

February 2020 Memory Support



created with **Sageley**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

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!

<p>Groundhog Day 2</p> <p>8:00 SS Catholic Mass (Streamed)</p> <p>9:30 PE Chair Yoga</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 SS Christian Worship Hour</p> <p>1:30 CC Coupons for Troops</p> <p>2:30 LL Ice Cream Social</p> <p>3:00 Karaoke Dance off</p> <p>4:00 PE Shoot a Hoop</p> <p>6:00 LL Sunday Cinema Classics</p>	<p>9:30 PE Moovin' & Grooving 3</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Board / Card Games</p> <p>1:30 CE Joggin' Your Noggin'</p> <p>1:30 CC Parkinson's Support Group</p> <p>2:30 LL Bingo</p> <p>4:00 SS Deep Breathing Meditation</p> <p>6:00 Chicken Soup for the Soul Book Club</p>	<p>9:30 PE Stretch & Flex 4</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Craft Corner</p> <p>1:30 PE Volleyball Tourney</p> <p>2:30 CE Loteria</p> <p>4:00 PE Chair Dancing</p> <p>6:00 SS Moods of Nature</p>	<p>9:30 PE Chair Zumba 5</p> <p>10:00 CE Daily Chronicle</p> <p>10:15 LL Scenic Drive/Outing</p> <p>10:30 Mandala Art</p> <p>1:30 SS Hot Cocoa and Classics</p> <p>2:30 SS Fancy Mani's</p> <p>4:00 PE Leg Stretches</p> <p>6:00 SS Time of Praise</p>	<p>9:30 PE Strength & Balance 6</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Garden Club</p> <p>1:30 LL Blast from the Past</p> <p>2:30 LL Let's go to the Movies!</p> <p>3:00 CE Give me a Word</p> <p>4:00 PE Chair Boxing</p> <p>6:00 CE Wheel of Fortune</p>	<p>9:30 PE Moovin' & Grooving 7</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Sing Alongs</p> <p>1:30 LL Bingo</p> <p>2:30 LL Happy Hour</p> <p>4:00 PE Chair Tai Chi</p> <p>6:00 LL New Release Movie</p>	<p>9:30 PE Sit and Be Fit 1</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Origami Corner</p> <p>1:30 Balloon Volleyball</p> <p>2:30 SS Hand Massages / Pretty Nails</p> <p>3:30 CE Bingo</p> <p>6:00 LL Wine and Cheese Happy Hour</p>
<p>8:00 SS Catholic Mass (Streamed) 9</p> <p>9:30 PE Chair Yoga</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 SS Christian Worship Hour</p> <p>1:30 CC Coupons for Troops</p> <p>2:30 LL Ice Cream Social</p> <p>3:00 Karaoke Dance off</p> <p>4:00 PE Shoot a Hoop</p> <p>6:00 LL Sunday Cinema Classics</p>	<p>9:30 PE Moovin' & Grooving 10</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Board / Card Games</p> <p>1:30 CE Joggin' Your Noggin'</p> <p>2:30 LL Bingo</p> <p>4:00 SS Deep Breathing Meditation</p> <p>6:00 Chicken Soup for the Soul Book Club</p>	<p>9:30 PE Stretch & Flex 11</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Memories in the Making</p> <p>1:30 PE Parachute Games</p> <p>2:30 CE Loteria</p> <p>4:00 PE Chair Dancing</p> <p>6:00 SS Moods of Nature</p>	<p>9:30 PE Chair Zumba 12</p> <p>10:00 CE Daily Chronicle</p> <p>10:15 LL Scenic Drive/Outing</p> <p>10:30 Mandala Art</p> <p>1:30 SS Hot Cocoa and Classics</p> <p>2:30 SS Fancy Mani's</p> <p>4:00 PE Leg Stretches</p> <p>6:00 SS Time of Praise</p>	<p>9:30 PE Strength & Balance 13</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Garden Club</p> <p>1:30 LL Blast from the Past</p> <p>2:30 LL Let's go to the Movies!</p> <p>3:00 CE Give me a Word</p> <p>4:00 PE Chair Boxing</p> <p>6:00 CE Jeopardy</p>	<p>Valentine's Day 14</p> <p>9:30 PE Moovin' & Grooving</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Sing Alongs</p> <p>1:30 LL Bingo</p> <p>2:30 LL Happy Hour</p> <p>4:00 PE Chair Tai Chi</p> <p>6:00 LL New Release Movie</p>	<p>9:30 PE Sit and Be Fit 15</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Origami Corner</p> <p>1:30 Balloon Volleyball</p> <p>2:30 SS Hand Massages / Pretty Nails</p> <p>3:30 CE Bingo</p> <p>6:00 LL Wine and Cheese Happy Hour</p>
<p>8:00 SS Catholic Mass (Streamed) 16</p> <p>9:30 PE Chair Yoga</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 SS Christian Worship Hour</p> <p>1:30 CC Coupons for Troops</p> <p>2:30 LL Ice Cream Social</p> <p>3:00 Karaoke Dance off</p> <p>4:00 PE Shoot a Hoop</p> <p>6:00 LL Sunday Cinema Classics</p>	<p>Presidents' Day 17</p> <p>9:30 PE Moovin' & Grooving</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Board / Card Games</p> <p>1:30 CE Joggin' Your Noggin'</p> <p>2:30 LL Bingo</p> <p>4:00 SS Deep Breathing Meditation</p> <p>6:00 Chicken Soup for the Soul Book Club</p>	<p>9:30 PE Stretch & Flex 18</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Craft Corner</p> <p>1:30 PE Volleyball Tourney</p> <p>2:30 CE Loteria</p> <p>4:00 PE Chair Dancing</p> <p>6:00 SS Moods of Nature</p>	<p>9:30 PE Chair Zumba 19</p> <p>10:00 CE Daily Chronicle</p> <p>10:15 LL Scenic Drive/Outing</p> <p>10:30 Mandala Art</p> <p>1:30 SS Hot Cocoa and Classics</p> <p>2:30 SS Fancy Mani's</p> <p>4:00 PE Leg Stretches</p> <p>6:00 SS Time of Praise</p>	<p>9:30 PE Strength & Balance 20</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Garden Club</p> <p>1:30 LL Blast from the Past</p> <p>1:30 CE Taste and Tell</p> <p>2:30 LL Let's go to the Movies!</p> <p>3:00 CE Give me a Word</p> <p>4:00 PE Chair Boxing</p>	<p>9:30 PE Moovin' & Grooving 21</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Sing Alongs</p> <p>1:30 LL Bingo</p> <p>2:30 LL Happy Hour</p> <p>4:00 PE Chair Tai Chi</p> <p>6:00 LL New Release Movie</p>	<p>9:30 PE Sit and Be Fit 22</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Origami Corner</p> <p>1:30 Balloon Volleyball</p> <p>2:30 SS Hand Massages / Pretty Nails</p> <p>3:30 CE Bingo</p> <p>6:00 LL Wine and Cheese Happy Hour</p>
<p>8:00 SS Catholic Mass (Streamed) 23</p> <p>9:30 PE Chair Yoga</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 SS Christian Worship Hour</p> <p>1:30 CC Coupons for Troops</p> <p>2:30 LL Ice Cream Social</p> <p>3:00 Karaoke Dance off</p> <p>4:00 PE Shoot a Hoop</p> <p>6:00 LL Sunday Cinema Classics</p>	<p>9:30 PE Moovin' & Grooving 24</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Board / Card Games</p> <p>1:30 CE Joggin' Your Noggin'</p> <p>2:30 LL Bingo</p> <p>4:00 SS Deep Breathing Meditation</p> <p>6:00 Chicken Soup for the Soul Book Club</p>	<p>9:30 PE Stretch & Flex 25</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Memories in the Making</p> <p>1:30 PE Parachute Games</p> <p>2:30 CE Loteria</p> <p>4:00 PE Chair Dancing</p> <p>6:00 SS Moods of Nature</p>	<p>9:30 PE Chair Zumba 26</p> <p>10:00 CE Daily Chronicle</p> <p>10:15 LL Scenic Drive/Outing</p> <p>10:30 Mandala Art</p> <p>1:30 SS Hot Cocoa and Classics</p> <p>2:30 SS Fancy Mani's</p> <p>4:00 PE Leg Stretches</p> <p>6:00 SS Time of Praise</p>	<p>9:30 PE Strength & Balance 27</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Garden Club</p> <p>1:30 LL Blast from the Past</p> <p>2:30 LL Let's go to the Movies!</p> <p>3:00 CE Give me a Word</p> <p>4:00 PE Chair Boxing</p> <p>6:00 CE Wheel of Fortune</p>	<p>9:30 PE Moovin' & Grooving 28</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 Sing Alongs</p> <p>1:30 LL Bingo</p> <p>2:30 LL Happy Hour</p> <p>4:00 PE Chair Tai Chi</p> <p>6:00 LL New Release Movie</p>	<p>9:30 PE Sit and Be Fit 29</p> <p>10:00 CE Daily Chronicle</p> <p>10:30 LL Origami Corner</p> <p>1:30 Balloon Volleyball</p> <p>2:30 SS Hand Massages / Pretty Nails</p> <p>3:30 CE Bingo</p> <p>6:00 LL Wine and Cheese Happy Hour</p>