

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		New Year's Day	10:30a- ADL 3:00p- Basketball 6:00p- Sports Game	10:30a- ADL 3:00p- Walk to coffee with Jen 6:00p- Movie and Popcorn	10:30a- ADL 3:00p- Xavier's Birthday Celebration \$4:00p- Walk to Dinner	9:30a- ADL 11:00a- Make your own lunch \$6:00p- Balboa Peninsula
6	7	8	9	10	11	12
10:30a- ADL 3:00p- Spa Day w/Lisa 6:00p- Cookie Fun or Koning's House	10:30a- ADL 3:00p- Tea and Scones 6:00p- Original Mary Poppin's Movie	10:30a- ADL 3:00p- Walk with Lisa 6:00p- Downtown with Jen	10:30a- ADL 3:00p- Move to the Groove \$5:30p- Mary Poppin's Movie	10:30a- ADL 2:30p- Surfing Museum 6:00p- LOCA	\$11:00a- Lunch Out 3:00p- Obstacle Course \$5:30p- Spectrum with Jen/Alvin	\$9:00a- Farmer's Market \$11:00a- Lunch Out \$3:30p- Nails w/Rosa
13	14	15	16	17	18	19
10:30a- ADL \$11:00a- Walk to Lunch 6:00p- Bingo w/Allvssa	10:30a- ADL \$3:00p- Coffee Klutch 6:00p- Karaoke	10:30a- ADL \$4:00p- Dinner and Movie out 6:00p- Movie at Glennwood	10:30a- ADL \$3:00p- Walk and Boba Treat with Gene 6:00p- Make your own Snack	10:30a- ADL 3:00p- Make your own Pizza \$4:00p- Fun with Luis	10:30a- ADL 3:00p- Marine Mammal Center 6:00p- Stretch Class	10:30a- ADL \$2:00p- Walk to Coffee w/Rosa 4:00p-6:00p Bowling and Dinner
20	21	22	23	24	25	26
\$8:30a- Swap-meet 3:00p- Community Walk 6:00p- Dining Hall Dance Party or Koning's House	Martin Luther King Day 3:00p- Residents Choice 6:00p- Karaoke	10:30a- ADL \$3:00p- 6:00p Boomer's with Luis	10:30a- ADL 3:00p- Basketball 6:00p- Make your own Snack	10:30a- ADL 3:00p- Meditation & Fruit Parfait 6:00p- LOCA	\$11:00a- Lunch Out 2:30p- Mural Walk \$6:00p- Ice cream with Alvin	10:30a- ADL \$3:00p-6:00p Mall Outing w/Rosa and Alvin
27	28	29	30	31	1	2
10:30a- Tennis w/Lisa 3:00p- Walk with Staff 6:00p- Trivia and Prizes	10:30a- ADL \$3:45p- 6:00p Girls Night Out	3:00p- Walk with Lisa \$4:00p- Dinner and Movie out 6:00p- Movie at Glennwood	10:30a- ADL 3:00p- Make your Bento Box Lunch 6:00p- Make your own Snack	10:30a- ADL 3:00pm- Yoga \$3:45p-6:00p Guys Night Out	**All activities are subject to change	\$- Costs Money