










JANUARY 2021

All Activities will take place in the rooms until further notice.
 We apologize for the inconvenience and thank you for your patience and understanding as we come together as a community to stay healthy.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|---|
| <p>*COMFORT CARTS</p> <p>*FAITH SUNDAY DEVOTION, PRAYERS AND RELIGIOUS MUSIC</p>  <p><small>designed by Freck</small></p> <p>*ACTIVITY CARTS WILL COME BY DAILY WITH ACTIVITY MATERIALS. FOR ANY ADDITIONAL MATERIALS NEEDED PLEASE CALL 120.</p> | <p>*COMFORT CARTS</p> <p>*STRETCH & FLEX AND MUSIC</p>  <p>*ACTIVITY CARTS WILL COME BY DAILY WITH ACTIVITY MATERIALS. FOR ANY ADDITIONAL MATERIALS NEEDED PLEASE CALL 120.</p> | <p>*COMFORT CARTS</p> <p>*REALITY ORIENTATION AND REMINISCING</p>  <p>*ACTIVITY CARTS WILL COME BY DAILY WITH ACTIVITY MATERIALS. FOR ANY ADDITIONAL MATERIALS NEEDED PLEASE CALL 120.</p> | <p>*COMFORT CARTS</p> <p>*BALLOON TOSS AND MUSIC</p>  <p>*ACTIVITY CARTS WILL COME BY DAILY WITH ACTIVITY MATERIALS. FOR ANY ADDITIONAL MATERIALS NEEDED PLEASE CALL 120.</p> | <p>*COMFORT CARTS</p> <p>*NAIL CARE & PRETTY HAIR</p>  <p>*ACTIVITY CARTS WILL COME BY DAILY WITH ACTIVITY MATERIALS. FOR ANY ADDITIONAL MATERIALS NEEDED PLEASE CALL 120.</p> | <p>*COMFORT CARTS</p> <p>*MUSIC AND MOTION</p>  <p>*ACTIVITY CARTS WILL COME BY DAILY WITH ACTIVITY MATERIALS. FOR ANY ADDITIONAL MATERIALS NEEDED PLEASE CALL 120.</p> | <p>*COMFORT CARTS</p> <p>*NAIL CARE & PRETTY HAIR</p>  <p>*ACTIVITY CARTS WILL COME BY DAILY WITH ACTIVITY MATERIALS. FOR ANY ADDITIONAL MATERIALS NEEDED PLEASE CALL 120.</p> |
| <p>THE SHORES POST ACUTE 2828 MEADOW LARK DRIVE SAN DIEGO, CA 92123 (858) 277-6460</p>  | | <p>LANGUAGE LINE (888) 808-9008 (831) 242-8841 PIN NUMBER 32404306</p>  |  |  | <p>BE THE REASON SOMEONE SMILES TODAY</p> | <p>you're AMAZING just the way YOU ARE</p>  |