


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:00 Walk Around the Hallways 11:00 History This Week [L] 2:00 Piano Sing A Long (social distancing) [L] 4:00 Relaxing Music on CD's (Second Floor Activity Room) [S]	2 10:00 Walk Around the Hallways 2:00 Piano Sing A Long (social distancing) [L] 4:00 Puzzle Pages [L] 6:00 Television Shows (social distancing) [S]	3 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 6:00 One Day - Videos for Families [L]	4 10:00 Walk Around the Hallways 2:00 Chair Fitness (West Wing) [S] 4:00 Balcony BINGO [C] 6:00 Puzzle Pages [L]	5 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 4:00 One Day - Videos for Families [L] 6:00 Puzzle Pages [L]	6 10:00 Walk Around the Hallways 11:00 Balcony BINGO [C] 2:00 Chair Fitness (West Wing) [S] 6:00 Puzzles Pages [L]	
	7 Toni Kostura's Birthday 10:00 Walk Around the Hallways 2:00 Fun With Trivia (Second Floor Activity Room) [S] 3:00 One Day - Videos for Families 6:00 Puzzle Pages [L]	8 Sharon Laraene's Birthday 10:00 Walk Around the Hallways 11:00 History This Week [L] 2:00 Piano Sing A Long (social distancing) [L] 4:00 Relaxing Music on CD's (Second Floor Activity Room) [S]	9 10:00 Walk Around the Hallways 2:00 Piano Sing A Long (social distancing) [L] 4:00 Puzzle Pages [L] 6:00 Television Shows (social distancing) [S]	10 Judy McMillan's Birthday 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 6:00 One Day - Videos for Families [L]	11 10:00 Walk Around the Hallways 2:00 Chair Fitness (West Wing) [S] 4:00 Balcony BINGO [C] 6:00 Puzzle Pages [L]	12 Robert Graham's Birthday 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 4:00 One Day - Videos for Families [L] 6:00 Puzzle Pages [L]	13 10:00 Walk Around the Hallways 11:00 Balcony BINGO [C] 2:00 Chair Fitness (West Wing) [S] 6:00 Puzzles Pages [L]
	14 10:00 Walk Around the Hallways 2:00 Fun With Trivia (Second Floor Activity Room) [S] 3:00 One Day - Videos for Families 6:00 Puzzle Pages [L]	15 10:00 Walk Around the Hallways 11:00 History This Week [L] 2:00 Piano Sing A Long (social distancing) [L] 4:00 Relaxing Music on CD's (Second Floor Activity Room) [S]	16 10:00 Walk Around the Hallways 2:00 Piano Sing A Long (social distancing) [L] 4:00 Puzzle Pages [L] 6:00 Television Shows (social distancing) [S]	17 Mel Herrera's Birthday 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 6:00 One Day - Videos for Families [L]	18 10:00 Walk Around the Hallways 2:00 Chair Fitness (West Wing) [S] 4:00 Balcony BINGO [C] 6:00 Puzzle Pages [L]	19 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 4:00 One Day - Videos for Families [L] 6:00 Puzzle Pages [L]	20 10:00 Walk Around the Hallways 11:00 Balcony BINGO [C] 2:00 Chair Fitness (West Wing) [S] 6:00 Puzzles Pages [L]
	21 Father's Day 10:00 Walk Around the Hallways 12:00 Father's Day Lunch 2:00 Fun With Trivia (Second Floor Activity Room) [S] 3:00 One Day - Videos for Families 6:00 Puzzle Pages [L]	22 Gail Palermo's Birthday 10:00 Walk Around the Hallways 11:00 History This Week [L] 2:00 Piano Sing A Long (social distancing) [L] 4:00 Relaxing Music on CD's (Second Floor Activity Room) [S]	23 10:00 Walk Around the Hallways 2:00 Piano Sing A Long (social distancing) [L] 4:00 Puzzle Pages [L] 6:00 Television Shows (social distancing) [S]	24 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 6:00 One Day - Videos for Families [L]	25 10:00 Walk Around the Hallways 2:00 Chair Fitness (West Wing) [S] 4:00 Balcony BINGO [C] 6:00 Puzzle Pages [L]	26 10:00 Walk Around the Hallways 2:00 Chair Fitness (East Wing) [S] 4:00 One Day - Videos for Families [L] 6:00 Puzzle Pages [L]	27 Bill Nyblade's Birthday 10:00 Walk Around the Hallways 11:00 Balcony BINGO [C] 2:00 Chair Fitness (West Wing) [S] 6:00 Puzzles Pages [L]
28 10:00 Walk Around the Hallways 2:00 Fun With Trivia (Second Floor Activity Room) [S] 3:00 One Day - Videos for Families 6:00 Puzzle Pages [L]	29 10:00 Walk Around the Hallways 11:00 History This Week [L] 2:00 Piano Sing A Long (social distancing) [L] 4:00 Relaxing Music on CD's (Second Floor Activity Room) [S]	30 10:00 Walk Around the Hallways 2:00 Piano Sing A Long (social distancing) [L] 4:00 Puzzle Pages [L] 6:00 Television Shows (social distancing) [S]	Location Keys 444 Prescott Ave El Cajon, CA 92020 619-444-9470 Courtyard C Lobby L Second Floor S			Be Challenged Be Family Be Social Be Well	