



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:30 <u>Mind Fitness-Category</u> 1:30 <u>Find That Letter</u> 2:15 <u>Easter Bowling</u> 3:00 Bowling Discussion 3:15 <u>Arts & Crafts</u> 3:15 Table Setting</p>	<p>2</p> <p>9:00 Daily Chronicle 9:30 <u>Large Crossword</u> 10:15 Bunco 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 <u>Music Therapy</u> 3:30 Evening Walk 3:30 Smoothies & Social Time</p>	<p>3</p> <p>9:00 Daily Chronicle 9:30 <u>Write An Easter Card</u> 10:00 Catholic Mass - C 10:15 Stretch & Flex 10:30 Walking Club 1:30 Live to Be Healthy 2:30 Pokeno Bingo 3:30 Laughter Yoga 3:30 Snack & Social Time</p>	<p>4</p> <p>9:00 Daily Chronicle 10:00 <u>Sheriff's Museum & Picnic Outing</u> 1:30 Live to be Healthy 2:30 Christian Worship 3:30 <u>Health Talk - Endocrine System</u> 3:30 Name that Organ & Get Your Smoothies</p>	<p>5</p> <p>9:00 Daily Chronicle 9:15 Social Studies w/Dr. Tom 10:00 Aerobic Exercise 10:15 Nature Walk 1:00 <u>Happy Hour w/Jocelyn</u> 2:30 <u>Bird Comedy & Facts</u> 3:30 Snacks & Social 3:30 Dancercise</p>	<p>6</p> <p>9:00 Daily Chronicle 9:30 <u>Word Puzzles</u> 10:15 <u>Easter Greeting Cards - L</u> 1:30 Mad Libs 2:30 <u>MINDing Motion - W</u> 3:30 Devotions 6:00 Movie & Popcorn</p>
<p>7</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social 2:00 <u>Mind Games</u> 2:30 <u>Spa, Nails & Style</u> 3:30 Aromatherapy</p>	<p>8</p> <p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:00 <u>History Matters - W</u> 2:15 Spin to Lacrosse 3:00 Lacrosse Discussion 3:15 Ballet Exercise & Music w/ Tyrone 3:15 Laundry Folding</p>	<p>9</p> <p>9:00 <u>Daily Chronicle</u> 9:30 <u>Large Crossword</u> 10:00 Catholic Comm. - C 10:00 <u>Scenic Drive</u> 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 <u>When We Were Young: Important Parent Contributions</u> 2:30 Brain Truth or False 3:30 Evening Walk 3:30 <u>Afternoon Tea Toast</u></p>	<p>10</p> <p>9:00 Daily Chronicle 9:30 <u>News & Views</u> 9:30 <u>Random Smiles</u> 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to be Healthy 2:30 <u>Science Experiment</u> 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>11</p> <p>9:00 Daily Chronicle 9:15 Brain Count: "I's" & "Y's" 10:00 Community Youth Visit Project - W 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship 3:15 <u>April Talk/Smoothies</u> 3:15 Table Setting</p>	<p>12</p> <p>9:00 Daily Chronicle 9:15 Social Studies w/Dr. Tom 10:00 Band Resist. Exercise 10:15 Nature Walk 1:00 <u>Happy Hour w/Zina</u> 2:00 <u>Tasty Cooking Class</u> 3:30 Snacks & Social 3:30 Evening Walk</p>	<p>13</p> <p>9:00 Daily Chronicle 9:30 Mad Libs 10:15 <u>Easter Bonnet Parade Decor - L</u> 1:30 <u>Word Puzzles</u> 2:15 Hangman 3:00 <u>Flamenco Gallardo Dancers - W</u> 6:00 Movie & Popcorn</p>
<p>14</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social & Afternoon TV Show 3:30 Evening Walk</p>	<p>15</p> <p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:30 <u>Mind Fitness-Category</u> 1:30 <u>Find That Number</u> 2:15 Parachute Rumbling 3:00 Parachute Discussion 3:15 <u>Easter Coloring Book Social</u> 3:15 Household Chores</p>	<p>16</p> <p>9:00 <u>Daily Chronicle</u> 9:15 <u>Large Crossword</u> 10:00 Catholic Comm. - C 10:15 Bunco 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 <u>Music Therapy</u> 3:30 Evening Walk 3:30 Smoothies & Social Time</p>	<p>17</p> <p>9:00 Daily Chronicle 9:30 <u>You Be the Judge</u> 9:30 <u>Missing Letters & Spelling</u> 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Live to Be Healthy 2:30 Drama Club 2:30 Short Fables 3:30 Laughter Yoga 3:30 Snack & Social Time</p>	<p>18</p> <p>10:00 Daily Chronicle 10:15 <u>Brain Ordered Numbers</u> 10:15 Puzzle Sensory 10:45 Nature Walk 1:30 Live to be Healthy 2:30 Christian Worship 3:15 <u>History of Easter, the Bunny & Celebrations - L</u> 3:15 Yoga Talk & Smoothies <i>Resident Birthday Lunch</i></p>	<p>19</p> <p>9:00 Daily Chronicle 9:15 Makeover Creations 9:15 Social Studies w/Dr. Tom 10:00 Aerobic Exercise 10:15 Nature Walk 1:00 <u>Happy Hour w/Jim</u> 2:30 Brain Long Dominoes 3:30 Black Jack & Snacks 3:30 Volleyball</p>	<p>20</p> <p>9:00 Daily Chronicle 9:30 Mad Libs 10:15 Dancercise 1:30 Gospel with the Browns 2:30 <u>MINDing Motion-W</u> 3:30 Sing-A-Long 6:00 Movie & Popcorn</p>
<p>21</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 12:00 <u>Easter Egg Greeting</u> 1:30 Ice Cream Social & Afternoon TV Show 2:30 <u>Easter Egg Hunt - W</u> 3:30 Evening Walk <i>Happy Easter</i></p>	<p>22</p> <p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:30 Comma Fun 2:15 <u>Earth Day Discussion & Games - L</u> 2:45 <u>Earth Day Coloring</u> 3:15 Ballet Exercise & Music w/ Tyrone</p>	<p>23</p> <p>9:00 <u>Daily Chronicle</u> 9:30 <u>Large Crossword</u> 10:00 Catholic Comm. - C 10:15 Laura on Guitar 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 <u>Science Revelations: "Living 100 Years"</u> 3:30 <u>Living Will: Legacy of William Shakespeare - L</u> 3:30 Smoothies & Social Time</p>	<p>24</p> <p>9:00 Daily Chronicle 9:30 <u>News & Views</u> 9:30 <u>Random Trivia</u> 10:15 Stretch & Flex 10:15 Nature Walk 1:30 Live to be Healthy 2:30 <u>Spelling Contest</u> 2:30 Short Stories 3:30 Evening Walk 3:30 Snack & Social Time</p>	<p>25</p> <p>9:00 Daily Chronicle 9:30 <u>It's Puzzling</u> 10:40 <u>Music Appreciation: The Four Seasons - W</u> 10:15 Basketball Toss 1:30 Live to be Healthy 2:30 Christian Worship 3:15 Yoga Talk & Smoothies 3:45 Yoga Meditation</p>	<p>26</p> <p>9:00 Daily Chronicle 9:15 Makeover Creations 9:15 Social Studies w/Dr. Tom 10:00 Band Resist. Exercise 10:15 Nature Walk 1:00 <u>Happy Hour w/Trevor</u> 2:00 <u>Tasty Cooking Class</u> 3:00 <u>Joggin' Your Noggin with Common</u> 3:30 Evening Walk</p>	<p>27</p> <p>9:00 Daily Chronicle 9:30 <u>Word Puzzles</u> 10:30 Band Exercise 1:30 Mad Libs 2:15 Evening Walk 2:45 Jenga 3:30 Sing-A-Long 6:00 Movie & Popcorn</p>
<p>28</p> <p>9:00 Daily Chronicle 9:30 Nature Walk 10:30 Inter-Faith Service - C 1:30 Ice Cream Social & Afternoon TV Show 2:30 Aromatherapy 3:00 Documentary Showing & Discussion</p>	<p>29</p> <p>9:00 Daily Chronicle 9:15 Dr. Tom Social Studies 10:00 Stretch & Flex 10:15 Nature Walk 1:30 <u>Mind Fitness-Category</u> 1:30 <u>Find That Letter</u> 2:15 Bola Push 3:00 Bola Discussion 3:15 <u>Arts & Crafts</u> 3:15 Helping Hands</p>	<p>30</p> <p>9:00 Daily Chronicle 9:30 <u>Large Crossword</u> 10:15 Pokeno Bingo 12:45 Music Class w/ Ron - L 1:30 Live to Be Healthy 2:30 <u>Music Therapy</u> 3:30 Evening Walk 3:30 Smoothies & Social Time</p>		<p>L- Living Room C- Chapel W- Waterman Ballroom SFC- 2nd floor conference \$- At your own expense P- Patio</p>	<p>2340 Fourth Ave San Diego, CA 92101 (619) 232-2996 *Fax (619) 232-0451</p>	<p>Please check the front desk for any changes to the calendar. License # 370804823</p>