

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The Pacifica Legacies program encompasses daily activities focused on specific areas to draw loved one's past interest and life skills. These activities include the following: Physical Wellness, Reminiscent Activities, Social/Spiritual Activities, Cognitive Visual and we are working to incorporate Language Skills. Our program also offers Bi-Weekly scenic drives and loved ones are encouraged to go on daily walks. If you don't see an activity on here that you know your loved one will enjoy, please contact Activities with desired preferences.</p>			<p><u>Daily Dining:</u> 8:30-10:00 Breakfast 12:00-1:00 Lunch 4:30-5:30 Dinner</p> <p><u>Concierge Cart:</u> 11:15 and 3:00</p>	<p>1</p> <p>Bodies in Motion Sight Seeing Walk Trivia Name That Tune! 3:30 Mandolin Music w/ Dave Comedy Hour</p>	<p>2</p> <p>Stretches w/ Wendy 11am Line Dancing Plaza Walk Hand Massages Trivia 2pm TPL Theater Visit</p>	<p>3</p> <p>Sit and Be Fit Current Events 11:00 Nutcracker in the Vista Lounge Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>
<p>4</p> <p>Sit and Be Fit Sunday Inspiration Plaza Walk 2pm Scenic Drive Watercolor Painting Classic Movie</p>	<p>5</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm Bob Phillips Music Plaza Walk Monday Musical</p>	<p>6</p> <p>Movin' & Groovin' Table Talk Aromatherapy Vista Walk Hand Massages 2pm Cooking Demo 3pm Documentary</p>	<p>7</p> <p>Stretches w/ Wendy 11am Scenic Drive Puzzle and Pondering 2pm Music w/ Lee Durley Happy Hour Novel Reading</p>	<p>8</p> <p>Bodies in Motion Sight Seeing Walk Trivia Name That Tune! 2:00 Harp Music w/ Melissa Construction Zone Comedy Hour</p>	<p>9</p> <p>Stretches w/ Wendy 11am Line Dancing Plaza Walk Hand Massages Trivia 2pm TPL Theater Visit</p>	<p>10</p> <p>Sit and Be Fit Current Events Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>
<p>11</p> <p>Sit and Be Fit Sunday Inspiration Plaza Walk 2pm Scenic Drive Watercolor Painting Classic Movie</p>	<p>12</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm Bob Phillips Music Plaza Walk Monday Musical</p>	<p>13</p> <p>Movin' & Groovin' Table Talk Aromatherapy Vista Walk Sing-along w/ CC: Hymns Hand Massages 3pm Documentary</p>	<p>14</p> <p>Stretches w/ Wendy 11am Scenic Drive Puzzle and Pondering 2pm Tunes w/ Stefani Happy Hour Novel Reading</p>	<p>15</p> <p>Bodies in Motion Sight Seeing Walk Trivia 3:30 Mandolin Music w/ Dave Comedy Hour</p>	<p>16</p> <p>Stretches w/ Wendy 11am Line Dancing Plaza Walk Hand Massages Trivia 2pm TPL Theater Visit</p>	<p>17</p> <p>Sit and Be Fit Current Events Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>
<p>18</p> <p>Sit and Be Fit Sunday Inspiration Plaza Walk 2pm Scenic Drive Watercolor Painting Classic Movie</p>	<p>19</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm Bob Phillips Music Plaza Walk Monday Musical</p>	<p>20</p> <p>Movin' & Groovin' Table Talk Aromatherapy Vista Walk Hand Massages 2pm Cooking Demo 3pm Documentary</p>	<p>21</p> <p>Stretches w/ Wendy 10:30am Lunch Box Outing Puzzle and Pondering 2pm Music w/ Lee Durley Happy Hour Novel Reading</p>	<p>22</p> <p>Bodies in Motion Sight Seeing Walk Trivia Music & Memory Art at Leisure Construction Zone Comedy Hour</p>	<p>23</p> <p>Stretches w/ Wendy 11am Line Dancing Plaza Walk Hand Massages Trivia 2pm TPL Theater Visit</p>	<p>24</p> <p>Sit and Be Fit Novel Reading Music Therapy Hair & Makeup Table Games Classic Movie</p>
<p>25</p> <p>Sit and Be Fit Sunday Inspiration Plaza Walk 2pm Scenic Drive Watercolor Painting Classic Movie</p>	<p>26</p> <p>Stretches w / Wendy Trivia Small group activity of choice 2pm Bob Phillips Music Plaza Walk Monday Musical</p>	<p>27</p> <p>Movin' & Groovin' Table Talk Sing-along w/ CC: Christmas Carols Vista Walk Hand Massages 3pm Music w/ Young At Heart</p>	<p>28</p> <p>Stretches w/ Wendy 11am Scenic Drive Puzzle and Pondering 2pm Tunes w/ Stefani Happy Hour Novel Reading</p>	<p>29</p> <p>Bodies in Motion Sight Seeing Walk Trivia Music & Memory Art at Leisure Construction Zone Comedy Hour</p>	<p>30</p> <p>Stretches w/ Wendy 11am Line Dancing Plaza Walk Hand Massages Trivia 2pm TPL Theater Visit</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>L— 1st Floor Lobby RDVU—Rendezvous 2AR—2nd Floor Activities Room 7MR—7th Floor Meeting Room V—Vista CR—Conference Room PL—Plaza DR—Dining Room HSO—Health Services Office</p>	<p>Jewelry Repair by Martie (RDVU) 1st Mondays at 10:30am</p> <p>Blood Pressure and Hearing Check (HSO) 1st & 3rd Thursdays 9am-10am</p> <p>Bookmobile (Parking Lot) Thursdays at 1pm</p>	<p>Happy Birthday</p> <p>11/2 Karen Hart 11/4 Lee Keely 11/6 John Pott 11/7 Irene Watson</p>		<p>9:45 Sit & Be Fit w/ Alison (2AR) 10:00 Table Games & Coffee (RDVU) 11:00 Women's Discussion (7MR) 1:30 Scenic Drive (L) 2:00 Mexican Train (RDVU) 3:00 Curtain Call (6L) 4:00 Happy Hour w/ Ben Herod (RDVU) 7:00 Sea Scribes Calligraphy (V)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 11:00 Line Dancing (RDVU) 3:00 Build a Sandwich (2AR) 3:15 Popcorn & Chat (2AR) 4:00 Georgette & Justin (2AR) 7:00 Evening Movie (MR)</p>	<p>9:30 Mental Gym w/ Debbie (LIB) 9:45 Sit & Be Fit (2AR) 10:00 Shop Monterey (L) 11:00 Nutcracker by Dance Kids (V) 1:00 Shop Carmel (L) 1:00 Saturday Games (DR) 2:00 Hot Beverage Social (RDVU) 3:00 BINGO (RDVU) 7:00 Evening Movie (MR)</p>
<p>7:30a-1:00p Church Transportation (L) 1:00 Watercolor Painting (2AR) 2:00 Easy Sunday Matinee (MR) 3:00 Go 4 Life Walking Club (L)</p> <p>DAYLIGHT SAVING TIME BEGINS (Turn your clock back 1 hour)</p>	<p>9:15 Fitness w/ Nima (V) 9:45 Sit & Be Fit (2AR) 11:00 Watercolor Painting (2AR) 10:30 Men's Discussion (7MR) 12:30 New Beginnings w/ Mick (CR) 2:00 Bob Phillips Music (RDVU) 4:00 World Trivia Tournament (RDVU) 6:00 Monday Musical (MR)</p>	<p>9:45 Sit & Be Fit w/ Alison (2AR) 10:30 Documentary Movie (RDVU) 11:00 Tai Chi (2AR) 1:00 Shop Marina/Sand City (L) 2:00 Cooking Demo (RDVU) 3:00 Table Games (RDVU) 4:00 Social Happy Hour (RDVU) 7:00 Mexican Train (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:30-12:30 Sea Lion Point (L) 10:00 Catholic Service (CR) 11:00 DIY Club (2AR) 1:00 Bridge (5L) 1:30 Gentrain (L) 2:30 Yoga (2AR) 3:00 Mini Manicures (6L) 4:00 Happy Hour w/ Mike Noonan (RDVU) 7:00 No Bingo w/ Jeanne tonight</p>	<p>9:45 Sit & Be Fit w/ Alison (2AR) 10:00 Table Games & Coffee (RDVU) 11:00 Women's Discussion (7MR) 1:30 Scenic Drive (L) 2:00 Mexican Train (RDVU) 3:00 Curtain Call (6L) 4:00 Happy Hour w/ Jack Banjo (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 11:00 Line Dancing (RDVU) 3:00 Build a Sandwich (2AR) 3:15 Popcorn & Chat 4:00 Georgette & Justin (2AR) 7:00 Evening Movie (MR)</p>	<p>9:30 Mental Gym w/ Debbie (LIB) 9:45 Sit & Be Fit (2AR) 10:00 Shop Monterey (L) 1:00 Shop Carmel (L) 1:00 Saturday Games (DR) 2:00 Knitting w/ Mrs. Torres (6L) 3:00 BINGO (RDVU) 7:00 Evening Movie (MR)</p>
<p>7:30a-1:00p Church Transportation (L) 1:00 Watercolor Painting (2AR) 1:15 Christian Hymns Sing-A-Long (RDVU) 2:00 Easy Sunday Matinee (MR) 3:00 Go 4 Life Walking Club (L)</p>	<p>Happy Veteran's Day! 9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 10:30 Men's Discussion (7MR) 11:00 Watercolor Painting (2AR) 12:30 New Beginnings w/ Mick (CR) 2:00 Bob Phillips Music (RDVU) 4:00 World Trivia Tournament (RDVU) 6:00 Monday Musical (MR)</p>	<p>9:45 Sit & Be Fit (2AR) 10:30 Documentary Movie (RDVU) 11:00 Tai Chi (2AR) 1:00 Shop Monterey (L) 2:00 Cooking Demo (RDVU) 3:00 History Talk w/ Pat (MR) 4:00 Social Happy Hour (RDVU) 7:00 Mexican Train (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Strengthening Exercise (2AR) 10:00 Catholic Service (CR) 11:00 DIY Club w/ Arishma (2AR) 12:30 Shop 'til You Drop (L) 1:00 Bridge (5L) 2:30 Yoga (2AR) 3:00 Mini Manicures (6L) 4:00 Happy Hour w/ Lee Durley (RDVU) 7:00 Bingo w/ Jeanne (RDVU)</p>	<p>9:45 Sit & Be Fit (2AR) 10:00 Table Games & Coffee (RDVU) 11:00 Women's Discussion (7MR) 1:30 Scenic Drive (L) 2:00 Chef Chat (RDVU) 2:30 Mexican Train (RDVU) 3:00 Curtain Call (6L) 4:00 Happy Hour w/ Mike Noonan (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 11:00 Line Dancing (RDVU) 3:00 Build a Sandwich (2AR) 3:15 Popcorn & Chat (2AR) 4:00 Georgette & Justin (2AR) 7:00 Evening Movie (MR)</p>	<p>9:30 Mental Gym w/ Debbie (LIB) 9:45 Sit & Be Fit (2AR) 10:00 Shop Monterey (L) 1:00 Shop Carmel (L) 1:30 Saturday Games (DR) 2:00 Hot Beverage Social (RDVU) 3:00 BINGO (RDVU) 7:00 Evening Movie (MR)</p>
<p>7:30a-1:00p Church Transportation (L) 1:00 Watercolor Painting (2AR) 2:00 Easy Sunday Matinee (MR) 3:00 Go 4 Life Walking Club (L)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 10:30 Men's Discussion (7MR) 11:00 Watercolor Painting (2AR) 12:30 New Beginnings w/ Mick (CR) 2:00 Bob Phillips Music (RDVU) 3:15 Program Chat (RDVU) 4:00 World Trivia Tournament (RDVU) 6:00 Monday Musical (MR)</p>	<p>9:45 Sit & Be Fit w/ Alison (2AR) 10:30 Documentary Movie (RDVU) 11:00 Tai Chi (2AR) 1:00 Shop Carmel (L) 2:00 Health & Vitality Lecture Series (V) 4:00 Social Happy Hour (RDVU) 7:00 Mexican Train (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Strengthening Exercise (2AR) 10:00 Catholic Service (CR) 11:00 DIY Club w/ Arishma (2AR) 1:00 Bridge (5L) 1:30 No Gentrain today 2:30 Yoga (2AR) 4:00 Happy Hour w/ Ben Herod (RDVU) 7:00 Bingo w/ Jeanne (RDVU)</p>	<p>Happy Thanksgiving! 9:45 No Sit & Be Fit (2AR) 10:00 Table Games & Coffee (RDVU) 11:00 Women's Discussion (7MR) 1:00-4:00 Thanksgiving Dinner 2:00 Mexican Train (RDVU) 3:00 Curtain Call (6L) 4:00 Piano music w/ Matthew Bae (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 11:00 Line Dancing (RDVU) 3:00 Build a Sandwich (2AR) 3:15 Popcorn & Chat (2AR) 4:00 Georgette & Justin (2AR) 7:00 Evening Movie (MR)</p>	<p>9:30 Mental Gym w/ Debbie (LIB) 9:45 Sit & Be Fit (2AR) 10:00 Shop Monterey (L) 1:00 Shop Carmel (L) 1:00 Saturday Games (DR) 2:00 Knitting w/ Mrs. Torres (6L) 3:00 BINGO (RDVU) 7:00 Evening Movie (MR)</p>
<p>7:30a-1:00p Church Transportation (L) 1:00 Watercolor Painting (2AR) 2:00 Easy Sunday Matinee (MR) 3:00 Go 4 Life Walking Club (L) 4:00 Musical Tunes w/ Ginny & Bucky (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 10:30 Men's Discussion (7MR) 11:00 Watercolor Painting (2AR) 12:30 New Beginnings w/ Mick (CR) 2:00 Bob Phillips Music (RDVU) 4:00 World Trivia Tournament (RDVU) 6:00 Monday Musical (MR)</p>	<p>9:45 Sit & Be Fit w/ Alison (2AR) 10:30 Documentary Movie (RDVU) 11:00 Tai Chi (2AR) 1:00 Shop Pacific Grove (L) 2:00 Cooking Demo (RDVU) 4:00 Happy Hour w/ Young At Heart (RDVU) 7:00 Mexican Train (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Strengthening Exercise (2AR) 10:00 Catholic Service (CR) 1:00 Bridge (5L) 2:30 No Yoga today 3:00 Community Town Hall (RDVU) 4:00 Happy Hour w/ Lee Durley (RDVU) 7:00 Bingo w/ Jeanne (RDVU)</p>	<p>9:45 Sit & Be Fit w/ Alison (2AR) 10:00 Scrabble & Coffee (RDVU) 11:00 Women's Discussion (7MR) 1:30 Scenic Drive (L) 2:00 Mexican Train (RDVU) 3:00 Curtain Call (6L) 4:00 Happy Hour w/ Wendy (RDVU)</p>	<p>9:15 Fitness w/ Nima (RDVU) 9:45 Sit & Be Fit (2AR) 11:00 Line Dancing (RDVU) 3:00 Build a Sandwich (2AR) 3:15 Popcorn & Chat (2AR) 4:00 Georgette & Justin (2AR) 7:00 Evening Movie (MR)</p>	<p>Several board games, cards, and bean bag toss available by request</p>