


SEPTEMBER 2022

PACIFICA SENIOR LIVING OCEANSIDE


(760) 573-8600
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>Room Location Key: Activity Room AR Game Room GR Theater TH Library LIB Dining Room DR Lobby L Courtyard CY</p>		<p>P 10:30 AM Morning Exercise (AR) 1 S 10:00 AM - 2:30 PM Fundraiser For Alzheimer's L 2:00 PM Giant Crossword Puzzle (L) M 3:00 PM Happy Hour (DR) 6:30 PM Evening Movie (TH)</p>	<p>P 1:30 PM Afternoon Exercise with Rubber Bands (AR) 2 S 2:15 PM Uno Match (GR) 3:00 PM Netflix Series: The Lost Pirate Kingdom (TH) S 4:00 - 6:30 PM Candle Light Dinner (DR) 6:30 PM Evening Movie (TH)</p>	<p>L 1:30 PM Jeopardy (TH) 3 C 2:00 PM Bingo (AR) 3:00 PM Netflix Series: Fire Chasers 6:30 PM Evening Movie (TH)</p>
<p>S 9:30 AM Church Shuttle 4 S 11:00 AM Church Broadcast (TH) P 1:30 PM Afternoon Exercise (AR) L 2:15 PM Trivia Showdown (TH) C 3:00 PM Bingo (AR) 6:30 PM Evening Movie (TH)</p>	<p>P 9:30 AM Podiatrist (S) 5 O 1:30 PM Shopping Shuttle 3:00 PM Netflix Series: The Magical Andes (TH) 6:30 PM Evening Movie (TH) National Labor Day</p>	<p>S 6:30 AM Omelet's with Rudy 6 P 10:30 AM Yoga with Shelly (AR) L 11:30 AM Brain Boost Games (TH) C 2:00 PM High States Bingo (AR) L 3:00 PM Glenn on the Piano (L) 6:30 PM Evening Movie (TH)</p>	<p>S 9:30 AM Bible Study (TH) 7 P 10:30 AM Morning Exercise (AR) O 11:45 AM Lunch Outing to Old Spaghetti Factory L 3:00 PM Painting With A Twist (AR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:30 AM Morning Exercise Low Impact Cardio (AR) 8 L 11:00 AM Brain Boost Games (TH) L 2:00 PM Giant Crossword Puzzle (L) M 3:00 PM Happy Hour (DR) 6:30 PM Evening Movie (TH)</p>	<p>P 1:30 PM Afternoon Exercise with Rubber Bands (AR) 9 S 2:15 PM Rummikub Game (GR) 3:00 PM Netflix Series: The Lost Pirate Kingdom (TH) 6:30 PM Evening Movie (TH)</p>	<p>L 1:30 PM Jeopardy (TH) 10 C 2:00 PM Bingo (AR) 3:00 PM Netflix Series: Fire Chasers 6:30 PM Evening Movie (TH)</p>
<p>S 9:30 AM Church Shuttle 11 S 11:00 AM Church Broadcast (TH) S 1:15 PM Sunday Football LA Chargers vs Raider's (TH) P 1:30 PM Afternoon Exercise (AR) L 2:15 PM Trivia Showdown (CY) C 3:00 PM Bingo (AR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:00 AM Walking Club to Libby Lake Park 12 O 1:30 PM Shopping Shuttle L 2:30 PM Jeopardy (TH) S 3:00 PM Kings Corner (GR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:30 AM Morning Exercise Stand & Be Fit (AR) 13 L 11:00 AM Brain Boost Games L 12:00 PM Animal Therapy With Angie (CY) C 2:00 PM Bingo (AR) L 3:00 PM Tech Tuesday (TH) 6:30 PM Evening Movie (TH)</p>	<p>S 9:30 AM Bible Study (TH) 14 P 10:30 AM Morning Exercise (AR) L 1:30 PM Trivia Showdown (CY) S 3:00 PM Welcome Social Meet The New Residents (GR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:30 AM Morning Exercise Low Impact Cardio (AR) 15 L 11:00 AM Brain Boost Games (TH) L 2:00 PM Giant Crossword Puzzle (L) M 3:00 PM Happy Hour (DR) 6:30 PM Evening Movie (TH)</p>	<p>S 1:00 PM Meet With Chef Rudy (AR) 16 P 2:15 PM Afternoon Exercise (AR) 3:00 PM Netflix Series: The Lost Pirate Kingdom (TH) 6:30 PM Evening Movie (TH)</p>	<p>L 1:30 PM Jeopardy (TH) 17 C 2:00 PM Bingo (AR) 3:00 PM Netflix Series: Fire Chasers 6:30 PM Evening Movie (TH)</p>
<p>S 9:30 AM Church Shuttle 18 S 11:00 AM Church Broadcast (TH) P 1:30 PM Afternoon Exercise (AR) M 2:15 PM Music Appreciation (TH) C 3:00 PM Bingo (AR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:00 AM Walking Club Buddy Todd Park 19 O 1:30 PM Shopping Shuttle L 2:30 PM Jeopardy (TH) S 3:00 PM Uno Match (GR) S 3:00 PM Book Club (LIB) 6:30 PM Evening Movie (TH)</p>	<p>S 9:30 AM Veteran Café (TH) 20 P 10:30 AM Yoga with Shelly (AR) L 1:00 PM VR Tour With Jeremy (TH) C 2:00 PM Bingo (AR) L 3:00 PM Jewelry designs (TH) 6:30 PM Evening Movie (TH)</p>	<p>S 9:30 AM Bible Study (TH) 21 P 10:30 AM Morning Exercise (AR) O 11:45 AM Lunch Outing to Prohibition Brewing Company S 2:30 PM Ice Cream Social (AR) S 3:30 PM Game Corner (GR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:30 AM Morning Exercise 22 L 11:00 AM Brain Boost Games (TH) L 2:00 PM Giant Crossword Puzzle (L) M 3:00 PM Happy Hour (DR) 6:30 PM Evening Movie (TH) First Day Of Fall</p>	<p>P 1:30 PM Afternoon Exercise with Rubber Bands (AR) 23 S 2:15 PM Uno Match (GR) 3:00 PM Netflix Series: The Lost Pirate Kingdom (TH) 6:30 PM Evening Movie (TH)</p>	<p>L 1:30 PM Jeopardy (TH) 24 C 2:00 PM Bingo (AR) 3:00 PM Netflix Series: Fire Chasers 6:30 PM Evening Movie (TH)</p>
<p>S 9:30 AM Church Shuttle 25 S 11:00 AM Church Broadcast (TH) S 1:00 PM Sunday Football LA Chargers Vs Jacksonville (TH) C 3:00 PM Bingo (AR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:00 AM Walking Club Buchanan Park 26 O 1:30 PM Shopping Shuttle L 2:30 PM Jeopardy (TH) S 3:00 PM Black Jack (GR) 6:30 PM Evening Movie (TH)</p>	<p>P 10:30 AM Morning Exercise Stand & Be Fit (AR) 27 L 11:00 AM Brain Boost Games (TH) C 2:00 PM Bingo (AR) L 3:15 PM Crafting Fall Wreath's (AR) 6:30 PM Evening Movie (TH)</p>	<p>S 9:30 AM Bible Study (AR) 28 P 10:30 AM Morning Exercise (AR) S 1:30 PM Movie Matinee Cleopatra (TH) 6:30 PM Evening Movie (TH)</p>	<p>S 10:00 AM Coffee Klatch (LIB) 29 L 11:30 AM Brain Boost Games (TH) P 1:15 PM Afternoon Exercise L 2:00 PM Giant Crossword Puzzle (L) M 3:00 PM Happy Hour (DR) 6:30 PM Evening Movie (TH)</p>	<p>P 1:30 PM Afternoon Exercise with Rubber Bands (AR) 30 S 2:15 PM Rummikub (GR) 3:00 PM Netflix Series: The Lost Pirate Kingdom (TH) 6:30 PM Evening Movie (TH)</p>	

SEPTEMBER 2022

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(760) 573-8600
Legacies™ Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>P 9:30 AM Morning Meditation 1 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games R 11:00 AM Reminiscing With Friends L 1:30 PM Price Is Right M 3:00 PM Happy Hour Positivity Day</p>	<p>P 9:30 AM Morning Exercise 2 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Travel to Europe C 3:00 PM Bingo National VJ day</p>	<p>P 9:30 AM Pool Noodle 3 Exercise L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Movie Matinee: U.S. Bowling League</p>
<p>P 9:30 AM Wake up and Warm up 4 L 10:30 AM Daily Chronicle S 11:00 AM Jig Saw Puzzles with friends C 1:30 PM Game Corner 3:00 PM Bingo National Wildlife Day</p>	<p>O 10:00 Walking Club 5 P 10:30 AM Podiatrist L 10:30 AM Daily Chronicle L 11:00 AM Detective Puzzles M 1:30 PM Music Therapy With Meriani C 3:00 PM Bingo National Labor Day</p>	<p>P 9:30 AM Yoga with Shelly 6 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost games 11:00 AM Inspiration Stories M 1:30 PM Sing A Long with Adriana P 2:30 PM Bean Bag Toss National Read a Book Day</p>	<p>O 9:00 AM Scenic Ride 7 L 10:30 AM Daily Chronicle L 11:00 AM Fun Facts L 1:30 PM Arts and Crafts Canvas Painting C 3:30 PM Bingo National Grandma Moses Day</p>	<p>P 9:30 AM Morning Meditation 8 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games R 11:00 AM Reminiscing With Friends M 1:30 PM Name That Tune M 3:00 PM Happy Hour National Pediatric Nurses Day</p>	<p>P 9:30 AM Garden Club 9 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Travel to Spain C 3:00 PM Bingo National Teddy Bear Day</p>	<p>P 9:30 AM Pool Noodle 10 Exercise L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Movie Matinee: National Swap Ideas Day</p>
<p>P 9:30 AM Wake up and Warm up 11 L 10:30 AM Daily Chronicle L 11:00 AM Word Puzzles S 1:30 PM Game Corner C 3:00 PM Bingo Grand Parents Day</p>	<p>O 10:00 AM Walking Club 12 L 10:30 AM Daily Chronicle L 11:00 AM Detective Puzzles L 1:30 PM Trivia M 2:30 PM Music Spotlight 1920's C 3:00 PM Bingo National Chocolate Milkshake Day</p>	<p>P 9:30 AM Move to the Music 13 L 10:15 AM Daily Chronicle L 10:45 AM Brain Boost Games L 11:00 AM Animal Therapy With Angie S 1:30 PM Game Corner Jenga P 3:00 PM Chair Basketball National Peanut Day</p>	<p>O 9:00 AM Scenic Ride 14 L 10:30 AM Daily Chronicle L 11:00 AM Fun Facts O 1:30 PM Outing to Oceanside Heritage park Village Museum National Live Creative Day</p>	<p>P 9:30 AM Morning Meditation 15 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games R 11:00 AM Reminiscing With Friends M 1:30 PM Karaoke M 3:00 PM Happy Hour National Green Peace Day</p>	<p>P 9:30 AM Morning Exercise 16 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Travel To New York C 3:00 PM Bingo Mayflower Day</p>	<p>P 9:30 AM Pool Noodle 17 Exercise L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Movie Matinee: National Dance Day</p>
<p>P 9:30 AM Wake up and Warm up 18 L 10:30 AM Daily Chronicle S 11:00 AM Jig Saw Puzzles with friends S 1:30 PM Game Corner C 3:00 PM Bingo Air Force Birthday</p>	<p>O 10:00 AM Walking Club 19 L 10:30 AM Daily Chronicle L 11:00 AM Detective Puzzles M 1:30 PM Music Therapy With Meriani C 3:00 PM Bingo National Butterscotch Pudding Day</p>	<p>P 9:30 AM Yoga with Shelly 20 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost games L 11:00 AM Fun Facts S 2:00 PM Ice Cream Social M 3:00 PM Music Appreciation Record Player National Voter Registration Day</p>	<p>O 9:00 AM Scenic Ride 21 L 10:30 AM Daily Chronicle L 11:00 AM Fun Facts L 1:30 PM Arts and Crafts Fall Wreaths M 3:00 PM Birthday Celebration With Al and His keyboard National New York Day</p>	<p>P 9:30 AM Morning Meditation 22 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games R 11:00 AM Reminiscing With Friends L 1:30 PM Price is Right M 3:00 PM Happy Hour First Day Of Fall</p>	<p>P 9:30 AM Garden Club 23 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Travel To Florida C 3:00 PM Bingo National Brave Day</p>	<p>P 9:30 AM Pool Noodle 24 Exercise L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Movie Matinee: National Cherries Jubilee Day</p>
<p>P 9:30 AM Wake up and Warm up 25 L 10:30 AM Daily Chronicle L 11:00 AM Word Puzzles S 1:30 PM Game Corner C 3:00 PM Bingo National's Daughter Day</p>	<p>O 10:00 AM Walking Club 26 L 10:30 AM Daily Chronicle L 11:00 AM Detective Puzzles L 1:30 PM Trivia C 3:00 PM Bingo National Johnny Appleseed Day</p>	<p>P 9:30 AM Move to the Music 27 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost games L 11:00 AM Fun Facts M 1:30 PM Sing A Long with Adriana P 3:00 PM Bean Bag Toss National Day of Forgiveness</p>	<p>O 9:00 AM Scenic Ride 28 L 10:30 AM Daily Chronicle L 11:00 AM Fun Facts O 11:45 AM Picnic Lunch Outing L 2:00 PM Arts and Crafts C 3:30 PM Bingo National Good Neighbor Day</p>	<p>P 9:30 AM Coffee Klatch 29 L 10:30 AM Brain Boost Games L 11:00 AM Reminiscing With Friends R 1:30 PM Name That Tune L 3:00 PM Happy Hour M National Coffee Day</p>	<p>P 9:30 AM Garden Club 30 L 10:00 AM Daily Chronicle L 10:30 AM Brain Boost Games L 11:00 AM Fun Facts 1:30 PM Travel To Yellow Stone C 3:00 PM Bingo National Orange Shirt Day</p>	