

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Sun and Sea Manor</i></p>	9:30 Daily Chronicles 1 10:30 Wiggle It Out 11:00 Rachel Ray Show 1:00 History Matters 2:00 Color Therapy 3:00 Fruit Cup Social 4:00 Classical Music <small>All Fools' Day</small>	9:30 Daily Chronicles 2 10:30 Morning Stretches 11:00 Nail Care 1:30 Math Trivia 2:00 BINGO 3:00 PB& J sandwiches 4:00 Classic Country	9:30 Daily Chronicles 3 10:30 Let's Dance 11:00 Yoga w/ Myrna 1:30 Afternoon Stroll 2:00 Paint Therapy 3:00 Chocolate Mousse 4:00 Elvis Presley Concert	9:30 Daily Chronicles 4 10:30 Balloon Toss 11:00 Spring Time Trivia 1:30 Cake Bosses 2:00 Bodies in Motion 3:00 Donuts and Coffee 4:00 Moonlight Serenade	9:30 Daily Chronicles 5 10:30 Dancercise 11:00 Lassie 1:30 Helen Keller Trivia 2:00 Sensory Box 3:00 Ice Cream Social 4:00 Latin Music Hour 6:00 Worship w/ Fred	9:30 Daily Chronicles 6 10:30 Bible study w/ Xavier 11:00 Nail Care 1:30 I Love Lucy 2:00 Arts and Crafts 3:00 Cookies & Milk 4:00 Easy Listening
9:30 St. Charles Church 7 10:30 Wiggle it out 11:00 Sensory Box 1:30 I Love Lucy 2:00 Art r Therapy 3:00 Coffee Cake and Coffee 4:00 Etta Fitzgerald HAPPY BIRTHDAY DONNIE	9:30 Daily Chronicles 8 10:30 Chair Exercise 11:00 Basketball Trivia 1:30 Afternoon Stroll 2:00 Cooking Class (Banana Splits) 3:00 Banana Split Social 4:00 Frank Sinatra	9:30 Daily Chronicles 9 10:30 Parachute Game 11:00 Nail Care 1:30 Fathers Knows Best 2:00 Accordion w/ Diane 3:00 Fruit Smoothies 4:00 Classical Music	9:30 Daily Chronicles 10 10:30 Noodle of fun 11:00 St. Charles Church 1:30 Sensory Box 2:00 Arts and Crafts 3:00 Apple Sauce Cups 4:00 Classic Country	9:30 Daily Chronicles 11 10:30 Bunny Stretch 11:00 Pet Trivia 1:30 Rabbit History 2:00 Color a Bunny 3:00 Bunny Cookies 4:00 Elvis Presley	9:30 Daily Chronicles 12 10:30 Wiggle It Out 11:00 Nail Care 1:30 Lets Take a Stroll 2:00 Paint Therapy 3:00 Muffin Madness 4:00 Frank Sinatra 6:00 Worship w/ Fred	9:30 Daily Chronicles 13 10:30 Morning Exercise 11:00 Beauty Salon 12:00 Sun and Sea Family Easter Luncheon Entertainment by Kevin One-Man Band HAPPY BIRTHDAY JOSE
9:30 St. Charles Church 14 10:30 Senior Chair Yoga 11:00 Dolphin Trivia 1:30 Plant History 2:00 Gardening Club 3:00 Hydration Hour 4:00 Billy Holiday <small>Palm Sunday</small>	9:30 Daily Chronicles 15 10:00 Hair Salon w/ Gyna 10:30 Let's Dance 11:00 The Brady Bunch 1:30 Baseball Trivia 2:00 Steve - Piano Man 3:00 Pudding Social 4:00 Latin Music Hour HAPPY BDAY ENRIQUE	9:30 Daily Chronicles 16 10:30 Movin' and Groovin' 11:00 Nail Care 1:30 Garden Stroll 2:00 Paint Therapy 3:00 Ice Cream Social 4:00 Smooth Jazz	9:30 Daily Chronicles 17 10:30 Balloon Toss 11:00 Aroma Therapy 1:30 Gunsmoke 2:00 Egg Painting 3:00 Muffin Madness 4:00 Classic Country HAPPY BDAY HAROLD	9:30 Daily Chronicles 18 10:30 Morning Stretches 11:00 Martha Stewart 1:30 Words From A-Z 2:00 Coloring Numbers 3:00 Animal Crackers & Milk 4:00 Rhythm & Blues HAPPY BIRTHDAY MICHEL	9:30 Daily Chronicles 19 10:30 Parachute Game 11:00 Math Trivia 1:30 I Love Lucy 2:00 BINGO 3:00 Cheese & Cracjers 4:00 Smooth Jazz 6:00 Worship w/ Fred <small>Good Friday</small>	9:30 Daily Chronicles 20 10:30 Noodles of fun 11:00 Nail Care 1:30 Easter History 2:00 LOTERIA 3:00 Fruit Smoothies 4:00 Sounds of Spring
9:30 St. Charles Church 21 10:30 Dancercise 11:00 Rachel Ray Show 1:30 Easter Egg History 2:00 Egg Coloring 3:00 Easter Egg Cookies 4:00 Latin Music Hour <small>Easter Sunday</small>	9:30 Daily Chronicles 22 10:30 Chair Yoga 11:00 Animal Planet 1:30 Andy Griffith Show 2:00 BINGO 3:00 Fruit Cocktail Social 4:00 Frank Sinatra <small>Earth Day</small>	9:30 Daily Chronicles 23 10:30 Parachute Game 11:00 Word Trivia 1:30 Afternoon Stroll 2:00 Arts and Crafts 3:00 Popcorn Social 4:00 Miles Davis	9:30 Daily Chronicles 24 10:30 Chair Yoga 11:00 How It's Made 1:30 The Three Stooges 2:00 Paint Therapy 3:00 Chips and Salsa Social 4:00 Smooth Jazz	9:30 Daily Chronicles 25 10:30 Chair Exercises 11:00 Nail Care 1:30 Bewitched 2:00 Flower Arrangement 3:00 Iced Tea Social 4:00 Folk Music	9:30 Daily Chronicles 26 10:30 Noodles of Fun 11:00 Coin Trivia 1:30 Lets Take a Stroll 2:00 Coin Coloring Page 3:00 Jell-O Cups 4:00 New Orleans Jazz 6:00 Worship w/ Fred <small>Arbor Day</small>	9:30 Daily Chronicles 27 10:30 Balloon Toss 11:00 Nail Care 1:30 Bonanza 2:00 Lotoria 3:00 Bananas and Yogurt 4:00 Sounds of Spring
9:30 St. Charles Church 28 10:30 Bunny Stretch 11:00 Math Trivia 1:30 Frog Documentary 2:00 Color a Frog 3:00 Bread Pudding Pie 4:00 Smooth Jazz	9:30 Daily Chronicles 29 10:30 Noodles of fun 11:00 Animal Trivia 1:30 Animal Planet 2:00 Arts and Crafts 3:00 Fruit Popsicles	9:30 Daily Chronicles 30 10:30 Tai Chi w/ Sharon 11:00 Nail Care 1:30 Baseball Trivia 2:00 Violin w/ John 3:00 Apple Pie Social 4:00 Oldies but Goodies	<div style="text-align: center;">  <p>Sun and Sea Manor Memory Care</p> <p><i>April 2019</i></p> <p>740 7th Street, Imperial Beach, Ca.91932 Phone:(619) 426-0633 Fax:(619) 423-1040</p> <p>CHECK OUT OUR WEBSITE @www.sunandseamanor.com</p> <p>FOLLOW US on Instagram @sunandseamanor</p> <p>Like us on FB www.facebook.com/sunandseamanor</p> </div>			

*** ACTIVITIES ARE SUBJECT TO CHANGE DUE TO RESIDENT PARTICIPATION ***