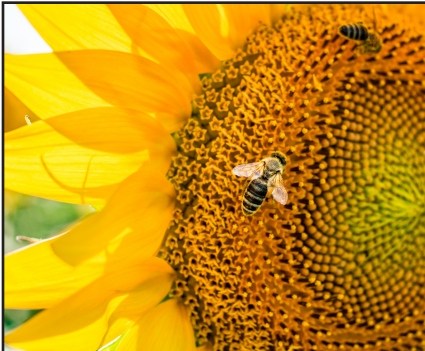


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NATIONAL ASSISTED LIVING WEEK® SEPTEMBER 13-19, 2026	1 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Devotional by Son Rise Church 1:00 D Root Beer Floats 2:00 AO Online Shopping Assistance 3:00 A BINGO! 6:00 A Evening Movie	2 9:00 A Yoga Class with Arida 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Birthday Card Making! 1:30 L Love on a Leash - Therapy Dogs Visit 3:00 A Armchair Travels - Destination; Montreal, Canada 6:00 A Evening Movie	3 9:00 A Weightlifting Class with Jose 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Morning Chronicles 1:00 D Ice Cream Sundaes 2:00 RA Technology Assistance 3:00 A BINGO! 6:00 A Evening Movie	4 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 10:45 O Fallbrook Shopping Trips: Albertsons & CVS 1:30 CS Country Store Shopping 3:30 D Happy Hour with Phil L. ♪ 6:00 A Evening Movie	5 9:30 A Sit & Be Fit Exercise Class with Maritza 10:00 L Outdoor Walk 11:00 LB Puzzle Pickup 1:00 O Memory Care Scenic Drives 1:30 LB Self-Guided Wii Bowling 3:00 A BINGO! 6:00 A Evening Movie
6 9:30 A Sit & Be Fit Exercise Class 10:00 L Outdoor Walk 10:30 RA Catholic Communion - Room Visits 1:30 A Favorite Old Hymns Sing-Along 3:00 L Board Game: Rummikub 6:00 A Evening Movie	7 Labor Day 9:15 A Chair Tai Chi with Pat 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Resident Council Meeting 1:00 O Shopping Outing - Walmart - Temecula 3:30 A Game: Bean Bag Tossing 6:00 A Evening Movie	8 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Devotional by Son Rise Church 1:00 D Root Beer Floats 2:00 AO Online Shopping Assistance 3:00 A BINGO! 6:00 A Evening Movie	9 9:00 A Yoga Class with Arida 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 O Lunch Outing - Rainbow Oaks - Rainbow 1:00 LB Puzzle Pickup 3:00 A Spanish 101 with Jose 6:00 A Evening Movie	10 9:00 A Weightlifting Class With Jose 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Morning Chronicles 1:00 D Ice Cream Sundaes 2:00 RA Technology Assistance 3:00 A Pottery Class with Celeste & Friends 6:00 A Evening Movie	11 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 10:45 O Fallbrook Shopping Trips: Albertsons & CVS 1:30 CS Country Store Shopping 3:30 D Happy Hour with Byrne & Harriet N. ♪ 6:00 A Evening Movie	12 9:30 A Sit & Be Fit Exercise Class with Maritza 10:00 L Outdoor Walk 11:00 LB Puzzle Pickup 1:00 O Memory Care Scenic Drives 1:30 LB Self-Guided Wii Bowling 3:00 A BINGO! 6:00 A Evening Movie
13 Crazy Socks Day! 9:30 A Sit & Be Fit Exercise Class 10:00 L Outdoor Walk 10:30 RA Catholic Communion - Room Visits 1:30 A Favorite Old Hymns Sing-Along 3:00 L Board Game: Rummikub 6:00 A Evening Movie	14 Western Day! 9:15 A Chair Tai Chi with Pat 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 10:45 O Shopping Trips: Dollar Tree & Grocery Outlet 1:00 A Game: Horse Racing 3:00 A Game: Horseshoe Toss 6:00 A Evening Movie	15 Twin Day! 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Devotional by Son Rise Church 1:00 D Root Beer Floats 2:00 A Twins Photo Challenge! 3:00 A BINGO! 6:00 A Evening Movie	16 Patriotic Day! 9:00 A Yoga Class with Arida 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 O Lunch Outing: Aquaterra at pala Mesa Resort 1:30 L Ice cream Truck! 3:30 D Bowling! 6:00 A Evening Movie	17 Sports Day! 9:00 A Weightlifting Class With Jose 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Basketball Shootout 1:00 D Ice Cream Sundaes 2:00 RA Technology Assistance 3:00 L Soccer Match! 6:00 A Evening Movie	18 1950s Day! 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 10:45 O Fallbrook Shopping Trips: Albertsons & CVS 1:30 CS Country Store Shopping 3:30 D Happy Hour with Kai the Oldies Guy. ♪ 6:00 A Evening Movie	19 Crazy Hat Day! 9:30 A Sit & Be Fit Exercise Class with Maritza 10:00 L Outdoor Walk 11:00 LB Puzzle Pickup 1:00 O Memory Care Scenic Drives 1:30 LB Self-Guided Wii Bowling 3:00 A SURPRISE BINGO! 6:00 A Evening Movie
20 9:30 A Sit & Be Fit Exercise Class 10:00 L Outdoor Walk 10:30 RA Catholic Communion - Room Visits 1:30 A Favorite Old Hymns Sing-Along 3:00 L Board Game: Rummikub 6:00 A Evening Movie	21 9:15 A Chair Tai Chi with Pat 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Food Committee Meeting 1:00 O Shopping Outing - Trader Joe's - Temecula 3:30 A Game: Blackjack 6:00 A Book Club with Daniel - Book: Theo of Golden	22 9:00 O Whale Watching 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Devotional by Son Rise Church 1:00 D Root Beer Floats 2:00 AO Online Shopping Assistance 3:00 A BINGO! 6:00 A Evening Movie	23 9:00 A Yoga Class with Arida 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 O Lunch Outing: The Mexico Cafe - Temecula 1:00 A Puzzle Pickup 3:00 A Game: Blackjack 6:00 A Evening Movie	24 9:00 A Weightlifting Class With Jose 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Morning Chronicles 1:00 D Ice Cream Sundaes 2:00 RA Technology Assistance 3:00 A Pottery Class with Celeste & Friends 6:00 A Evening Movie	25 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 10:45 O Fallbrook Shopping Trips: Albertsons & CVS 12:15 PD Monthly Birthday Lunch 1:30 CS Country Store Shopping 3:30 D Happy Hour with Ron E. ♪ 6:00 A Evening Movie	26 9:30 A Sit & Be Fit Exercise Class with Maritza 10:00 L Outdoor Walk 11:00 LB Puzzle Pickup 1:00 O Memory Care Scenic Drives 1:30 LB Self-Guided Wii Bowling 3:00 A BINGO! 6:00 A Evening Movie
27 9:30 A Sit & Be Fit Exercise Class 10:00 L Outdoor Walk 10:30 RA Catholic Communion - Room Visits 1:30 A Favorite Old Hymns Sing-Along 3:00 L Board Game: Rummikub 6:00 A Evening Movie	28 9:15 A Chair Tai Chi with Pat 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 10:45 O Shopping Trip: Major Market 1:00 A Bright Minds Coloring Hour 3:30 A Craft Club - Scarecrow Final Touches 6:00 A Evening Movie	29 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 A Devotional by Son Rise Church 1:00 D Root Beer Floats 2:00 AO Online Shopping Assistance 3:00 O Scarecrow Days Workshop - Fallbrook 6:00 A Evening Movie	30 9:00 A Yoga Class with Arida 10:00 A Sit & Be Fit Exercise Class 10:30 L Outdoor Walk 11:00 O Men's Power Hour with Jimmy 1:00 A Weekly Puzzle! 2:30 A Paint and Sip Halloween Edition 6:00 A Evening Movie		Happy Birthday! 5th - Gary V. 8th - Cheryl V. 11th- Greg S. 14th - Kathy L. 14th - Julie T. 19th - Helen C.	