

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|---|---|--|---|--|
| <p><b>Locations</b><br/>Auditorium, A<br/>Casa Del Norte, CN<br/>Computer Room, CR<br/>Gazebo, G<br/>Heritage House, HH<br/>Need To Sign Up For This Event, *<br/>North Lawn, NL</p> | <p>Outing, O<br/>Pool, P<br/>Private Dining Room, PD<br/>Resident Lounge, RL<br/>Skill Nursing, SNF<br/>South Dining Room, SD<br/>South Lawn, SL</p>                           | <p><b>NEW YEAR'S DAY 1</b><br/>9:00 Music Hour, HH<br/>10:00 Reminiscing w/ Marcelle, HH<br/>1:00 Therapy in Color, HH<br/>1:30 Tai Chi Class, A<br/>2:00 Kings in the Corner, HH</p>                       | <p><b>2</b><br/>10:00 Catholic Communion, RL<br/>10:00 Spa Nails, HH<br/>1:00 Bingo, A<br/>1:00 FIT to Be Strong®, HH<br/>3:00 Happy Hour, RL</p>   | <p><b>3</b><br/>9:00 FIT to Stretch®, HH<br/>9:30 Arts &amp; Crafts, HH<br/>10:30 Game Day, HH<br/>12:00 Residents Birthday Luncheon, *<br/>1:00 Bingo, HH<br/>2:00 Root Beer Floats, HH<br/>2:30 Charades, RL</p>         | <p><b>4</b><br/>9:00 Bible Study, PD<br/>9:30 FIT to Stretch®, HH<br/>10:30 Balloon Volleyball, HH<br/>1:30 Walk &amp; Roll, HH<br/>3:00 Cocktail Hour, RL</p>                            | <p><b>5</b><br/>9:00 Guided Meditation, RL<br/>10:00 Knitting Club, RL<br/>11:00 Hymn Sing, RL<br/>1:00 Bingo, RL<br/>1:00 Yahtzee, RL<br/>3:00 Bingo, HH</p>  |
| <p><b>6</b><br/>8:00 Bus to Lemon Grove Churches<br/><b>1:00 Scenic Bus Ride, *</b><br/>2:00 Ice Cream Sunday, HH<br/>3:00 New Creation Church Services, A</p>                       | <p><b>7</b><br/>9:00 FIT to Be Strong®/ FIT to Pedal®, RL<br/>10:30 Residents' Meeting, RL<br/>1:00 Bingo, RL<br/>1:00 Wii Have Fun, RL<br/>3:30 Round Table w/ Adrian, RL</p> | <p><b>8</b><br/>9:00 Music Hour, HH<br/>1:00 Therapy in Color, HH<br/>2:00 Kings in the Corner, HH</p>  | <p><b>9</b><br/>10:00 Catholic Communion, RL<br/>10:00 Spa Nails, HH<br/>1:00 Bingo, A<br/>1:00 FIT to Be Strong®, HH<br/>3:00 Happy Hour, RL</p>   | <p><b>10</b><br/>9:00 FIT to Stretch®, HH<br/>9:30 Arts &amp; Crafts, HH<br/>10:30 Game Day, HH<br/><b>11:30 Sunshine Ladies Luncheon, RL</b><br/>1:00 Bingo, HH<br/>2:00 Root Beer Floats, HH<br/>2:30 Pictionary, RL</p> | <p><b>11</b><br/>9:00 Bible Study, PD<br/>9:30 FIT to Stretch®, HH<br/>10:30 Balloon Volleyball, HH<br/>1:30 Walk &amp; Roll, HH<br/>3:00 Cocktail Hour, RL</p>                           | <p><b>12</b><br/>9:00 Guided Meditation, RL<br/>10:00 Knitting Club, RL<br/>11:00 Hymn Sing, RL<br/>1:00 Bingo, RL<br/>1:00 Yahtzee, RL<br/>3:00 Bingo, HH</p> |
| <p><b>13</b><br/>8:00 Bus to Lemon Grove Churches<br/><b>1:00 Scenic Bus Ride, *</b><br/>2:00 Ice Cream Sunday, HH</p>   | <p><b>14</b><br/>9:00 FIT to Be Strong®/ FIT to Pedal®, RL<br/>1:00 Bingo, RL<br/>1:00 Wii Have Fun, RL</p>  | <p><b>15</b><br/><b>7:30 Men's Breakfast, RL</b><br/>9:00 Music Hour, HH<br/>10:00 Reminiscing w/ Marcelle, HH<br/>1:00 Therapy in Color, HH<br/>1:30 Tai Chi Class, A<br/>2:00 Kings in the Corner, HH</p> | <p><b>16</b><br/>10:00 Catholic Communion, RL<br/>10:00 Spa Nails, HH<br/>1:00 Bingo, A<br/>1:00 FIT to Be Strong®, HH<br/>3:00 Happy Hour, RL</p>  | <p><b>17</b><br/>9:00 FIT to Stretch®, HH<br/>9:30 Arts &amp; Crafts, HH<br/>10:30 Game Day, HH<br/>1:00 Bingo, HH<br/>2:00 Root Beer Floats, HH<br/>2:30 Charades, RL</p>   | <p><b>18</b><br/>9:00 Bible Study, PD<br/>9:30 FIT to Stretch®, HH<br/>10:30 Balloon Volleyball, HH<br/>1:30 Walk &amp; Roll, HH<br/>3:00 Cocktail Hour, RL</p>                           | <p><b>19</b><br/>9:00 Guided Meditation, RL<br/>10:00 Knitting Club, RL<br/>11:00 Hymn Sing, RL<br/>1:00 Bingo, RL<br/>1:00 Yahtzee, RL<br/>3:00 Bingo, HH</p> |
| <p><b>20</b><br/>8:00 Bus to Lemon Grove Churches<br/><b>1:00 Scenic Bus Ride, *</b><br/>2:00 Ice Cream Sunday, HH<br/>3:00 Skyline Church Service, A</p>                            | <p><b>MARTIN LUTHER KING JR. DAY 21</b><br/>9:00 FIT to Be Strong®/ FIT to Pedal®, RL<br/>1:00 Bingo, RL<br/>1:00 Wii Have Fun, RL</p>   | <p><b>22</b><br/>9:00 Music Hour, HH<br/><b>10:00 Art for All Ages, *</b><br/>1:00 Therapy in Color, HH<br/>2:00 Kings in the Corner, HH</p>  | <p><b>23</b><br/>10:00 Catholic Communion, RL<br/>10:00 Spa Nails, HH<br/>1:00 Bingo, A<br/>1:00 FIT to Be Strong®, HH<br/>3:00 Happy Hour, RL<br/>3:00 Happy Hour: Joe Pal &amp; Friends</p> | <p><b>24</b><br/>9:00 FIT to Stretch®, HH<br/>9:30 Arts &amp; Crafts, HH<br/>10:30 Game Day, HH<br/>1:00 Bingo, HH<br/>2:00 Root Beer Floats, HH<br/>2:30 Pictionary, RL</p>   | <p><b>25</b><br/>9:00 Bible Study, PD<br/>9:30 FIT to Stretch®, HH<br/>10:30 Balloon Volleyball, HH<br/>1:30 Walk &amp; Roll, HH<br/>2:00 Slideshow w/Bill<br/>3:00 Cocktail Hour, RL</p> | <p><b>26</b><br/>9:00 Guided Meditation, RL<br/>10:00 Knitting Club, RL<br/>11:00 Hymn Sing, RL<br/>1:00 Bingo, RL<br/>1:00 Yahtzee, RL<br/>3:00 Bingo, HH</p> |
| <p><b>27</b><br/>8:00 Bus to Lemon Grove Churches<br/><b>1:00 Scenic Bus Ride, *</b><br/>2:00 Ice Cream Sunday, HH<br/>3:00 Lemon Grove Christian Church, A</p>                      | <p><b>28</b><br/>9:00 FIT to Be Strong®/ FIT to Pedal®, RL<br/>1:00 Bingo, RL<br/>1:00 Wii Have Fun, RL</p>  | <p><b>29</b><br/>9:00 Music Hour, HH<br/>1:00 Therapy in Color, HH<br/>2:00 Kings in the Corner, HH</p>   | <p><b>30</b><br/>10:00 Catholic Communion, RL<br/>10:00 Spa Nails, HH<br/>1:00 Bingo, A<br/>1:00 FIT to Be Strong®, HH<br/>3:00 Happy Hour, RL</p>  | <p><b>31</b><br/>7:30 Veterans Breakfast, SD<br/>9:00 FIT to Stretch®, HH<br/>9:30 Arts &amp; Crafts, HH<br/>10:30 Game Day, HH<br/>1:00 Bingo, HH<br/>2:00 Root Beer Floats, HH</p>                                       | <p><b>Calendar events subject to change.</b></p>  |  |