

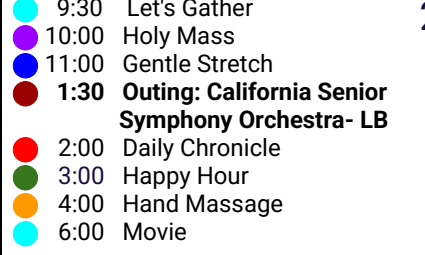
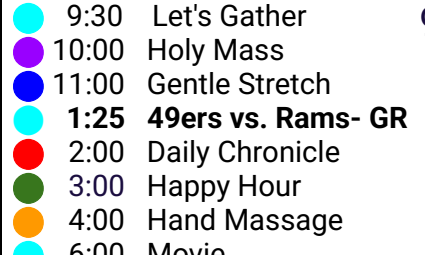
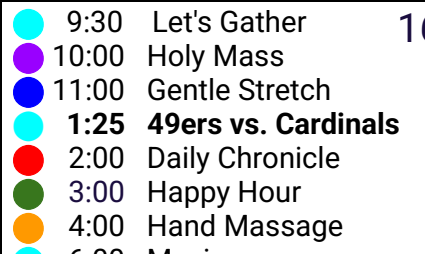
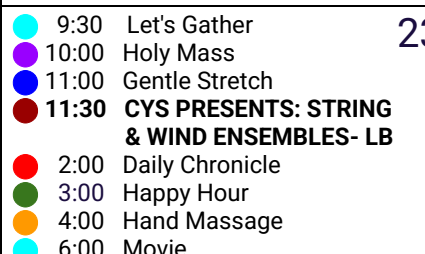
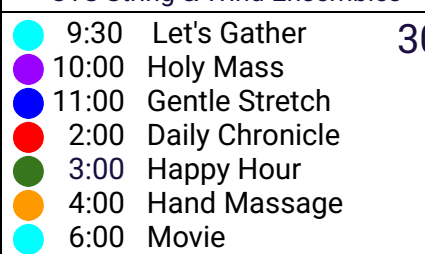
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025  						
Assisted Living Neighborhood Life Enrichment Activities Calendar						
10:30 The Harmony Collective- GR 2 1:30 Outing: California Youth Orchestra- LB 1:00 Matinee- GR 2:30 Spa Day- TR 4:00 Whack-O-Balloon- GR CYS Classical Music Concert	9:30 Strengthening- GR 3 10:00 Westlake Shopping- LB 10:30 Mindfulness Group- LR 1:00 Flower Arranging- PT 1:30 Kindred Spirits Support Group w. Bridget- LR 2:00 Outing: Michael's Arts- LB 3:30 Book Club: The Hiding Place w. Bridget- LR 6:00 Comedy Movie- GR	9:30 Aerobics- GR 4 10:30 Holy Mass w. Fr. Rick- GR 1:00 Sweets Bingo- GR 2:00 Cooking Club- AR 2:00 Bible Study / Bridget- LR 3:00 Dia de los Muertos Social- LB 6:00 Doc. Election Day- GR De de los Muertos & Election Day	9:30 Stretching- GR 5 10:30 Creative Expressions- AR 11:00 Crossword Puzzle- GR 1:30 Together Not Alone Support Group w. Cleitus- LR 3:00 Vino Wednesday- LB 6:00 Drama Movie- GR	9:30 Gentle Exercises- GR 6 10:30 Holy Mass w. Fr. Rick- GR 1:00 Play Reading: Looks Get In The Way- LR 2:30 Art Of Nature Community Art Exhibit w. Janae- LB 4:00 Activity Meeting/Joe- LB 6:00 Musical Movie- GR Art Of Nature Community Art Exhibit	9:30 Weights- GR 7 10:15 What's In A Word?- GR 11:00 Women's & Men's Club- LR 1:00 Open Art Studio- AR 1:00 Holy Rosary w. Mary- CHP 2:00 Current Events Talk- LR 3:00 Happy Hour Social- LB 4:00 Shabbat w. Rabbi Chayva- LB 6:00 Mystery/Thriller Flick- GR Shabbat Service w. Rabbi Chayva	9:30 Range of Motion- GR 8 10:15 Bean Bag Game- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- GR 2:30 Wii Games- GR 3:30 Travel Club- LR 6:00 Travelogue- GR De de los Muertos
10:00 Virtual Sunday Mass- GR 9 10:30 The Harmony Collective- GR 1:25 49ers vs. Rams- GR 2:30 Spa Day- TR 4:00 Whack-O-Balloon- GR 6:00 Bio: Carl Sagan- GR	9:30 Strengthening- GR 10 10:00 Westlake Shopping- LB 10:30 Mindfulness Group- LR 1:00 Outing: Home Depot Gardening- LB 1:30 Kindred Spirits Support Group w. Bridget- LR 3:30 Book Club: The Hiding Place w. Bridget- LR 6:00 Doc. USMC- GR	9:30 Aerobics- GR 11 10:30 Vet's Day Mass/Fr. Rick- GR 1:00 Sweets Bingo- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study w. Bridget- LR 3:00 Veterans Day Happy Hour Social- LB 5:00 Veterans Day Dinner- DR 6:00 Doc. Veterans Day- GR Veterans Day	9:30 Stretching- GR 12 10:30 Creative Expressions- AR 11:00 Crossword Puzzle- GR 1:00 Library On Wheels- PL 1:30 Together Not Alone Supt. Group / Cleitus- LR 2:30 Food Forum w. Chef- GR 3:00 Vino Wednesday- LB 6:00 Drama Movie- GR	9:30 Gentle Exercises- GR 13 10:30 Holy Mass w. Father Rick- GR 1:00 Play Reading: Project Beruf Kopf- LR 1:30 Current Events Talk- LR 3:00 Smoothies & Memory Lane Karaoke- GR 6:00 Doc. Sadie Hawkins- GR	9:30 Weights- GR 14 10:15 What's In A Word?- GR 11:00 NEW PROGRAM: Instrumix Music, Play Instruments & Dance- GR 1:00 Open Art Studio- AR 1:00 Holy Rosary w. Mary- CHP 2:00 Town Hall Meeting- GR 3:30 Happy Hour Social- LB 6:00 Mystery/Thriller Flick- GR Town Hall Meeting	9:30 Range of Motion- GR 15 10:15 Bocce Ball Game- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- GR 2:30 Wii Games- GR 3:30 Travel Club- LR 6:00 Travelogue- GR
10:00 Holy Mass with Father Ryan- GR 16 10:30 The Harmony Collective- GR 1:25 49ers / Cardinals- GR 2:30 Spa Day- TR 4:00 Whack-O-Balloon- GR 6:00 Doc.- GR	9:30 Strengthening- GR 17 10:00 Westlake Shopping- LB 10:30 Mindfulness Group- LR 1:00 Gardening Club w. Sofia- PT 1:30 Kindred Spirits Support Group w. Bridget- LR 2:00 Outing: Goodwill- LB 3:30 Book Club: The Hiding Place w. Bridget- LR 6:00 Comedy Movie- GR	9:30 Aerobics- GR 18 10:30 Holy Mass w. Father Rick- GR 1:00 Sweets Bingo- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study / Bridget- LR 3:00 Happy Hour Social- LB 6:00 Black/White Cinema- GR	9:30 Stretching- GR 19 10:30 Creative Expressions- AR 11:00 Crossword Puzzle- GR 1:30 Together Not Alone Support Group w. Cleitus- LR 3:00 Dipko's 65th Wedding Anniversary Party- LB 6:00 Doc.- GR	9:30 Gambling Outing: Graton Casino- LB 20 9:30 Gentle Exercises- GR 10:30 Holy Mass w. Fr. Rick- GR 1:30 Current Events Talk- LR 3:00 Smoothies & Memory Lane Karaoke- GR 6:00 Musical Movie- GR	9:30 Weights- GR 21 10:15 What's In A Word?- GR 11:00 Women's Club- LR 11:00 Men's Club- LR 1:00 Open Art Studio- AR 1:00 Holy Rosary w. Mary- CHP 2:00 Current Events Talk- LR 3:00 Happy Hour Social- LB 6:00 Mystery/Thriller Flick- GR	9:30 Range of Motion- GR 22 10:15 Bean Bag Game- GR 11:00 Crossword Puzzle- GR 11:30 Outing: Berkeley Playhouse Annie- LB 1:00 Sweets Bingo- GR 2:30 Wii Games- GR 3:30 Travel Club- LR 6:00 Travelogue- GR Berkeley Playhouse: Annie
10:00 Virtual Sunday Mass 23 10:30 Harmony Collective- GR 11:30 CYS PRESENTS: STRING WIND ENSEMBLES- LB 1:00 Afternoon Matinee- GR 2:30 Spa Day- TR 4:00 Whack-O-Balloon- GR 6:00 Doc.- GR CYS Strings & Wind Ensembles	9:30 Strengthening- GR 24 10:00 Westlake Shopping- LB 10:30 Mindfulness Group- LR 1:00 Gardening Club w. Sofia- PT 1:30 Kindred Spirits Support Group w. Bridget- LR 2:00 Scenic Drive: Wharf- LB 3:30 Book Club: The Hiding Place w. Bridget- LR 5:15 49ers vs. Panthers Game- GR 49ers vs. Panthers Game	9:30 Aerobics- GR 25 10:30 Holy Mass w. Father Rick- GR 1:00 Sweets Bingo- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study / Bridget- LR 3:00 Happy Hour Social- LB 6:00 Black/White Cinema- GR	6:30 Can You Weight?- AR 26 9:30 Stretching- GR 10:30 Creative Expressions- AR 11:00 Crossword Puzzle- GR 1:30 Together Not Alone Support Group w. Cleitus- LR 3:00 Vino Wednesday- LB 6:00 Drama Movie- GR	9:30 Gentle Stretch- GR 27 9:30 Thanksgiving Parade- GR 10:30 Thanksgiving Mass- GR 11:30 Thanksgiving Seat: 1- DR 1:15 Holiday Jazz w. Bob- DR 1:30 Thanksgiving Seat: 2- DR 3:00 Holiday Bingo- GR 6:00 Doc. Thanksgiving- GR Thanksgiving Day	9:30 Weights- GR 28 10:15 What's In A Word?- GR 11:00 Women's Club- LR 11:00 Men's Club- LR 11:30 Salad Bar- DR 1:00 Open Art Studio- AR 1:00 Holy Rosary w. Mary- CHP 2:00 Current Events Talk- LR 3:00 Res. B-Day's with Brian- LB 6:00 Mystery/Thriller Flick- GR Residents Birthday's with Brian	9:30 Range of Motion- GR 29 10:15 Bocce Ball Game- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- GR 2:30 Wii Games- GR 3:30 Travel Club- LR 6:00 Travelogue- GR
10:00 Virtual Sunday Mass 30 10:30 Harmony Collective- GR 12:30 Outing: SF Playhouse Into The Woods- LB 1:00 Afternoon Matinee- GR 2:30 Spa Day- TR 4:00 Whack-O-Balloon- GR 6:00 Doc.- GR San Francisco Playhouse Into Woods						

Intellectual
 Purposeful
 Emotional
 Environmental
 Social
 Physical
 Spiritual
 Creative

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar  						
10:00 Sunday Mass 11:00 Morning Gathering 1:30 Book Club 1:30 Outing: California Senior Symphony Orchestra- LB 2:00 Visual Art: Textures 3:00 Hot Choco with Friends 3:30 Eco Club: Upcycling Cloth 4:00 Guess the Scent: Herbs 6:00 Hymn Along CYS Classical Music Concert 2	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Spelling 11:30 Chair Fitness with Audrey 1:30 Aroma Therapy 1:30 Flower Arranging 2:00 Collaborative Art Project 3:00 Tea Social 3:30 The Day the Music Died 4:00 Walking Club 6:00 Music Memory Lane of 40's 3	10:00 Morning Gathering 10:30 Snack 11:30 Let's Groove w. Audrey 1:30 Grounding Meditation 2:00 Mindful Art w. Janae 3:00 Afternoon Tea & Coffee 3:30 Mind Gym: Icelandic Cuisine 4:00 Name That Tune 6:00 Travel Club: 4	9:00 Bible Stories with Bridget 10:00 Morning Gathering 10:45 Daily Chronicle Word Rhyming 11:00 Mindfulness Yoga w. Karuna 11:30 Metta Chanting & Meditation 1:30 Cooking Club 2:00 Expressive Art 3:00 Afternoon Snack 3:30 Bingo with Friends 4:00 Movement Break 6:00 Riddles & Rhymes 5	10:00 Morning Gathering 10:30 Snack 10:45 Daily Chronicle: Word Games 11:00 What's the Weight? 11:30 Mindful Healing Meditation 1:30 Green Thumb Club 2:00 Creative Expression 3:00 Ice Cream Social 3:30 Card Sorting 4:00 Music Appreciation: 6:00 Evening Stories 6	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle 11:30 Sit & Be Fit 11:35 Zen Walking 2:00 Winter Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing: Festive Attire 4:00 Sacred Music 6:00 Movie Night 7	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Gentle Stretch 11:35 Bird Watching 1:30 Hand Spa 2:00 Let's Get Crafty 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 8
10:00 Sunday Mass 11:00 Morning Gathering 11:30 Range of Motion 1:25 49ers vs. Rams 1:30 Book Club 2:00 Visual Art: Paper Mosaic 3:00 Hot Choco with Friends 3:30 Eco Club: Sublimation 4:00 Guess the Scent: Perfume 6:00 Hymn Along 9	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Spelling 11:30 Chair Fitness with Audrey 1:30 Aroma Therapy 2:00 Collaborative Art Project 3:00 Tea Social 3:30 Drumming Fun & Percussion 4:00 Walking Club 6:00 Music Memory Lane of 50's 10	10:00 Morning Gathering 10:30 Snack 11:30 Let's Groove w. Audrey 1:30 Earth Journey Meditation 2:00 Mindful Art w Janae 3:00 Afternoon Tea & Coffee 3:30 Mind Gym: Herbs & Spices 4:00 Name That Tune 6:00 Travel Club: 11	9:00 Bible Stories with Bridget 10:00 Morning Gathering 10:30 Snack 10:45 Daily Chronicle: A. Lincoln 11:30 Silent Meditation 1:30 Cooking Club 2:00 Expressive Art: A. Lincoln 3:30 Bingo with Friends 6:00 Riddles & Rhymes 12	10:00 Morning Gathering 10:30 Snack 10:45 Daily Chronicle: Word Games 11:00 Chair Yoga 11:30 Mindful Healing Meditation 1:30 Green Thumb Club 2:00 Creative Expression 3:00 Ice Cream Social 3:30 Folding Napkin 4:00 Music Appreciation: 6:00 Evening Stories 13	10:00 Morning Gathering 11:00 Daily Chronicle 11:30 Sit & Be Fit 11:35 Zen Walking 1:00 Live Music w. Billos 2:00 Winter Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing: Milk Brands 6:00 Movie Night 14	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Gentle Stretch 11:35 Bird Watching 1:30 Hand Spa 2:00 Let's Get Crafty 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 15
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 1:25 49ers vs. Cardinals 1:30 Book Club: Pop Corn Day 2:00 Visual Art: Textures 3:00 Hot Choco with Friends 3:30 Eco Club: Paper Recycling 4:00 Guess the Scent: Flowers 6:00 Hymn Along 16	10:00 Morning Gathering 10:30 Snack 11:00 Trivia: 11:30 Chair Fitness with Audrey 1:30 Aroma Therapy 1:30 Flower Arranging 2:00 Collaborative Art Project 3:00 Tea Social 3:30 Drumming Fun & Percussion 4:00 Walking Club 6:00 Music Memory Lane of 60's 17	10:00 Morning Gathering 10:30 Snack 11:30 Let's Groove w. Audrey 1:30 Grounding Meditation 2:00 Mindful Art w. Janae 3:00 Afternoon Tea & Coffee 3:30 Mind Gym: Icelandic Drinks 4:00 Name That Tune: 6:00 Travel Club: 18	9:00 Bible Stories with Bridget 10:30 Snack 10:45 Daily Chronicle: 11:00 Mindfulness Yoga w. Karuna 11:30 Metta Chanting & Meditation 1:30 Cooking Club 2:00 Expressive Art 3:00 Afternoon Snack 3:30 Bingo with Friends 4:00 Movement Break 6:00 Riddles & Rhymes 19	10:00 Morning Gathering 10:30 Snack 10:45 Daily Chronicle: Word Games 11:00 Chair Yoga 11:30 Mindful Healing Meditation 1:30 Green Thumb Club 2:00 Creative Expression 3:30 Table Setting 4:00 Music Appreciation: 6:00 Evening Stories 20	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle 11:30 Sit & Be Fit 11:35 Zen Walking 2:00 Winter Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing: Favorite Hat 4:00 Sacred Music 6:00 Movie Night 21	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Gentle Stretch 11:30 Outing: Berkeley Playhouse Annie 11:35 Bird Watching 1:30 Hand Spa 2:00 Let's Get Crafty 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 22
10:00 Sunday Mass 10:30 Snack 11:30 Range of Motion 11:30 CYS PRESENTS: STRINGS & WIND ENSEMBLES 1:30 Book Club 2:00 Visual Art: Nature Expression 3:00 AL & MC Block Party 3:00 Hot Choco with Friends 3:30 Eco Club: Soil Conservation 4:00 Guess the Scent: Candles 6:00 Hymn Along CYS Classical Music Concert 23	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Spelling 11:30 Chair Fitness with Audrey 1:30 Aroma Therapy 2:00 Collaborative Art Project 3:00 Tea Social 3:30 Drumming Fun & Percussion 4:00 Walking Club 6:00 Music Memory Lane of 70's 24	10:00 Morning Gathering 10:30 Snack 11:30 Let's Groove w. Audrey 1:30 Earth Journey Meditation 2:00 Mindful Art w. Janae 3:00 Afternoon Tea & Coffee 3:30 Mind Gym: Icelandic Resto 4:00 Name That Tune: 6:00 Travel Club: 25	9:00 Bible Stories with Bridget 10:30 Snack 10:45 Daily Chronicle: 11:00 Bible Stories 11:30 Silent Meditation 1:30 Cooking Club 2:00 Expressive Art 3:00 Afternoon Snack 3:30 Bingo with Friends 4:00 Movement Break 6:00 Riddles & Rhymes 26	10:00 Morning Gathering 10:30 Snack 10:45 Daily Chronicle: Word Games 11:00 Chair Yoga 11:30 Mindful Healing Meditation 1:30 Green Thumb Club 2:00 Creative Expression 3:00 Ice Cream Social 3:30 Folding Clothes 4:00 Music Appreciation: 6:00 Evening Stories 27	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle 11:30 Sit & Be Fit 11:35 Zen Walking 2:00 Winter Arts & Crafts 3:00 Residents B-Day's Party/Paul 3:30 Reminiscing: Birthday 4:00 Sacred Music 6:00 Movie Night 28	10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Gentle Stretch 11:35 Bird Watching 1:30 Hand Spa 2:00 Let's Get Crafty 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 29
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 12:30 Outing: SF Playhouse "Into The Woods" 1:30 Book Club: Pop Corn Day 2:00 Visual Art: Textures 3:00 Hot Choco with Friends 3:30 Eco Club: Paper Recycling 4:00 Guess the Scent: Flowers 6:00 Hymn Along San Francisco Playhouse Into Woods 30						

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025  						
 Intellectual  Purposeful  Emotional  Environmental  Social  Physical  Spiritual  Creative						
						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  						
 Oasis Memory Care Neighborhood Life Enrichment Activities Calendar						
 9:30 Let's Gather 10:00 Holy Mass 11:00 Gentle Stretch 1:30 Outing: California Senior Symphony Orchestra- LB 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie CYS Classical Music Concert						
 9:30 Let's Gather 10:00 Holy Mass 11:00 Gentle Stretch 1:25 49ers vs. Rams- GR 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie 49ers vs. Rams Game						
 9:30 Let's Gather 10:00 Holy Mass 11:00 Gentle Stretch 1:25 49ers vs. Cardinals 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie 49ers vs. Cardinals Game						
 9:30 Let's Gather 10:00 Holy Mass 11:00 Gentle Stretch 11:30 CYS PRESENTS: STRING & WIND ENSEMBLES- LB 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie CYS String & Wind Ensembles						
 9:30 Let's Gather 10:00 Holy Mass 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie						
						

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