

September 2022

PACIFICA SENIOR LIVING SOUTH COAST

(949) 515-0121

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>C 9:30 Morning Announcement 1 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Heads Up S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 2 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Uno Game S 3:00 Bingo</p>	<p>C 9:30 Morning Announcement 3 P 10:00 Stretch & Flex S 10:30 Hydration L 1:00 Baking With Friends S 3:00 Movie & Popcorn</p>
<p>C 9:30 Morning Announcement 4 S 10:00 Sunday Worship S 1:00 Small Group Scrabble M 2:30 Entertainment S 4:00 Afternoon Movie</p>	<p>C 9:30 Morning Announcement 5 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Gardening S 3:00 Bingo</p>	<p>C 9:30 Morning Announcement 6 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Puzzles S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 7 P 10:00 Morning Exercise S 10:30 Hydration C 1:00 Small Reading Group S 3:00 Root beer Float & Movie</p>	<p>C 9:30 Morning Announcement 8 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Heads Up S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 9 P 10:00 Stretch & Flex S 10:30 Pet Therapy S 1:00 Small Group Uno Game S 3:00 Bingo</p>	<p>C 9:30 Morning Announcement 10 P 10:00 Stretch & Flex S 10:30 Hydration L 1:00 Baking With Friends S 3:00 Movie & Popcorn</p>
<p>C 9:30 Morning Announcement 11 S 10:00 Sunday Worship S 1:00 Small Group Scrabble O 3:00 Evening Stroll S 4:00 Afternoon Movie</p>	<p>C 9:30 Morning Announcement 12 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Gardening S 3:00 Bing</p>	<p>C 9:30 Morning Announcement 13 P 10:00 Stretch & Flex S 10:30 Hydration R 12:30 Tea with Stacie S 1:00 Small Group Puzzles S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 14 P 10:00 Morning Exercise S 10:30 Hydration C 1:00 Small Reading Group S 3:00 Root beer Float & Movie</p>	<p>C 9:30 Morning Announcement 15 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Heads Up S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 16 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Uno Game S 3:00 Bingo</p>	<p>C 9:30 Morning Announcement 17 P 10:00 Stretch & Flex S 10:30 Hydration M 1:00 Baking With Friends S 2:30 Entertainment</p>
<p>C 9:30 Morning Announcement 18 S 10:00 Sunday Worship S 1:00 Small Group Scrabble O 3:00 Evening Stroll S 4:00 Afternoon Movie</p>	<p>C 9:30 Morning Announcement 19 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Gardening S 3:00 Bingo</p>	<p>C 9:30 Morning Announcement 20 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Puzzles S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 21 P 10:00 Morning Exercise S 10:30 Hydration C 1:00 Small Reading Group S 3:00 Root beer Float & Movie</p>	<p>C 9:30 Morning Announcement 22 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Heads Up S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 23 P 10:00 Stretch & Flex S 10:30 Pet Therapy S 1:00 Small Group Uno Game S 3:00 Bingo</p>	<p>C 9:30 Morning Announcement 24 P 10:00 Stretch & Flex S 10:30 Hydration L 1:00 Baking With Friends S 3:00 Movie & Popcorn</p>
<p>C 9:30 Morning Announcement 25 S 10:00 Sunday Worship S 1:00 Small Group Scrabble O 3:00 Evening Stroll S 4:00 Afternoon Movie</p>	<p>C 9:30 Morning Announcement 26 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Gardening S 3:00 Bingo</p>	<p>C 9:30 Morning Announcement 27 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Puzzles S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 28 P 10:00 Morning Exercise S 10:30 Hydration C 1:00 Small Reading Group S 3:00 Root beer Float & Movie</p>	<p>C 9:30 Morning Announcement 29 P 10:00 Stretch & Flex S 10:30 Hydration S 1:00 Small Group Heads Up S 3:00 Happy Hour</p>	<p>C 9:30 Morning Announcement 30 P 10:00 Stretch & Flex S 10:30 Pet Therapy S 1:00 Small Group Uno Game S 3:00 Bingo</p>	

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Legacies™ Memory Care

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<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 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 1:30 Craft S 2:30 snacks P 3:30 Bowling M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 2:30 snack S 3:30 Movie & Popcorn M 5:00 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 2:30 Snack S 3:30 outdoor Hoops M 5:00 Music Therapy</p>
<p>P 9:30 Primp & Prime S 10:30 Sunday Worship O 11:00 Morning Stroll S 11:30 Hydration M 2:30 Entertainment S 5:00 Full House Series</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 1:30 Craft S 2:30 snacks L 3:30 Puzzle's M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 1:30 Craft S 2:30 snacks P 3:30 Beach Ball Toss M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Exercise S 11:00 Hydration S 1:30 Craft L 2:00 Gardening S 2:30 Snacks M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 1:30 Craft S 2:30 snacks P 3:30 Bowling M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper S 10:30 Pet Therapy S 11:00 Hydration S 2:30 snack S 3:30 Movie & Popcorn M 5:00 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 2:30 Snack S 3:30 outdoor Hoops M 5:00 Music Therapy</p>
<p>P 9:30 Primp & Prime S 10:30 Sunday Worship O 11:00 Morning Stroll S 11:30 Hydration S 2:30 Snack C 3:30 Water Color Paint S 5:00 Full House Series</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 1:30 Craft S 2:30 snacks L 3:30 Puzzle's M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 1:30 Craft S 2:30 snacks P 3:30 Beach Ball Toss M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Exercise S 11:00 Hydration S 1:30 Craft L 2:00 Gardening S 2:30 Snacks M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 1:30 Craft S 2:30 snacks P 3:30 Bowling M 5:30 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 2:30 snack S 3:30 Movie & Popcorn M 5:00 Music Therapy</p>	<p>P 9:30 Primp & Pamper O 10:30 Morning Stroll S 11:00 Hydration S 3:00 Entertainment M 5:00 Music Therapy</p>
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