February 2020 Memory Support Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	created Sogeus with Sogeus Saturday
SIENNA AT OTAY RANCH Senior Living	1290 Santa Rosa Dr. Chula Vista, CA 91913 619-779-7400	CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Healthy Snacks & Hydration offered throughout each day!			9:30Image: Site and Be Fit110:00Image: Daily Chronicle110:30Image: Origami Corner1:30Balloon Volleyball2:30Image: Site and Massages / Pretty Nails3:30Image: Bingo6:00Image: Wine and Cheese Happy Hour
Groundhog Day 8:00 SS Catholic Mass (Streamed) 9:30 DE Chair Yoga 10:00 CE Daily Chronicle 10:30 SS Christian Worship Hour 1:30 CC Coupons for Troops 2:30 L Ice Cream Social 3:00 Karaoke Dance off 4:00 DE Shoot a Hoop 6:00 L Sunday Cinema Classics	9:30 A Moovin' & Grooving 10:00 A Daily Chronicle 10:30 Board / Card Games 1:30 B Joggin' Your Noggin' 1:30 Parkinson's Support Group 2:30 Bingo 4:00 S Deep Breathing Meditation 6:00 Chicken Soup for the Soul Book Club	9:30 PE Stretch & Flex 10:00 CE Daily Chronicle 10:30 Craft Corner 1:30 PE Volleyball Tourney 2:30 CE Loteria 4:00 PE Chair Dancing 6:00 SS Moods of Nature	9:30 PE Chair Zumba 5 10:00 OE Daily Chronicle 10:15 Cenic Drive/ Outing 10:30 Mandala Art 1:30 SS Hot Cocoa and Classics 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	9:30 P Strength & 6 Balance 6 10:00 P Daily Chronicle 10:30 Garden Club 1:30 Blast from the Past 2:30 E Blast from the Past 3:00 P Give me a Word 4:00 P Chair Boxing 6:00 P Wheel of Fortune	9:30 P Moovin' & Grooving 10:00 Daily Chronicle 10:30 Sing Alongs 1:30 Bingo 2:30 Happy Hour 4:00 P Chair Tai Chi 6:00 New Release Movie	9:30 Sit and Be Fit 8   10:00 Daily Chronicle 10:30   10:30 Origami Corner 1:30   1:30 Balloon Volleyball 2:30   2:30 SS Hand Massages / Pretty Nails   3:30 Bingo 6:00   Wine and Cheese Happy Hour Happy Hour
8:00 SS Catholic Mass (Streamed) 9:30 PE Chair Yoga 10:00 S Christian Worship Hour 1:30 S Christian Worship Hour 1:30 Coupons for Troops 2:30 II Ice Cream Social 3:00 Karaoke Dance off 4:00 PE Shoot a Hoop 6:00 II Sunday Cinema Classics	9:30Moovin' & Grooving1010:00Daily Chronicle10:30Board / Card Games1:30Joggin' Your Noggin'2:30Bingo4:00SDeep Breathing Meditation6:00Chicken Soup for the Soul Book Club	9:30PEStretch & Flex1110:00Chronicle10:30Memories in the Making1:30PEParachute Games2:30CELoteria4:00PEChair Dancing6:00SSMoods of Nature	9:30 PE Chair Zumba 10:00 CE Daily Chronicle 10:15 CE Scenic Drive/ Outing 10:30 Mandala Art 1:30 SS Hot Cocoa and Classics 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	9:30 E Strength & 13 Balance 13 10:00 E Daily Chronicle 10:30 Garden Club 1:30 Blast from the Past 2:30 E Let's go to the Movies! 3:00 E Give me a Word 4:00 E Chair Boxing 6:00 E Jeopardy	Valentine's Day 9:30 De Moovin' & Grooving 10:00 Daily Chronicle 10:30 Sing Alongs 1:30 Bingo 2:30 Happy Hour 4:00 De Chair Tai Chi 6:00 New Release Movie	9:30 E Sit and Be Fit 15 10:00 E Daily Chronicle 15 10:30 Origami Corner 1:30 Balloon Volleyball 2:30 S Hand Massages / Pretty Nails 3:30 E Bingo 6:00 Wine and Cheese Happy Hour
8:00 SS Catholic Mass (Streamed) 16 9:30 Chair Yoga 10:00 Daily Chronicle 10:30 SS Christian Worship Hour 1:30 Coupons for Troops 2:30 Coupons for Troops 2:30 Coupons for Troops 2:30 Coupons for Troops 2:30 Scream Social 3:00 Karaoke Dance off 4:00 Shoot a Hoop 6:00 Sunday Cinema Classics	Presidents' Day 9:30 Description: 9:30 Description: 9:30 Description: 17 9:30 Description: 9:30 Description: 17 9:30 Description: 17 10:30 Description: 17 10:30 Description: 17 17 17 17 17 17 17 17 17 17	9:30 PE Stretch & Flex 18 10:00 E Daily Chronicle 10:30 Craft Corner 1:30 PE Volleyball Tourney 2:30 E Loteria 4:00 PE Chair Dancing 6:00 SS Moods of Nature	9:30 PE Chair Zumba 10:00 CE Daily Chronicle 10:15 Cenic Drive/ Outing 10:30 Mandala Art 1:30 SS Hot Cocoa and Classics 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	9:30 PS Strength & 20 Balance 20 10:00 S Daily Chronicle 10:30 Garden Club 1:30 Blast from the Past 1:30 S Taste and Tell 2:30 Let's go to the Movies! 3:00 S Give me a Word 4:00 PS Chair Boxing	9:30 P Moovin' & 21 Grooving 21 10:00 Daily Chronicle 10:30 Sing Alongs 1:30 Bingo 2:30 Happy Hour 4:00 C Chair Tai Chi 6:00 New Release Movie	9:30 PS Sit and Be Fit 10:00 PS Daily Chronicle 10:30 Porigami Corner 1:30 Balloon Volleyball 2:30 SS Hand Massages / Pretty Nails 3:30 PS Bingo 6:00 Wine and Cheese Happy Hour
8:00 SS Catholic Mass (Streamed) 23 9:30 E Chair Yoga 10:00 E Daily Chronicle 10:30 SS Christian Worship Hour 1:30 C Coupons for Troops 2:30 L Ice Cream Social 3:00 Karaoke Dance off 4:00 E Shoot a Hoop 6:00 Sunday Cinema Classics	10:00 CE Daily Chronicle	9:30PEStretch & Flex2510:00CDaily Chronicle2510:30Memories in the Making1:30Pe1:30PEParachute Games2:30CLoteria4:00PEChair Dancing6:00SSMoods of Nature	9:30 PE Chair Zumba 26 10:00 CE Daily Chronicle 10:15 Cenic Drive/ Outing 10:30 Mandala Art 1:30 SS Hot Cocoa and Classics 2:30 SS Fancy Mani's 4:00 PE Leg Stretches 6:00 SS Time of Praise	9:30 PE Strength & 27 Balance 27 10:00 CE Daily Chronicle 10:30 Garden Club 1:30 E Blast from the Past 2:30 E Chair Boxing 6:00 CE Wheel of Fortune	9:30 PE Moovin' & 28 Grooving 28 10:00 CE Daily Chronicle 10:30 Sing Alongs 1:30 Bingo 2:30 Happy Hour 4:00 PE Chair Tai Chi 6:00 New Release Movie	9:30 PS Sit and Be Fit 10:00 CE Daily Chronicle 10:30 CF Daily Chronicle 10:30 SS Hand Massages / Pretty Nails 3:30 CE Bingo 6:00 SS Hand Cheese Happy Hour

Created on Monday, February 3, 2020 9:38 AM