

September 2022

THE MERIDIAN AT LAKE SAN MARCOS

(760) 510-7500
Legacies™ Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Luxury Senior Living by Pacifica</p>	<p>P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities R Reminiscing</p>			<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch O 10:30 Walk on the Courtyard 1:30 September Gazette, Table Talk & Newsletter 2:30 September Words S 3:00 Men's Group Social C 5:30 Jigsaw & Word Puzzles</p>	<p>R 9:15 Daily Chronicles P 10:00 Stay Fit & Strong L 10:30 Water Succulent Garden On Patio 1:30 Forest Wildlife Video O 2:15 Scenic Drive C 3:30 Forest Bingo 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch 10:30 Bowling Fun P 1:30 Jumbo Ring Toss M 2:30 Which Song Is This? C 3:30 Candy Bingo 5:30 Jigsaw & Word Puzzles</p>
<p>R 9:15 Daily Chronicles P 10:00 Sit N Be Fit L 10:30 Art: Labor Day Thank You Cards for Staff S 11:00 Church Service (CHAR) O 2:15 Scenic Drive 2:30 Finish Labor Day Cards 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch M 10:30 Music W/Al Estrella 11:00 Labor Day BBQ (CY) 2:00 Walk The Community to Distribute Labor Day Thank You Cards to Meridian Staff C 3:00 Labor Day Guess The Job</p>	<p>R 9:15 Daily Chronicles 10:00 Trivia Tidbits C 10:30 Short Story in the Meridian Library: All About Buddy Holly P 1:30 Chair Chi Class M 2:15 Buddy Holly Sing Along L 3:00 Manicures & Hand Massages 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles P 9:30 Moving To The Music 10:00 Movie in Meridian Theater S 2:00 The History Guy (CHAR) P 3:15 Ring Toss 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch O 10:30 Walk on the Courtyard S 1:30 Art: Leaf Rubbing P 2:30 Parachute on the Patio 3:15 Shuffle Board (GR) C 5:30 Jigsaw & Word Puzzles</p>	<p>R 9:15 Daily Chronicles P 10:00 Stay Fit & Strong L 10:30 Water Succulent Garden On Patio C 1:30 Categories Words P 2:15 Bucket Ball R 3:30 Can You Picture This? 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch 10:30 Balloon Volleyball L 1:30 Art: Bookmarks For Library O 2:30 Golfing & Arnold Palmers on the Patio C 3:30 Candy Bingo 5:30 Jigsaw & Word Puzzles</p>
<p>R 9:15 Daily Chronicles P 10:00 Sit N Be Fit S 11:00-2:00 Grandparents Day Brunch W/Cookie Decorating 11:00 Church Service (CHAR) C 1:30 Grandparents Day Puzzles O 2:15 Scenic Drive 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch 10:30 Nature Walk M 1:30 Music W/Al Estrella O 2:45 Craft: Nature Walk Collage 5:30 YouTube Sing Along</p>	<p>R 9:15 Daily Chronicles P 10:00 Stay Fit & Strong C 10:30 Short Story in the Meridian Library P 1:30 Chair Chi Class S 2:00 Chocolate Milkshake Social 3:00 Manicures & Hand Massages L 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles P 9:30 Moving To The Music 10:00 Movie in Meridian Theater L 1:30 Baking Club: Dutch Apple Cake 2:15 Creative Art: Bubble Wrap Apple Tree S 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch O 10:30 Walk on the Courtyard C 1:30 Pairs Card Game L 2:30 Last Castle Standing Game S 4:00-7:00 Casino Royale Night (Lobby & Clubhouse Activity Room)</p>	<p>R 9:15 Daily Chronicles P 10:00 Stay Fit & Strong L 10:30 Water Succulent Garden On Patio 1:30 Categories Words O 2:15 Scenic Drive R 3:30 Let's Reminisce : Sewing 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles O 10:00 Outing: Corvette Diner 10:30 Planting Marigolds on Patio M 2:00 Music Performance With Taylor C 3:30 Candy Bingo 5:30 Jigsaw & Word Puzzles</p>
<p>R 9:15 Daily Chronicles P 10:00 Sit N Be Fit 10:30 Balloon Volleyball S 11:00 Church Service (CHAR) M 2:00 Birthday Party Celebration And Musicstation (Lobby) O 2:15 Scenic Drive 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles 10:00 Sit N Stretch L 10:30 Craft: Paper Chrysanthemums M 1:30 Music With Al Estrella S 2:00 Critter Encounters (CHAR) C 3:15 Pirate I-Spy Detective 5:30 YouTube Sing Along</p>	<p>R 9:15 Daily Chronicles 10:00 Back To School Memories, School Jokes & Songs S 11:30 School Lunch on Patio P 1:30 Chair Chi Class C 2:15 I Spy- School Days 3:00 Manicures & Hand Massages L 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles P 9:30 Moving To The Music 10:00 Movie in Meridian Theater M 1:30 Getting Ready For Autumn Sing Along L 2:30 Craft: Fall Leaf Impressions S 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch O 10:30 Fall Outdoor Scavenger Hunt Walk M 11:00 Piano Music W/Ron 2:00 Piano Music W/Glenn (CH) 3:15 Shuffle Board (GR) 5:30 Jigsaw & Word Puzzles</p>	<p>R 9:15 Daily Chronicles P 10:00 Stay Fit & Strong L 10:30 Water Succulent Garden On Patio 1:30 Categories Words O 2:15 Scenic Drive P 3:30 Balloon Volleyball 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch 10:30 Walk on the Courtyard P 1:30 Bean Bag Target Toss M 2:30 Remembering Patsy Cline Songs 3:30 Candy Bingo C 5:30 Jigsaw & Word Puzzles</p>
<p>R 9:15 Daily Chronicles P 10:00 Sit N Be Fit L 10:30 Baking Club: Homemade Pop Tarts S 11:00 Church Service (CHAR) C 1:30 EZ Does It Random Trivia O 2:15 Scenic Drive 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles L 10:00 Painting Class W/Robin M 1:30 Music With Al Estrella P 2:45 Bean Bag Bucket Toss C 3:30 Picture A Word 5:30 YouTube Sing Along</p>	<p>R 9:15 Daily Chronicles P 10:00 Stay Fit & Strong C 10:30 Short Story in the Meridian Library P 1:30 Chair Chi Class 2:15 Songs From Classic Musicals S 3:00 Manicures & Hand Massages L 5:30 Colorful Creations</p>	<p>R 9:15 Daily Chronicles P 9:30 Moving To The Music C 10:00 Sock Matching Game 10:30 Love on a Leash Visit R 1:30 Reminisce: Classic Cereals 2:30 Balloon Volleyball C 3:00 Guess The Scent 5:30 Movie Night</p>	<p>R 9:15 Daily Chronicles P 10:00 Sit N Stretch 10:30 Walk on the Courtyard L 1:30 Baking Club: Gene Autry's Peanut Butter Pie M 2:30 Gene Autry Sing Along 3:15 Shuffle Board (GR) C 5:30 Jigsaw & Word Puzzles</p>	<p>9:15 Daily Chronicles P 10:00 Stay Fit & Strong L 10:30 Water Succulent Garden On Patio 1:30 Bucket Ball O 2:15 Scenic Drive C 3:30 Expose The Secret Word 5:30 Colorful Creations</p>	<p><u>Room Key Location</u> Theater (T) Clubhouse Activity Room (CHAR) Clubhouse (CH) Game Room (GR)</p>