

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Please note, activities are subject to change.</p>	<p>AR - Activity Room B - Bistro FC - Fitness Center LIB - Library LL - Lower Lobby L - Lobby PDR - Private Dining Room T - Theater</p>	<p>New Year's Day 1 10:30 ■ Sit and Be Fit (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Movie Time (B)</p>	<p>2 10:00 ■ San Diego Railroad Museum/lunch 10:30 ■ Chair Exercises (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 3:15 ■ Current Events (B)</p>	<p>3 Dr. Appointments: 8am - 3pm 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR)</p>	<p>4 10:00 ■ Poway Rd East Loop 10:30 ■ Sit and Be Fit! (LL) 1:30 ■ Poway Rd West Loop 2:00 ■ Happy Hour - Celeste (B) 3:15 ■ Trivia! (B) 6:00 ■ After Dinner Movie Night! (Theater)</p>	<p>5 10:30 ■ Wake up Gateway Exercise(LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)</p>
<p>6 8:30 ■ Church Transportation 10:00 ■ Catholic Services(PDR) 10:30 ■ Chair Exercise (LL) 1:30 ■ Scenic Drive 2:00 ■ BINGO! (B) 3:00 Bible Study (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)</p>	<p>7 10:00 ■ Vons / CVS 10:30 ■ Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 2:00 ■ Target and Sprouts 2:15 Cleaning & Adjustments w/ Clear Choice Hearing Aid (2nd Floor Spa)</p>	<p>8 Dr. Appointments: 8am - 3pm 10:30 ■ Sit and Be Fit (LL) 11:00 ■ Resident Council / Food Forum / Activities (LL) ← 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ History Guy (B) 3:00 ■ Creative Crafts (AR)</p>	<p>9 9:15 ■ Living Coast Discovery and lunch 10:30 ■ Chair Exercises (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ A World of Words (B) NEW</p>	<p>10 Dr. Appointments: 8am - 3pm 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR)</p>	<p>11 10:00 ■ CMR Grocery Loop 10:30 ■ Sit and Be Fit! (LL) 1:30 ■ Happy Hour - Peggy (B) 1:30 ■ CMR Shopping Loop 3:15 ■ Trivia! (B) 6:00 ■ After Dinner Movie Night! (Theater)</p>	<p>12 10:30 ■ Wake up Gateway Exercise(LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)</p>
<p>13 8:30 ■ Church Transportation 10:00 ■ Catholic Services(PDR) 10:30 ■ Chair Exercise (LL) 2:00 ■ BINGO! (B) 3:00 Bible Study (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)</p>	<p>14 10:00 ■ Vons / CVS 10:30 ■ Garden Club (B) 10:30 ■ Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ Target and Sprouts 2:00 ■ BINGO (B) 3:30 ■ Penny Game (B) NEW</p>	<p>15 Dr. Appointments: 8am - 3pm 10:30 ■ Sit and Be Fit (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:15 ■ What a Wonderful World (B) - Skip</p>	<p>16 10:30 ■ Chair Exercises (LL) 10:30 ■ Casa Guadalajara Lunch/Shopping 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 3:15 ■ Current Events (B)</p>	<p>17 Dr. Appointments: 8am - 3pm 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR)</p>	<p>18 10:30 ■ Sit and Be Fit! (LL) 11:00 ■ North County Mall & Lunch 1:30 ■ Happy Hour - Peter S (B) 3:15 ■ Trivia! (B) 6:00 ■ After Dinner Movie Night! (Theater)</p>	<p>19 10:30 ■ Wake up Gateway Exercise(LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)</p>
<p>20 8:30 ■ Church Transportation 10:00 ■ Catholic Services(PDR) 10:30 ■ Chair Exercise (LL) 1:30 ■ Scenic Drive 1:30 ■ BINGO! (B) 2:30 ■ Children's Piano recital (B) 3:00 Bible Study (AR)</p>	<p>21 Martin Luther King Jr. Day 10:00 ■ Vons / CVS 10:30 ■ Let's Get Movin'! (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ Target and Sprouts 2:00 ■ BINGO (B) 3:30 ■ Penny Game (B)</p>	<p>22 Dr. Appointments: 8am - 3pm 10:30 ■ Sit and Be Fit (LL) 1:00 ■ Gardens Market Opens (B) NEW 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Creative Crafts (AR)</p>	<p>23 10:00 ■ Movie / lunch 10:30 ■ Chair Exercises (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 1:45 ■ Music by Jessie (B)</p>	<p>24 Dr. Appointments: 8am - 3pm 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR)</p>	<p>25 10:00 ■ CMR Grocery Loop 10:30 ■ Sit and Be Fit! (LL) 1:30 ■ CMR Shopping Loop 2:00 ■ Happy Hour - Vincent (B) 3:15 ■ Trivia! (B) 5:00 Birthday Cake Celebration (Dining Room)★ 6:00 ■ After Dinner Movie Night! (Theater)</p>	<p>26 10:30 ■ Wake up Gateway Exercise(LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)</p>
<p>27 8:30 ■ Church Transportation 10:00 ■ Catholic Services(PDR) 10:30 ■ Chair Exercise (LL) 2:00 ■ BINGO! (B) 3:00 Bible Study (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)</p>	<p>28 10:00 ■ Vons / CVS 10:30 ■ Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 2:00 ■ Target and Sprouts 3:30 ■ Penny Game (B)</p>	<p>29 Dr. Appointments: 8am - 3pm 10:30 ■ Sit and Be Fit (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Current Events (B) 4:30 ■ Sounds of Piano (DR)</p>	<p>30 10:00 ■ Harrah's Casino & Lunch 10:30 ■ Chair Exercises (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 3:00 ■ A World of Words (B) NEW</p>	<p>31 Dr. Appointments: 8am - 3pm 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR)</p>	<p>New Year's Resolutions</p>	