February 2026

Assisted Living Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Mass Broadcast- GR 11:00 Harmony Collective w. Arcelie- GR 1:00 Whack-O-Balloon- GR 1:00 Open Art Studio- AR 2 - 4 Drop-In Chocolate & Chat w. Bridget- PDR 3:00 Antonyms & Synonyms- GR 4:00 Spa Day- LR 6:00 Movie: The Wiz- GR	**2** 9:30 Chair Yoga w. Bridget- GR 10:30 Book To Brush: Storybook Inspired Art Making w. Janae- AR 1:00 Gardening Club- PT 1:30 Kindred Spirits Group w. Bridget- LR **2:00 Scenic Drive: Tiburon- LB** **2:00 Flower Arranging- AR** 3:00 Groundhog Day Ice Cream Social- LR 4:00 Book Club w. Bridget- LR 6:00 Movie: Fences- GR	**3** 9:30 Aerobics- GR 10:30 Mass / Father Rick-GR 1:00 Sweets Bingo- AR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study/Bridget-LR 3:00 Motown Social- LB 4:00 Sunny Dayz Positive News- LB 6:00 Movie: Malcolm X- GR	**4** 9:30 Stretching- GR 10:45 One Foot In Front Of The Other w. Bridget- GR 1:00 Range Of Motion- GR 1:30 Together Not Alone Support Group w. Cleitus- LR 2:15 Black Pioneers: Rosa Parks Discussion- GR **3:00 Chinese NY Horse Social-LB** **4:00 Activities Meeting w. Joe-LB** 6:00 Games Night- AR 6:00 Movie: Raisin In The Sun- GR Chinese Year Of The Horse	**5** 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Fresh Ideas Journaling w. Bridget- GR 2:00 Black Inventors: Thomas Jennings Discussion-GR 2:30 Book to Brush Storybook Inspired Art Making w. Janae- AR 3:30 Smoothies & Karaoke-GR 6:00 Movie: Color Purple- GR	**6** 9:30 Weight Lifting- GR 10:15 What's In A Word?- GR 11:00 Women's & Men's Club- GR 1:00 Black Inventors: George Washington Carver Discussion- GR 1:00 Rosary w. Mary- CP 2:00 Movie Matinee- GR 2:15 Antonyms & Synonyms- LR 3:00 Blues Music Social- LB 4:00 Guess The Sound?- LB 6:00 Bingo Night- AR 6:00 Movie: Selma- GR	**7** 9:30 Range of Motion- GR 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR **1:00 Outing: California Youth Symphony Musical Marathon- LB** 1:00 Sweets Bingo- AR 2:45 Wii Games- GR 3:30 Travel Club- LR 6:00 Doc. Emmet Till- GR California Youth Symphony Musical
8 10:00 Mass Broadcast- GR 11:00 Harmony Collective w. Arcelie- GR 1:00 Whack-O-Balloon- GR 2 - 4 Drop-In Chocolate & Chat w. Bridget- PDR **3:30 Super Bowl LX- GR** 4:00 Spa Day- LR Super Bowl LX Party	**9** 9:30 Chair Yoga w. Bridget- GR 10:30 Book To Brush: Storybook Inspired Art Making w. Janae- AR 1:00 Gardening Club- PT 1:30 Kindred Spirits Group w. Bridget- LR **2:00 Scenic Drive: Devil's Slide Outlook- LB** 3:00 Ice Cream Social- LR 4:00 Book Club w. Bridget- LR 6:00 Movie: In Heat Of Night- GR	**10** 9:30 Aerobics- GR 10:30 Mass / Father Rick-GR 1:00 Sweets Bingo- AR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study/Bridget-LR 3:00 Motown Social- LB 4:00 Sunny Dayz Positive News- LB 6:00 Movie: 42- GR	**11** 9:30 Stretching- GR 10:45 One Foot In Front Of The Other w. Bridget- GR **1:00 Library On Wheels- PL** 2:15 Black Leaders: Jesse Owens Discussion- GR 1:30 Together Not Alone Support Group w. Cleitus- LR 2:15 Crossword Puzzle- GR 3:00 Vino Wednesday- LB 4:00 Let's Get Creative- LB 6:00 Games Night- AR 6:00 Movie: Harlem Nights- GR	**12** 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Fresh Ideas Journaling w. Bridget- GR 2:00 Black Inventors: Kat Johnson Discussion-GR 2:30 Book to Brush Storybook Inspired Art Making w. Janae- AR 3:30 Smoothies & Karaoke-GR 6:00 Film: Blood Diamond- GR	**13** 9:30 Weight Lifting- GR 10:15 What's In A Word?- GR 11:00 Women's/Men's Club-GR 1:00 Black Inventors: Charles Drew Discussion- GR 1:00 RosaryMary-2nd FL CP **2:00 Town Hall Meeting- GR** 3:30 Jazz Music Social- LB 4:00 Guess The Sound?- LB 6:00 Bingo Night- AR 6:00 Movie: White Chicks- GR	**14** 9:30 Range of Motion- GR 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Valentine's Day Bingo- AR **3:00 Valentine's Day Social w. Scott Hill- LB** **3:30 Instrumix Music Program- GR** 4:00 Travel Club- LR 6:00 Doc. W.E.B. Du Bois- GR Valentine's Day
15 10:00 Mass Broadcast- GR 11:00 Harmony Collective w. Arcelie- GR **12:30 Theatre Outing: Coastal Repertory Clue- LB** 1:00 Whack-O-Balloon- GR 1:00 Drop-In Open Art Studio- AR 2 - 4 Drop-In Chocolate & Chat w. Bridget- PDR 3:00 Antonyms & Synonyms- GR 4:00 Spa Day- LR 6:00 Doc. Fredrick Douglass- GR Coastal Repertory Clue	**16** 9:30 Chair Yoga/Bridget- GR 10:30 Book To Brush: Storybook Inspired Art Making w. Janae- AR 1:00 Gardening Club- PT 1:30 Kindred Spirits Group w. Bridget- LR **2:00 Scenic Drive: Marin- LB** 3:00 Ice Cream Social- LR 4:00 Book Club w. Bridget- LR 6:00 Movie: Guess Who's Coming To Dinner?- GR President's Day	**17** 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 1:00 Sweets Bingo- AR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study w. Bridget- LR **3:00 Mardi Gras Fat Tuesday Party!- LB** 4:00 Sunny Dayz Positive News- LB 6:00 Movie: Ali- GR Mardi Gras Fat Tuesday Party!	**18** 9:30 Stretching- GR 10:45 One Foot In Front Of The Other w. Bridget- GR 2:15 Black Pioneers: Medgar Evers Discussion- GR 1:30 Together Not Alone Support Group w. Cleitus- LR 2:30 Ash Wednesday/Bridget-PDR 3:00 Vino Wednesday- LB 4:00 Let's Get Creative- LB 6:00 Games Night- AR 6:00 Movie: Hidden Figures- GR Ash Wednesday First Day Of Lent	**19** 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Fresh Ideas Journaling w. Bridget- GR 2:00 Black History Spotlight: Maya Angelou- GR 2:30 Book to Brush Storybook Inspired Art Making w. Janae- AR 3:30 Smoothies & Karaoke- GR **5:00 Soul Food Dinner- DR** 6:00 Movie: Creed- GR Soul Food Dinner	**20** 9:30 Weight Lifting- GR 10:15 What's In A Word?- GR 11:00 Women's & Men's Club- GR 1:00 Black Inventors: Garrett Morgan Discussion- GR 1:00 Rosary w. Mary- 2nd FL CP 2:00 Movie Matinee- GR 2:15 Antonyms & Synonyms- LR 3:00 Blues Music Social-- LB 4:00 Guess The Sound?- LB 6:00 Bingo Night- AR 6:00 Movie: Mississippi Burning- GR	**21** 9:30 Range of Motion-GR 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- AR 2:45 Wii Games- GR 3:00 Sizzling Social- LB 3:30 Travel Club- LR 6:00 Doc. Nat Turner: A Troublesome Property- GR
22 10:00 Mass Broadcast- GR 11:00 Harmony Collective w. Arcelie- GR **12:30 Theatre Outing: Berkeley Playhouse: Once- LB** 1:00 Whack-O-Balloon- GR 1:00 Open Art Studio- AR 2 - 4 Drop-In Chocolate & Chat w. Bridget- PDR 3:00 Antonyms & Synonyms- GR 4:00 Spa Day- LR 6:00 Doc. Paul Robeson- GR Berkeley Playhouse: Once	**23** 9:30 Chair Yoga w. Bridget- GR 10:30 Book To Brush: Storybook Inspired Art Make/Janae-AR 1:00 Gardening Club- PT 1:30 Kindred Spirits Group w. Bridget- LR **2:00 Scenic Drive: Presidio- LB** 2:00 The Hiding Place The Movie w. Bridget- GR 3:00 Ice Cream Social- LR 4:00 Book Club w. Bridget- LR 6:00 Movie: What's Love Got To Do With it?- GR	**24** 9:30 Aerobics- GR 10:30 Mass / Father Rick-GR 1:00 Sweets Bingo- AR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study/Bridget-LR 3:00 Motown Social- LB 4:00 Sunny Dayz Positive News- LB 6:00 Movie: Glory- GR	**25** **6:30 Can You Weight?- AR** 9:30 Stretching- GR 10:45 One Foot In Front Of The Other w. Bridget- GR 1:30 Together Not Alone Support Group w. Cleitus- LR 2:15 Black Pioneer: Colin Powell Discussion- GR 3:00 Vino Wednesday- LB 4:00 Let's Get Creative- LB 6:00 Games Night- AR 6:00 Movie: Black Panther- GR	**26** 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Fresh Ideas Journaling w. Bridget- GR 2:00 Black History Spotlight: Thurgood Marshall- GR 2:30 Book to Brush Storybook Inspired Art Making w. Janae- AR 3:30 Smoothies & Karaoke- GR 6:00 Movie: Remember The Titans- GR	**27** 9:30 Weight Lifting- GR 10:15 What's In A Word?- GR 11:00 Women's & Men's Club- GR 1:00 Black Inventors: Madame C.J. Walker Discussion- GR 1:00 Rosary w Mary- 2nd FL CP 2:00 Movie Matinee- GR 2:15 Antonyms & Synonyms- LR 3:00 Resident B-Days Party- LB **4:00 Shabbat / Rabbi Chayva-GR** 6:00 Bingo Night- AR 6:00 Movie: Purple Rain- GR Shabbat Service w. Rabbi Chayva	**28** 9:30 Range of Motion-GR 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- AR 2:45 Wii Games- GR 3:00 Sizzling Social- LB 3:30 Travel Club- LR 6:00 Doc. The Tuskegee Airmen American Heroes- GR

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

RCFE Lic #: 385600270

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.

February 2026

Bridgehaven Memory Care Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 1:30 Book Club 2:00 Visual Art: Earthy Expressions 3:00 Hot Choco with Friends 3:30 Eco Club: Botanical Bliss 4:00 Guess the Scent 6:00 Hymn Along	**2** 10:00 Morning Gathering 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 1:30 Flower Arranging 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Inspiring Leader Figure: Queen Ranavalona I 4:00 Drumming & Percussion 6:00 Music Memory Lane 40's	**3** 10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 3:00 Afternoon Snack 3:30 Mind Gym: Madagascar Cuisine 4:00 Wagging Winter Friends 6:00 Travel Club: Stories From Madagascar	**4** 9:00 Faith Studies w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Wellness In Motion w. Karuna 1:30 Napkin Folding 2:00 Brighten With Hope **3:00 Scenic Drive: Marin- LB** 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes	**5** 10:00 Morning Gathering 10:30 Snack **11:00 What's The Weight?** **1:00 Outing: MOAD- LB** 1:30 Soul Art: Hands of Heritage 2:30 Spirituality Thru The Arts w. Bridget 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories Museum Of African Diaspora	**6** 10:00 Morning Gathering 11:00 Trivia Winter Olympics 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Winter Arts & Crafts **3:00 Winter Olympics Opening Watch Party!** 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night Winter Olympics Opening Watch Party!	**7** 10:00 Morning Gathering 10:30 Snack 11:00 Arts & Culture of Madagascar 11:30 Gentle Stretch 11:35 Bird Watching **1:00 Outing: CYS Musical Marathon- LB** 1:30 Hand Spa 2:00 Winter Wonders Arts 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring California Youth Symphony Musical
8 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 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 6:00 Hymn Along	**9** 10:00 Morning Gathering 10:30 Snack 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Inspiring Figure: Wangari Maathai 4:00 Drumming & Percussion 6:00 Music Memory Lane 50's	**10** 10:00 Let's Groove 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 3:00 Afternoon Snack 3:30 Mind Gym: Madagascar's Drinks 4:00 Wagging Winter Friends 6:00 Travel Club: The Fascinating World	**11** 9:00 Faith Studies w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Gentle Stretch 1:30 Card Sorting 2:00 Brighten With Hope **3:00 Scenic Drive: Presidio- LB** 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes	**12** 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement **12:00 Outing: Smelly's Creole & Soul Food- LB** 1:30 Soul Art: Roots & Crowns 2:30 Spirituality Thru The Arts w. Bridget 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories Smelly's Creole & Soul Food	**13** 10:00 Morning Gathering 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit **1:00 Live Music w. The Billos** 1:30 Walking Club 2:00 Winter Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night Live Music w. The Billos	**14** 10:00 Morning Gathering 11:00 Traditions of Madagascar 11:30 Gentle Stretch 11:35 Bird Watching **1:30 Instrumix Music Program** 2:00 Winter Wonders Arts **2:00 SFSPCA Dog Visit: Golden** **3:00 Valentine's Day Social** 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring Valentine's Day
15 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion **12:30 Theatre Outing: Coastal Repertory Clue- LB** 1:30 Book Club: Susan B. Anthony 2:00 Visual Art: Textures 3:00 Hot Choco with Friends 3:30 Eco Club: Paper Recycling 4:00 Guess the Scent 6:00 Hymn Along Coastal Repertory: Clue	**16** 10:00 Morning Gathering 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 1:30 Flower Arranging **2:00 Arts: Presidents' Day** 3:00 Coffee & Tea Social 3:30 Inspiring Figure: Nelson Mandela 6:00 Music Memory Lane of 60's Presidents' Day	**17** 10:00 Let's Groove 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making **3:00 Mardi Gras Fat Party!** 3:30 Mind Gym: Madagascar's Herbs & Spices 4:00 Wagging Winter Friends 6:00 Travel Club: Wildlife and Green Treasures Mardi Gras Fat Tuesday Party!	**18** 9:00 Ash Wednesday w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Soulful Stretch w. Karuna 1:30 Napkin Folding 2:00 Brighten With Hope **3:00 Scenic Drive: Twin Peaks** 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes Ash Wednesday First Day Of Lent	**19** 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:30 Soul Art: Portrait of Strength 2:30 Spirituality Thru The Arts w. Bridget 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories	**20** 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Winter Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night	**21** 10:00 Morning Gathering 10:30 Snack 11:00 Music & Dances of Madagascar 11:30 Gentle Stretch 11:35 Bird Watching 1:30 Hand Spa 2:00 Winter Wonders Arts 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring
22 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Range of Motion **12:30 Theatre Outing: Berkeley Playhouse: Once- LB** 1:30 Book Club 2:00 Visual Art: Textures 3:00 Winter Olympics Closing Watch Party 4:00 Guess the Scent 6:00 Hymn Along Berkeley Playhouse: Once	**23** 10:00 Morning Gathering 10:30 Snack 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Inspiring Figure: Garrett Morgan 4:00 Drumming & Percussion 6:00 Music Memory Lane 70's	**24** 10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 3:00 Afternoon Snack 3:30 Madagascar's Economy 4:00 Wagging Winter Friends 6:00 Travel Club: The Last Untouched Wilderness	**25** 9:00 Faith Studies w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Gentle Stretch 1:30 Card Reading 2:00 Brighten With Hope 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes	**26** 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:30 Word Art: Voices Through Time 2:30 Spirituality Thru The Arts w. Bridget 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories	**27** 10:00 Morning Gathering 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Winter Arts & Crafts **3:00 Residents' Birthday Party! w/ Live Music by Paul** 3:30 Reminiscing 4:00 Together In Spirit **4:00 Shabbat Svc. / Rabbi Chayva** 6:00 Movie Night Residents' Birthday Party!	**28** 10:00 Morning Gathering 11:00 Architecture of Madagascar 11:30 Gentle Stretch 11:35 Bird Watching 1:30 Hand Spa 2:00 Winter Wonders Arts 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring

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February 2026

Gardens Memory Care Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 11:45 Lunch 1:30 Layers/Textures Club 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 4:45 Dinner 6:00 Table Games	**2** 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 60s	**3** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 11:45 Lunch 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Green Heart of Kenya	**4** 10:00 Yoga with Karuna 10:30 Snack 11:00 Morning Gathering 1:30 Spirituality Thru The Arts 2:00 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack **3:00 Scenic Drive: Tiburon** 3:30 Daily Chronicle 4:00 Movement Break 4:45 Dinner 6:00 Childhood Stories	**5** 9:30 Faith Studies w. Bridget 10:00 What's the Weight? 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Black History Spotlight: Frederick Douglass	**6** 10:00 Morning Gathering 10:30 Snack 11:00 Meditative Walk 11:00 Sing-Along 11:45 Lunch **1:30 Winter Olympics Opening** 2:00 Collaborative Art Project 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring Winter Olympics Begin	**7** 10:00 Gentle Stretch 11:00 Morning Gathering 11:30 Green Earth Club **1:00 Theatre Outing: CYS Musical Marathon- LB** **1:30 Chocolate Bingo!** 2:30 Winter Art Project 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy California Youth Symphony Musical
8 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 11:45 Lunch 1:30 Art/Design Collective 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 4:45 Dinner 6:00 Table Games	**9** 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 40s	**10** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 11:45 Lunch 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Africa: Nature & Tradition	**11** 10:00 Range of Motion 10:30 Snack 11:00 Morning Gathering 11:45 Lunch 1:30 Spirituality Thru The Arts 2:00 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack **3:00 Scenic Drive: Devil's Outlook** 4:00 Movement Break 4:45 Dinner 6:00 Childhood Stories	**12** 9:30 Faith Studies w. Bridget 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Black History Spotlight: Katherine Johnson	**13** 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 11:45 Lunch 1:30 Circle of Love Reflections 2:00 Collaborative Art Project 2:30 Winter Olympics Update **3:00 Live Music w. The Billos** 4:00 Movement Break 4:45 Dinner 6:00 Rest & Relax Coloring Live Music w. The Billos	**14** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Chocolate Bingo! 2:00 Therapy Dog Visit **2:30 Instrumix Music Program** **3:00 Valentine's Day Social** 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy Valentine's Day
15 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns **12:30 Theatre Outing: Coastal Repertory Clue- LB** 1:30 Watercolor Art/Painting 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games Coastal Repertory Clue	**16** 10:00 Rise & Shine Exercise 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Presidents' Day 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 4:45 Dinner 6:00 Music Memory Lane: 50s President's Day	**17** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club **3:00 Mardi Gras Party!** 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 New Orleans' Mardi Gras Mardi Gras Fat Tuesday Party!	**18** 10:00 Ease & Release w. Karuna 10:30 Snack 11:00 Morning Gathering **1:30 Ash Wednesday w. Bridget** 1:30 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack **3:00 Scenic Drive: Marin County** 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories Ash Wednesday First Day Of Lent	**19** 9:30 Faith Studies w Bridget 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Black History Spotlight: Thurgood Marshall	**20** 10:00 Morning Gathering 10:30 Snack 11:00 Wander & Wonder Club 11:00 Sing-Along 11:45 Lunch 1:30 Circle of Love Reflections 2:00 Collaborative Art Project 2:30 Winter Olympics Update 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring	**21** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 11:45 Lunch 1:30 Winter Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 4:45 Dinner 6:00 Aroma Therapy
22 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns **12:30 Theatre Outing: Berkeley Playhouse: Once- LB** 1:30 Winter Olympics Closing 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games Berkeley Playhouse: Once	**23** 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 60s	**24** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 11:45 Lunch 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Africa's Savannah	**25** 10:00 Range of Motion 10:30 Snack 11:00 Morning Gathering 11:45 Lunch 1:30 Spirituality Thru The Arts 2:00 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack **3:00 Scenic Drive: Presidio** 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories	**26** 9:30 Faith Studies w Bridget 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Black History Spotlight: Maya Angelou	**27** 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Collaborative Art Project **2:00 Live Music w. Paul Fontes** 3:00 Residents Birthday Party 3:30 Daily Chronicle **4:00 Shabbat Svc. / Rabbi Chayva** 4:00 Movement Break 6:00 Rest & Relax Coloring Shabbat Service w. Rabbi Chayva	**28** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 11:45 Lunch 1:30 Winter Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 4:45 Dinner 6:00 Aroma Therapy

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AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Holy Mass 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie: The Butler	**2** 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking Club: Cookies 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane	**3** 9:00 I Love Lucy 10:00 Snack Time 10:30 Mass w. Father Rick 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 5:45 Movie: Black Panther	**4** 9:00 Amos & Andy 10:30 Refresh & Reflect 11:00 Catching Up With Friends 2:00 Daily Chronicle **3:00 Scenic Drive: Marin** 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane	**5** 9:00 Honeymooners 10:30 Mass w. Father Rick 10:30 Book to Brush: Storybook Inspired Art Make/Janae 1:00 Baking Club: Apple Pie **1:00 Outing: MOAD- LB** 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:45 Movie: 42 Museum of African Diaspora	**6** 9:00 George Burns & Gracie Allen Show 10:00 Balloon Toss 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares	**7** 9:00 Dick Van Dyke Show 10:30 Baking Club: Cookies 11:00 Gentle Stretch **1:00 Outing: CYS Musical Marathon- LB** 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Movie: Just Mercy California Youth Symphony Musical
8 10:00 Holy Mass 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie: Remember The Titans	**9** 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking With Friends 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane	**10** 9:00 I Love Lucy 10:00 Snack Time 10:30 Mass w. Father Rick 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 5:45 Movie Black Panther 2	**11** 9:00 Amos & Andy 10:30 Yoga w. Karuna 11:00 Catching Up With Friends 2:00 Daily Chronicle **3:00 Scenic Drive: Presidio- LB** 3:00 Faith Studies/Bridget 4:00 Hand Massage 6:00 Music Lane	**12** 9:00 Honeymooners 10:30 Mass w. Father Rick 10:30 Book to Brush: Storybook Inspired Art Make/Janae **12:00 Outing: Smelly's Creole & Soul Food- LB** 1:00 Baking Club: Cinnamon 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:30 Movie Blood Diamond	**13** 9:00 George Burns & Gracie Allen Show 10:00 Shoot your Shot 11:00 Sing-Along **1:00 Live Music The Billos** 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares Live Music The Billos	**14** 9:00 Dick Van Dyke Show 10:30 Baking Club: Parfait 11:00 Gentle Stretch 2:00 Mindfulness **3:00 Valentine's Day Party** 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc. LA 92 Valentine's Day
15 10:00 Holy Mass 11:00 Gentle Stretch **12:30 Theatre Outing: Coastal Repertory Clue- LB** 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie- Ali Coastal Repertory: Clue	**16** 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking Club: Pie 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane	**17** 9:00 I Love Lucy 10:00 Snack Time 10:30 Mass w. Father Rick 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Movie: Hidden Figures	**18** 10:30 Refresh & Reflect 11:00 Catching Up With Friends 2:00 Daily Chronicle **3:00 Scenic Drive: Tiburon** **3:00 Ash Wednesday w. Bridget** 4:00 Hand Massage 6:00 Music Lane Ash Wednesday First Day Of Lent	**19** 9:00 Honeymooners 10:30 Mass w. Father Rick 10:30 Book to Brush: Storybook Inspired Art Making w. Janae 1:00 Baking Club: Muffins 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:30 Movie: What's Love Got To Do With I?	**20** 9:00 George Burns & Gracie Allen Show 10:00 Shoot your Shot 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares	**21** 9:00 Dick Van Dyke Show 10:30 Baking Club: Brownie w. Ice Cream 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Movie: The Great Debaters
22 10:00 Holy Mass 11:00 Gentle Stretch **12:30 Theatre Outing: Berkeley Playhouse: Once- LB** 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie: Creed Berkeley Playhouse: Once	**23** 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking Club: Churros 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane	**24** 9:00 I Love Lucy 10:00 Snack Time 10:30 Mass w. Father Rick 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 5:30 Movie: Creed 2	**25** 9:00 Amos & Andy 10:30 Yoga w. Karuna 11:00 Catching Up With Friends 2:00 Daily Chronicle 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane	**26** 9:00 Honeymooners 10:30 Mass w. Father Rick 10:30 Book to Brush: Storybook Inspired Art Making w. Janae 1:00 Baking Club: Smores 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:30 Movie: Creed 3	**27** 9:00 George Burns & Gracie Allen Show 10:00 Shoot your Shot 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares	**28** 9:00 Dick Van Dyke Show 10:30 Baking Club: Strawberry Cake w. Vanilla Icing 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc. MLK & FBI

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

RCFE Lic #: 385600270

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.