


# September 2022

## PACIFICA SENIOR LIVING PALM SPRINGS


(760) 322-3444  
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Location Key-</b> <b>Aspen- A</b> <b>Birch- B</b> <b>Cedar- C</b> <b>Dogwood- D</b> <b>Elm- E</b> <b>Fir- F</b> <b>Outing- OT</b>	<b>P</b> Physical Wellness/Fitness <b>S</b> Social/Spiritual Engagements <b>C</b> Cognitive Visual & Language Skills <b>M</b> Music <b>L</b> Life Enrichment Skills <b>O</b> Outdoor Activities <b>R</b> Reminiscing		<b>1</b> <b>P</b> 10:00 AM Community Exercise <b>O</b> 1:00 PM Noodle Tennis <b>M</b> 2:00 PM Happy Hour <b>O</b> 3:30 PM Game of Corn-hole	<b>2</b> <b>S</b> 9:30 AM Coffee and Donuts <b>P</b> 10:30 AM Balloon Volleyball - CC <b>M</b> 1:00 PM Sing w/ Selene <b>C</b> 2:00 PM Community B.I.N.G.O. (In Cedar Cottage) <b>L</b> 3:30 PM Painting -CC	<b>3</b> <b>P</b> 10:00 AM Community Exercise <b>C</b> 2:00 PM Arts and Crafts - CC <b>L</b> 4:00 PM One On One Visit
<b>4</b> <b>P</b> 10:00 AM Community Exercise <b>C</b> 2:00 PM Community Bingo- CC <b>L</b> 3:30 PM Read a book in Aspen	<b>5</b> <b>L</b> 9:30AM Pet therapy <b>O</b> 10:30 AM Celebrity Home Tour <b>P</b> 11:00 AM Community Exercise <b>C</b> 1:00 PM Wellness w/ Robert ED <b>S</b> 2:00 PM Labor Day Social <b>R</b> 4:00 PM Residents Stories	<b>6</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 1:00 PM Banana Split Social - CC <b>C</b> 2:00 PM BINGO - CC <b>C</b> 3:30 PM Connect Four- CC <b>L</b> 4:00 PM Tech Tuesday	<b>7</b> <b>O</b> 9:30 AM Neighborhood Stroll <b>P</b> 10:30 AM Balloon Volleyball - CC <b>R</b> 1:00 PM Reminiscing game <b>C</b> 2:00 PM Community B.I.N.G.O. (In Cedar Cottage) <b>L</b> 4:00 PM One On One Visit	<b>8</b> <b>P</b> 10:00 AM Community Exercise <b>O</b> 1:00 PM Noodle Tennis <b>M</b> 2:00 PM Happy Hour <b>O</b> 3:30 PM Game of Horseshoes	<b>9</b> <b>O</b> 9:30 AM Morning Stroll <b>P</b> 10:30 AM Balloon Volleyball - CC <b>O</b> 12:45 PM Dollar Tree - OT <b>C</b> 2:00 PM Community B.I.N.G.O. (In Aspen Cottage) 2:00 PM Employee Meeting <b>L</b> 3:30 PM Painting -CC	<b>10</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 2:00 PM Movie Matinee <b>L</b> 4:00 PM One On One Visit
<b>11</b> <b>P</b> 10:00 AM Community Exercise <b>C</b> 2:00 PM Community Bingo- CC <b>S</b> 3:00 PM Patriot Day Social	<b>12</b> <b>L</b> 9:30AM Pet therapy <b>P</b> 11:00 AM Community Exercise <b>C</b> 1:00 PM Crafts w/ Lidia AD <b>M</b> 2:00 PM Birthday Bash - CC <b>M</b> 2:00 PM Sing Along - CC <b>R</b> 4:00 PM Residents Stories	<b>13</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 1:00 PM Root Beer Floats - CC <b>C</b> 2:00 PM BINGO -CC <b>C</b> 3:30 PM Table bowling <b>L</b> 4:00 PM Tech Tuesday	<b>14</b> <b>O</b> 9:30 AM Neighborhood Stroll <b>P</b> 10:30 AM Balloon Volleyball - CC <b>R</b> 1:00 PM Reminiscing game <b>C</b> 2:00 PM Community B.I.N.G.O. (In Aspen Cottage) <b>L</b> 4:00 PM One On One Visit	<b>15</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 10:30 AM Resident Council Meeting in (Birch) <b>O</b> 1:00 PM Noodle Tennis <b>M</b> 2:00 PM Happy Hour and Live Music w/TONY <b>S</b> 3:30 PM Table bowling	<b>16</b> <b>S</b> 9:30 AM Coffee and Donuts <b>P</b> 10:30 AM Balloon Volleyball - CC <b>O</b> 12:45 PM Casino- OT 1:00 PM Chef Chat - CC <b>C</b> 2:00 PM Community B.I.N.G.O. (In Birch Cottage) <b>L</b> 3:30 PM Painting -CC	<b>17</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 2:00 PM Movie Matinee <b>L</b> 4:00 PM One On One Visit
<b>18</b> <b>P</b> 10:00 AM Community Exercise <b>C</b> 2:00 PM Community Bingo- CC <b>L</b> 3:30 PM Play a Game in Cedar	<b>19</b> <b>L</b> 9:30AM Pet therapy <b>P</b> 11:00 AM Community Exercise <b>L</b> 1:00 PM Gardening W/ Brandon MD <b>O</b> 2:00 PM Game Time w/Lidia - CC <b>R</b> 4:00 PM Residents Stories	<b>20</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 1:00 PM Lemonade Social - CC <b>C</b> 2:00 PM BINGO - CC <b>O</b> 3:30 PM Putt- Putt Golf <b>L</b> 4:00 PM Tech Tuesday	<b>21</b> <b>O</b> 9:30 AM Neighborhood Stroll <b>P</b> 10:30 AM Balloon Volleyball - CC <b>R</b> 1:00 PM Reminiscing game <b>C</b> 2:00 PM Community B.I.N.G.O. (In Birch Cottage) <b>L</b> 4:00 PM One On One Visit	<b>22</b> <b>P</b> 10:00 AM Community Exercise <b>O</b> 1:00 PM Noodle Tennis <b>M</b> 2:00 PM Happy Hour <b>S</b> 3:30 PM Game of Shuffleboard	<b>23</b> <b>O</b> 9:30 AM Morning Stroll <b>P</b> 10:30 AM Balloon Volleyball - CC <b>O</b> 12:45 PM Big Lots - OT <b>C</b> 2:00 PM Community BINGO (IN Cedar Cottage) <b>L</b> 3:30 PM Painting -CC	<b>24</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 2:00 PM Movie Matinee <b>L</b> 4:00 PM One On One Visit
<b>25</b> <b>P</b> 10:00 AM Community Exercise <b>C</b> 2:00 PM Community Bingo- CC <b>L</b> 3:30 PM Read a Book in Aspen	<b>26</b> <b>L</b> 9:30AM Pet therapy <b>P</b> 10:30 AM Community Exercise <b>O</b> 11:00 AM Library Visit <b>M</b> 1:00 PM Cocktails W/Melissa RSD <b>M</b> 2:00 PM Sing Along - CC <b>R</b> 4:00 PM Residents stories	<b>27</b> <b>P</b> 10:00 AM Community Exercise <b>S</b> 1:00 PM Ice Cream Sundaes- CC <b>C</b> 2:00 PM BINGO - CC <b>O</b> 3:30 PM Whirl Ball <b>L</b> 4:00 PM Tech Tuesday	<b>28</b> <b>O</b> 9:30 AM Neighborhood Stroll <b>P</b> 10:30 AM Balloon Volleyball - CC <b>R</b> 1:00 PM Reminiscing game <b>C</b> 2:00 PM Community B.I.N.G.O. (In Cedar Cottage) <b>L</b> 4:00 PM One On One Visit	<b>29</b> <b>P</b> 10:00 AM Community Exercise <b>O</b> 1:00 PM Noodle Tennis <b>M</b> 2:00 PM Happy Hour <b>O</b> 3:30 PM Game of Corn-hole	<b>30</b> <b>O</b> 9:30 AM Morning Stroll <b>P</b> 10:30 AM Balloon Volleyball - CC <b>O</b> 12:45 PM Target - OT <b>C</b> 2:00 PM Community B.I.N.G.O. (In Aspen Cottage) <b>L</b> 3:30 PM Painting -CC	

# September 2022

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Legacies™ Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Location Key-</b> <b>Aspen- A</b> <b>Birch- B</b> <b>Cedar- C</b> <b>Dogwood- D</b> <b>Elm- E</b> <b>Fir- F</b> <b>Outing- OT</b>	<b>P</b> Physical Wellness/Fitness <b>S</b> Social/Spiritual Engagements <b>C</b> Cognitive Visual & Language Skills <b>M</b> Music <b>L</b> Life Enrichment Skills <b>O</b> Outdoor Activities <b>R</b> Reminiscing		<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Beach Ball Toss <b>M</b> 10:00 AM Musical Movie <b>S</b> 11:30 AM Lunch Social <b>M</b> 1:00 PM Happy Hour <b>C</b> 3:00 PM Game Time <b>R</b> 6:00 PM Classic Movie	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Chair Exercise <b>M</b> 10:30 AM Showtune Sing A Long <b>S</b> 11:30 AM Lunch Time Social <b>O</b> 1:00 PM Afternoon Stroll <b>S</b> 1:30 PM Hydrate <b>S</b> 4:30 PM Dinner Social Hour <b>M</b> 6:00 PM Ice Cream & Music	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Bean Bag Toss <b>L</b> 10:30 AM Homemaking <b>S</b> 11:30 AM Lunch Social <b>C</b> 1:00 PM Crafts <b>O</b> 3:00 PM Ice Tea Gathering <b>S</b> 4:30 PM Dinner Social Hour <b>M</b> 6:00 PM Sing A Long
<b>S</b> 7:30 AM Breakfast Social <b>M</b> 9:30 AM Music Meditation <b>S</b> 10:30 AM Youtube Religious <b>S</b> 11:30 AM Lunch Social <b>C</b> 1:00 PM Puzzles <b>P</b> 3:00 PM Game Time <b>S</b> 4:30 PM Dinner Social <b>M</b> 6:00 PM Soothing Sounds	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Chair Exercise <b>M</b> 10:30 AM 60's Music <b>S</b> 11:30 AM Lunch Social <b>P</b> 1:00 PM Balloon Toss <b>L</b> 3:00 PM Art Project <b>S</b> 4:30 PM Dinner Social <b>S</b> 6:00 PM Movie Time	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Walking Club <b>C</b> 10:30 AM Reading Hour <b>S</b> 11:30 AM Lunch Social <b>M</b> 1:00 AM Dancing to Music <b>C</b> 3:00 PM Matching Game <b>S</b> 4:30 PM Dinner Social Hour <b>R</b> 6:00 PM Tea & Reminiscing	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Reach and Stretch <b>L</b> 10:30 AM Aromatherapy/Massage <b>S</b> 11:30 AM Lunch Social <b>S</b> 1:00 PM Movie Time <b>S</b> 4:30 PM Dinner Social Hour <b>L</b> 6:00 PM Resident's Choice	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Beach Ball Toss <b>M</b> 10:00 AM Musical Movie <b>S</b> 11:30 AM Lunch Social <b>M</b> 1:00 PM Happy Hour <b>C</b> 3:00 PM Game Time <b>R</b> 6:00 PM Classic Movie	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Chair Exercise <b>M</b> 10:30 AM Showtune Sing A Long <b>S</b> 11:30 AM Lunch Time Social <b>O</b> 1:00 PM Afternoon Stroll <b>S</b> 1:30 PM Hydrate <b>S</b> 4:30 PM Dinner Social Hour <b>M</b> 6:00 PM Ice Cream & Music	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Bean Bag Toss <b>L</b> 10:30 AM Gardening <b>S</b> 11:30 AM Lunch Social <b>C</b> 1:00 PM Crafts <b>O</b> 3:00 PM Ice Tea Gathering <b>S</b> 4:30 PM Dinner Social Hour <b>M</b> 6:00 PM Sing A Long
<b>S</b> 7:30 AM Breakfast Social <b>M</b> 9:30 AM Music Meditation <b>S</b> 10:30 AM Youtube Religious <b>S</b> 11:30 AM Lunch Social <b>C</b> 1:00 PM Puzzles <b>P</b> 3:00 PM Game Time <b>S</b> 4:30 PM Dinner Social <b>M</b> 6:00 PM Soothing Sounds	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Chair Exercise <b>M</b> 10:30 AM 60's Music <b>S</b> 11:30 AM Lunch Social <b>P</b> 1:00 PM Balloon Toss <b>L</b> 3:00 PM Art Project <b>S</b> 4:30 PM Dinner Social <b>S</b> 6:00 PM Movie Time	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Walking Club <b>C</b> 10:30 AM Reading Hour <b>S</b> 11:30 AM Lunch Social <b>M</b> 1:00 AM Dancing to Music <b>C</b> 3:00 PM Matching Game <b>S</b> 4:30 PM Dinner Social Hour <b>R</b> 6:00 PM Tea & Reminiscing	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Reach and Stretch <b>L</b> 10:30 AM Aromatherapy/Massage <b>S</b> 11:30 AM Lunch Social <b>S</b> 1:00 PM Movie Time <b>S</b> 4:30 PM Dinner Social Hour <b>L</b> 6:00 PM Resident's Choice	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Beach Ball Toss <b>M</b> 10:00 AM Musical Movie <b>S</b> 11:30 AM Lunch Social <b>M</b> 1:00 PM Happy Hour <b>C</b> 3:00 PM Game Time <b>R</b> 6:00 PM Classic Movie	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Chair Exercise <b>M</b> 10:30 AM Showtune Sing A Long <b>S</b> 11:30 AM Lunch Time Social <b>O</b> 1:00 PM Afternoon Stroll <b>S</b> 1:30 PM Hydrate <b>S</b> 4:30 PM Dinner Social Hour <b>M</b> 6:00 PM Ice Cream & Music	<b>S</b> 7:30 AM Breakfast Social <b>P</b> 9:30 AM Bean Bag Toss <b>L</b> 10:30 AM Money Counting <b>S</b> 11:30 AM Lunch Social <b>C</b> 1:00 PM Crafts <b>O</b> 3:00 PM Ice Tea Gathering <b>S</b> 4:30 PM Dinner Social Hour <b>M</b> 6:00 PM Sing A Long
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