

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MARCH 2024



10:00 Sittercise Sunday  
 10:45 Finish The Phrase  
 1:00 Episcopal Service  
 1:30 Rummikub Club  
**2:00 UCSD Brain Exercise Initiative**  
 2:00 Fresh Bake Cookie Social  
 3:30 Sunday Nail Spa  
 "Happy Birthday, Betty M"

9:45 Monday Morning Buzz  
 10:00 Bend & Stretch  
 10:45 Mind Joggers  
 1:00 Walking Club  
**2:00 Live Music w/ Russell**  
 3:30 BINGO w/ Friends!  
 6:00 Local & World News  
 7:00 Jeopardy!

9:45 Morning Chat  
 10:00 Sittercise  
 10:45 Tuesday Tickler Trivia  
 1:00 Walking & Roll  
 1:30 Bridge Club  
**2:00 Paint & Wine w/ Francina**  
 4:00 Short Stories w/ Rick  
 6:00 News & Jeopardy

9:45 The Daily Chronicle  
 10:00 Morning Warm-ups  
 10:45 Word Within A Word  
 1:00 Wednesday Walkabout  
 1:30 Mexican Train Game  
 2:00 Flower Arranging  
 3:30 Prize BINGO!  
 6:00 Local & Evening News

10:00 Sit & Be Fit  
 10:45 Thinkler Thursday  
**11:00 Community Scenic Drive: Mt. Soledad Cross**  
**1:30 Bridge Club w/ Instructor Marilyn**  
 1:00 Walk & Roll w/ Alyssa  
 2:00 Popcorn Social  
 3:00 Current Events w/ Rick

8:30 Shopping Shuttle  
 9:45 Morning Social Chat  
 10:00 Friday Fun Facts  
 10:30 Chair Yoga w/ Kelly  
 1:00 Friday Feature Film  
**3:00 Happy Hour w/ Glenn K.**  
 4:00 Rick Steve's Travel  
 6:00 Evening News w/ David Muir

9:45 Sip & Chat  
 10:00 Sit & Stretch  
 10:30 Last Letter Standing  
 1:00 Saturday Stroll  
 1:30 Catholic Service  
**2:00 Smoothie Social**  
 3:00 BINGO w/ Friends  
 4:00 KPBS Documentaries  
 6:00 Local & World News

10:00 Sittercise Sunday  
 10:45 Finish The Phrase  
 1:00 Episcopal Service  
 1:30 Rummikub Club  
 2:00 UCSD Brain Exercise Initiative  
 2:00 Fresh Bake Cookie Social  
**3:30 Sunday Nail Spa**  
Ramadan Begins  
 Daylight Saving Time Begins

9:45 Monday Morning Buzz  
 10:00 Bend & Stretch  
 10:45 Mind Joggers  
 1:00 Walking Club  
**2:00 Snack Social w/ Francina**  
 3:30 BINGO w/ Friends!  
 6:00 Local & World News

9:45 Morning Chat  
 10:00 Sittercise  
 10:45 Tuesday Tickler Trivia  
**1:00 Art Class w/ Lydia**  
 1:30 Bridge Club  
 2:30 Snackivity w/ Francina  
 4:00 Short Stories w/ Rick  
 6:00 News & Jeopardy

9:45 The Daily Chronicle  
 10:00 Morning Warm-ups  
 10:45 Word Within A Word  
 1:00 Wednesday Walkabout  
 1:30 Mexican Train Game  
 2:00 Flower Arranging  
 3:30 Prize BINGO!  
 6:00 Local & Evening News

10:00 Sit & Be Fit  
**11:30 Community Outing: Balboa Park Japanese Garden Cherry Blossom**  
 10:45 Thinkler Thursday  
 1:00 Garden Film Series  
 2:00 Popcorn Social  
 3:00 Current Events w/ Rick  
 "Happy Birthday, Mazie"

8:30 Shopping Shuttle  
 10:00 Friday Fun Facts  
 10:30 Chair Yoga w/ Kelly  
 1:00 Friday Feature Film  
**3:00 Happy Hour w/ Starlight Strings**  
 4:00 Rick Steve's Travel  
 6:00 Evening News w/ David Muir

9:45 Sip & Chat  
 10:00 Sit & Stretch  
 10:30 Last Letter Standing  
 1:00 Saturday Stroll  
 1:30 Catholic Service  
 2:00 Smoothie Social  
**3:00 BINGO w/ Friends**  
 4:00 KPBS Documentaries  
 6:00 Local & World News

10:00 Sittercise Sunday  
 10:45 Finish The Phrase  
**11:30 Special St. Patricks Day Lunch**  
 1:00 Episcopal Service  
 1:30 Rummikub Club  
 2:00 UCSD Brain Exercise Initiative  
St. Patrick's Day

9:45 Monday Morning Buzz  
 10:00 Bend & Stretch  
 10:45 Mind Joggers  
 1:00 Walking Club  
**2:30 Live Music w/ Naomi**  
 3:30 BINGO w/ Friends!  
 6:00 Local & World News  
 7:00 Jeopardy!

9:45 Morning Chat  
 10:00 Sittercise  
 10:45 Tuesday Tickler Trivia  
 1:00 Walk & Roll  
 1:30 Travelogue w/ Hernan  
 2:30 Snackivity w/ Francina  
**3:30 Resident Council**  
Spring Begins

9:45 The Daily Chronicle  
 10:00 Morning Warm-ups  
 10:45 Word Within A Word  
 1:00 Wednesday Walkabout  
 1:30 Mexican Train Game  
 2:00 Flower Arranging  
 3:30 Prize BINGO!  
 6:00 Local & Evening News

10:00 Sit & Be Fit  
 10:45 Thinkler Thursday  
**1:30 Bridge Club w/ Instructor Marilyn**  
 1:00 Walk & Roll w/ Alyssa  
**2:00 Gary The History Guy**  
 2:00 Popcorn Social  
 3:00 Current Events w/ Rick  
 7:00 Jeopardy!

8:30 Shopping Shuttle  
 10:00 Friday Fun Facts  
 10:30 Chair Yoga w/ Kelly  
**1:00 Jewish Academy Purim Celebration**  
**3:00 Monthly Birthday Happy Hour w/ Raymond!**  
 4:00 Rick Steve's Travel  
 "Happy Birthday, Ruth G"

9:45 Sip & Chat  
 10:00 Sit & Stretch  
 10:30 Last Letter Standing  
 1:00 Saturday Stroll  
 1:30 Catholic Service  
 2:00 Smoothie Social  
 3:00 BINGO w/ Friends  
 4:00 KPBS Documentaries  
**6:00 Local & World News**

10:45 Finish The Phrase  
 1:00 Episcopal Service  
 1:30 Rummikub Club  
**2:00 UCSD Brain Exercise Initiative**  
 2:00 Fresh Bake Cookie Social  
 3:30 Sunday Nail Spa  
 6:00 Evening News  
Palm Sunday

9:45 Monday Morning Buzz  
 10:00 Bend & Stretch  
 10:45 Mind Joggers  
 1:00 Walking Club  
**2:00 BINGO Bonanza w/ Francina & Friends!**  
 4:00 Relaxation Exercises  
 6:00 Local & World News

9:45 Morning Chat  
 10:00 Sittercise  
 10:45 Tuesday Tickler Trivia  
**1:00 Art Class w/ Lydia**  
 1:30 Bridge Club  
 2:30 Snackivity w/ Francina  
 4:00 Short Stories w/ Rick  
 6:00 News & Jeopardy

9:45 The Daily Chronicle  
 10:00 Morning Warm-ups  
 10:45 Word Within A Word  
 1:00 Wednesday Walkabout  
 1:30 Mexican Train Game  
 2:00 Flower Arranging  
 3:30 Prize BINGO!  
 6:00 Local & Evening News

10:00 Sit & Be Fit  
**10:30 Community Lunch Outing: Elijahs Delicatessen**  
 10:45 Thinkler Thursday  
 1:00 Garden Film Series  
 2:00 Popcorn Social  
 3:00 Current Events w/ Rick  
 4:00 Kpbs Short Film  
 7:00 Jeopardy!

8:30 Shopping Shuttle  
 9:45 Morning Social Chat  
 10:00 Friday Fun Facts  
 10:30 Chair Yoga w/ Kelly  
 1:00 Friday Feature Film  
 3:00 Happy Hour w/ TBD  
 4:00 Rick Steve's Travel  
 6:00 Evening News w/ David M

9:45 Sip & Chat  
 10:00 Sit & Stretch  
**10:30 Last Letter Standing**  
 1:00 Saturday Stroll  
 1:30 Catholic Service  
 2:00 Smoothie Social  
 3:00 BINGO w/ Friends  
 4:00 KPBS Documentaries  
 6:00 Local & World News

10:00 Sittercise Sunday  
 10:45 Finish The Phrase  
**11:30 Special Easter Luncheon**  
 1:00 Episcopal Service  
 1:30 Rummikub Club  
 2:00 UCSD Brain Exercise Initiative  
Easter Sunday