Vet with Apreva-GR 10:30 Balloon Toss-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-GR ** 1:30 Coloring Project-MS * 2:30 Bingo-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-MS * 9:30 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Clay Project-GR ** 1:30 Watercolor Project-MS * 2:30 Craft Project-GR ** 2:30 Maraca Circle-MS* 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR ** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Bowling Game-MS * 1:00 Puzzles & Dominoes-MS/GR 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT</p>	<p>8:30 Sing Along w/ Elvis Presley-MS* 8:30 Word Search & Crosswords-GR ** 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Card Decoration-GR ** 1:00 Garden Visit-CY** 2:30 Craft Project-GR ** 2:30 Sing Along & Puzzles-MS* 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/ GR 2:00 Pop Corn Social-MS/GR 2:30 BINGO- MS/GR 5:00 Evening Stroll-MS</p>		
<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 10:30 Balloon Tennis-MS/GR 11:10 Catholic Communion-C 1:00 Flower Arrangement-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Bowling Game-MS * 2:30 Horse Race Game-GR** 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Coloring by Numbers -GR ** 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Bowling Game-MS * 10:30 Golf Game-GR** 1:00 Puzzles & Dominoes-MS/GR 2:00 Clay Project-GR ** 2:00 Watercolor Project-MS * 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Sing Along w/ Elvis Presley-MS* 8:30 Word Search & Crosswords-GR ** 9:00 Podiatrist Visit-GR 9:15 News & Views-MS/GR 9:30 Moving & Counting-MS * 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Coloring Project-MS* 2:30 Bingo-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-MS * 9:30 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Famous Faces & Places-MS * 1:30 Horse Race Game-GR** 1:30 Watercolor Project-MS * 2:30 Craft Project-GR ** 2:30 Maraca Circle-MS* 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR ** 9:00 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 9:30 SPA Day & Lavender Relaxation-TP 10:30 Bowling Game-MS * 10:30 Golf Game-GR ** 1:00 Puzzles & Dominoes-MS/GR 2:15 Welcome New Resident & Root Beer Floats-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Elvis Presley-MS* 8:30 Word Search & Crosswords-GR ** 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Card Decoration-GR ** 1:00 Garden Visit-CY 2:00 Cooking & Tasting-GR 3:00 Sing Along & Puzzles-MS* 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/ GR 2:00 Christian Service w/Ed Equite-C</p>		
<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Bowling Game-MS * 2:30 Horse Race Game-GR** 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Coloring by Numbers -GR ** 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Bowling Game-MS * 10:30 Golf Game-GR** 1:00 Puzzles & Dominoes-MS/GR 2:00 Clay Project-GR ** 2:00 Watercolor Project-MS * 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Sing Along w/ Elvis Presley-MS* 8:30 Word Search & Crosswords-GR ** 9:15 News & Views-MS/GR 9:30 Moving & Counting-MS * 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-GR** 1:30 Coloring Project-MS* 2:30 Bingo-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-V</p>	<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-MS * 9:30 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Famous Faces & Places-MS * 1:30 Clay Project-GR** 1:30 Watercolor Project-MS * 2:00 Resident & Staff-Scavenger Hunt-CY 2:30 Craft Project-GR ** 2:30 Maraca Circle-MS* 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR ** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 9:30 SPA Day & Lavender Relaxation-TP 10:30 Bowling Game-MS * 10:30 Golf Game-GR ** 1:00 Puzzles & Dominoes-MS/GR 1:30 Scenic Drive to Coronado-MS ** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Elvis Presley-MS* 8:30 Word Search & Crosswords-GR ** 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Card Decoration-GR ** 1:00 Garden Visit-CY 2:30 Craft Project-GR ** 2:30 Sing Along & Puzzles-MS* 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Morning Stretch-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR 2:00 Pop Corn Social-MS/GR 2:30 BINGO- MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>		
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