Sun	Mon	Tue	Wed	Thu	Fri	Sat
Hillcrest Health & Rehab		h 2024 n Calendar	Soundscapes at Night Sun: Cozy Spring w/Rain Mon: Beach Sunset w/Jazz Tues: Cozy Spring Evening Wed: Sunset at Poolside Thurs: Calm Night w/Jazz Fri: Peaceful Eve at Beach Sat: Moonlit Spring Meadow		1 7 a.m. Morning Ambience 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. National Geo—Pandas 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	2 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Chicken Soup for the Soul 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes
7 a.m. Beautiful Hymns 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	4 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Music by Paul Siebert 6 p.m. Virtual Travel 10 p.m. Soundscapes	5 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Humor Hour 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	6 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Baby Animal Ambience 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	7 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Zoo Cam—Penguins 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	8 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. National Geo- Sharks 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	9 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Chicken Soup for the Soul 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes
10 7 a.m. Beautiful Hymns 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Music by Billy Troy 5 p.m. Life Learning 6 p.m./9 p.m. Virtual Travel 10 p.m. Soundscapes	12 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Humor Hour 5 p.m. Life Learning 6 p.m./9 p.m. Virtual Travel 10 p.m. Soundscapes	13 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Baby Animal Ambience 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	14 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Zoo Cam: Meerkats 5 p.m. Life Learning 6 p.m./9 p.m. Virtual Travel 10 p.m. Soundscapes	15 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. National Geo—Elephants 5 p.m. Life Learning 6 p.m./9 p.m. Virtual Travel 10 p.m. Soundscapes	16 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Chicken Soup for the Soul 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes
7 a.m. Beautiful Hymns 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	18 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Music by Tim Javorsky 6 p.m. Virtual Travel 10 p.m. Soundscapes	8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Humor Hour 5 p.m. Life Learning 6 p.m. Virtual Dog Walk 10 p.m. Soundscapes	20 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Virtual Walk/Hawaii Jungle 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	21 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Zoo Cam—Pandas 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	22 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. National Geo—Lion Cubs 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	23 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Chicken Soup for the Soul 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes
24/31 7 a.m. Beautiful Hymns 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	25 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Music by The Links 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	26 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Humor Hour 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	27 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Baseball Park History 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	28 7 a.m. Morning Ambience 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Zoo Cam—Gorillas 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	29 8 a.m. Food Fun 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. National Geo- Giraffes 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes	30 7 a.m. Morning Ambience 9 a.m. Spiritual Message 10 a.m. Morning Stretches 1 p.m. Daily Trivia 2 p.m. Chicken Soup for the Soul 5 p.m. Life Learning 6 p.m. Virtual Travel 10 p.m. Soundscapes