

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  January 2026 Assisted Living Neighborhood Life Enrichment Activities Calendar						
10:00 Mass Broadcast- GR 4 11:00 Harmony Collective w. Arcelie- GR 1:00 Whack-O-Balloon- GR 1:00 Creative Writing- AR 2:00 Drop-In Chocolate & Chat w. Bridget- PDR 3:00 Antonyms/Synonyms-GR 4:00 Spa Day- LR 6:00 Doc.- GR	9:30 Chair Yoga w. Bridget- GR 5 10:00 Westlake Shopping- LB 10:30 Book To Brush: Storybook Inspired Art Making w. Janae- AR 1:00 Gardening Club- PT 1:15 Open Art Studio- AR 1:30 Kindred Spirits Group w. Bridget- LR 2:00 Flower Arranging- AR 2:00 Scenic Drive: Tiburon- LB 4:00 Book Club w. Bridget- LR 6:00 Comedy Movie- GR	9:30 Aerobics- GR 6 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 Happy Hour Social- LB 4:00 Spelling Bee & Word Definitions- LB 6:00 Doc. Lagos Luxurious Neighborhood- GR	9:30 Stretching- GR 7 10:45 One Foot In Front Of The Other w. Bridget- LR 1:30 Together Not Alone Support Group w. Cleitus- LR 2:15 Crossword Puzzle- GR 3:00 Vino Wednesday- LB 3:30 Activities Meeting- LB 4:00 Let's Get Creative- LB 6:00 Drama Movie- GR	9:30 Gentle Stretch- GR 1 10:30 Mass w. Father Rick- GR 1:00 Fresh Ideas Journaling Club w. Bridget- GR 1:00 Open Art Studio- AR 2:00 Let's Reminisce- GR 3:00 New Year's Day Party- LB 3:00 Seventh Day of Kwanzaa "Imani" (Faith) Candle with Bridget- LB 4:00 Creative Stories- LB 6:00 Movie: Secret Of NYS- GR	9:30 Weight Lifting- GR 2 10:15 What's In A Word?- GR 11:00 Men's Club- GR 1:00 Rosary with Mary 2nd FL. CPHL 3:00 Scott Hill Music Stylings Concert- LB 4:00 Charades Guess The Sound?- LB 6:00 Thriller Movie- GR Scott Hill Musical Stylings Concert	9:30 Range of Motion- GR 3 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- AR 2:45 Nigerian Invention: Biocomputer Discussion- GR 3:30 Travel Club- LR 4:00 Antonyms & Synonyms- GR 6:00 Travelogue- GR
10:00 Mass Broadcast- GR 11 11:00 Harmony Collective w. Arcelie- GR 1:00 Whack-O-Balloon- GR 1:00 Creative Writing- AR 2:00 Drop-In Chocolate & Chat w. Bridget- PDR 3:00 Antonyms/Synonyms-GR 4:00 Spa Day- LR 6:00 Doc.- GR	9:30 Chair Yoga/Bridget- GR 2 10:00 Westlake Shopping- LB 1:00 Gardening Club- PT 1:15 Open Art Studio- AR 1:30 Kindred Spirits Group w. Bridget- LR 2:00 Flower Arranging- AR 2:00 Scenic Drive: Devil's Slide Outlook- LB 4:00 Book Club w. Bridget- LR 6:00 Comedy Movie- GR	9:30 Aerobics- GR 13 10:30 Mass / Father Rick-GR 1:00 Sweets Bingo- AR 2:00 Cooking Club/Chef-AR 2:00 Bible Study/Bridget-LR 3:00 Happy Hour Social-LB 4:00 Spelling Bee & Word Definitions- LB 6:00 Doc. Nigerian Foods- GR	9:30 Stretching- GR 14 10:45 One Foot In Front Of The Other w. Bridget- LR 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 Drama Movie- GR	9:30 Outing: Graton Casino 5 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Fresh Ideas Journaling w. Bridget- GR 2:00 Traditions of Nigeria Discussion- GR 3:00 Smoothy & Karaoke- GR 4:00 Creative Stories- LB 6:00 Musical Movie- GR Outing: Graton Casino	9:30 Weight Lifting- GR 16 10:15 What's In Word?- GR 11:00 Men's Club- GR 1:00 Rosary with Mary 2nd FL. CPHL 3:00 Happy Hour- LB 4:00 Charades Guess The Sound?- LB 6:00 Thriller Movie- GR	9:30 Range of Motion-GR 17 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- AR 2:45 Nigerian Invention: Hospital In A Box Discussion- GR 3:30 Travel Club- LR 4:00 Antonyms & Synonyms- GR 6:00 Travelogue- GR Instrumix Music Program
10:00 Mass Broadcast- GR 18 11:00 Harmony Collective w. Arcelie- GR 1:00 Whack-O-Balloon- GR 1:00 Creative Writing- AR 1:30 Davies Symphony Hall: Bay Area Youth Orchestra Festival- LB 2:00 Drop-In Chocolate & Chat w. Bridget- PDR 3:00 Antonyms & Synonyms- GR 4:00 Spa Day- LR 6:00 Doc.- GR	9:30 Chair Yoga w. Bridget- GR 19 10:00 Westlake Shopping- LB 10:30 Book To Brush: Storybook Inspired Art Making w. Janae- AR 1:00 Gardening Club- PT 1:15 MLK Art Project- AR 1:30 Kindred Spirits Group w. Bridget- LR 2:00 Flower Arranging- AR 2:00 Scenic Drive: Marin- LB 4:00 Book Club w. Bridget- LR 6:00 Doc: MLK- GR	9:30 Aerobics- GR 20 10:30 Mass / Father Rick-GR 1:00 Sweets Bingo- AR 2:00 Cooking Club/Chef-AR 2:00 Bible Study/Bridget-LR 3:00 Happy Hour Social- LB 4:00 Spelling Bee & Word Definitions- LB 6:00 Doc. Nigerian Fashion- GR	9:30 Stretching- GR 21 10:45 One Foot In Front Of The Other w. Bridget- LR 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 Drama Movie- GR	9:30 Gentle Stretch- GR 22 10:30 Mass w. Father Rick- GR 1:00 Outing: Musee Mecanique- LB 1:00 Fresh Ideas Journaling Club w. Bridget- GR 1:00 Open Art Studio- AR 2:00 Music & Dances of Nigeria Discussion- GR 3:00 Smoothies & Karaoke- GR 4:00 Creative Stories- LB 6:00 Musical Movie- GR Outing: Musee Mecanique	9:30 Weight Lifting- GR 23 10:15 What's In Word?- GR 11:00 Men's Club- GR 11:00 Salad Bar- DR 1:00 Rosary with Mary 2nd FL. CPHL 3:00 Happy Hour- LB 4:00 Charades Guess The Sound?- LB 6:00 Thriller Movie- GR	9:30 Range of Motion-GR 24 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- AR 2:45 Nigerian Invention: Cancer Detection Googles Discussion- GR 3:00 Photos Slideshow- LR 3:30 Travel Club- LR 6:00 Travelogue- GR
10:00 Mass Broadcast- GR 25 11:00 Harmony Collective w. Arcelie- GR 1:00 Whack-O-Balloon- GR 1:00 Creative Writing- AR 2:00 Drop-In Chocolate & Chat w. Bridget- PDR 3:00 Antonyms/Synonyms-GR 4:00 Spa Day- LR 6:00 Doc.- GR	9:30 Chair Yoga w. Bridget- GR 26 10:00 Westlake Shopping- LB 10:30 Book To Brush: Storybook Inspired Art Making w. Janae- AR 1:00 Gardening Club- PT 1:15 Open Art Studio- AR 1:30 Kindred Spirits Group w. Bridget- LR 2:00 Scenic Drive Presidio- LB 3:00 What's In A Word?- GR 4:00 Book Club w. Bridget- LR 6:00 Comedy Movie- GR	9:30 Aerobics- GR 27 10:30 Mass / Father Rick-GR 1:00 Sweets Bingo- AR 2:00 Cooking Club/Chef-AR 2:00 Bible Study/Bridget-LR 3:00 Happy Hour Social- LB 4:00 Spelling Bee & Word Definitions- LB 6:00 Doc. Nigerian Art- GR	6:30 Can You Weight?- AR 28 9:30 Stretching- GR 10:45 One Foot In Front Of The Other w. Bridget- LR 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 Drama Movie- GR	9:30 Gentle Stretch- GR 29 10:30 Mass w. Father Rick- GR 1:00 Fresh Ideas Journaling Club w. Bridget- GR 1:00 Open Art Studio- AR 2:00 Architecture of Nigeria Discussion- GR 3:00 Smoothy & Karaoke- GR 4:00 Creative Stories- LB 6:00 Musical Movie- GR	9:30 Weight Lifting- GR 30 10:15 What's In A Word?- GR 11:00 Men's Club- GR 1:00 Rosary w. Mary- CPHL 3:00 Residents B-Day's Party w. Kim Gold / Guitarist & Vocalist- LB 4:00 Charades Guess The Sound?- LB 6:00 Thriller Movie- GR Residents B-Day's Party w. Kim Gold	9:30 Range of Motion-GR 31 10:00 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- AR 2:45 Nigerian Invention: Urine Powered Generator Discussion- GR 3:30 Travel Club- LR 6:00 Travelogue- GR

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Morning Gathering 10:45 New Year's Resolution 11:00 What's The Weight? 1:30 Savory Adventure 2:00 Word Games 2:30 Spirituality Through The Arts w. Bridget 3:00 Sweet Scoops Social 3:30 Music Appreciation 4:00 Green Thumb Club 6:00 Evening Stories 1	10:00 Morning Gathering 10:30 Snack 11:00 Arts & Culture Nigeria 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 2	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 Winter Wonders Arts 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 3
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 4	10:00 Morning Gathering 10:30 Snack 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 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane 40's 5	10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Name That Carol 2:00 Mindful Art 3:00 Afternoon Snack 3:30 Mind Gym: Nigerian Cuisine 4:00 Wagging Winter Friends 6:00 Travel Club: Nigeria Hist. 6	9:00 Faith Studies w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Yoga w. Karuna 1:30 Napkin Folding 2:00 Brighten With Hope 3:00 Scenic Drive: Marin 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes 7	10:00 Morning Gathering 10:30 Snack 10:45 Chair Yoga 11:00 Creative Expressions 11:30 Lunch Outing: Original Joe's 1:30 Savory Adventure 2:00 Word Games 2:30 Spirituality Through The Arts w. Bridget 3:30 Music Appreciation 4:00 Green Thumb Club 6:00 Evening Stories 8	10:00 Morning Gathering 10:30 Snack 11:00 Traditions of Nigeria 11:30 Sit & Be Fit 1:00 Live Music w. The Billos 1:30 Walking Club 2:00 Fall Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 9	10:00 Morning Gathering 11:00 Daily Chronicle: Trivia 11:30 Gentle Stretch 11:35 Bird Watching 1:30 Instrumix Music Program 1:30 Hand Spa 2:00 Winter Wonders Arts 2:00 SFSPCA Dog Visit: Golden 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 10
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 11	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 Immaculate Conception Day 4:00 Drumming & Percussion 6:00 Music Memory Lane 50's 12	10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Name That Carol 2:00 Art Exploration Project 3:00 Afternoon Snack 3:30 Mind Gym: Nigerian Drinks 4:00 Wagging Winter Friends 6:00 Travel Club: Wild Nigeria 13	9:00 Faith Studies / 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 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes 14	10:00 Morning Gathering 10:45 Chair Yoga 11:00 Creative Expressions 1:30 Savory Adventure 2:00 Word Games 2:30 Spirituality Through The Arts w. Bridget 3:00 Sweet Scoops Social 3:30 Music Appreciation 4:00 Green Thumb Club 6:00 Evening Stories 15	10:00 Morning Gathering 10:30 Snack 11:00 Music & Dances of Nigeria 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 16	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 Winter Wonders Arts 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 17
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 1:30 Book Club 1:30 Davies Symphony Hall: Bay Area Youth Orchestra 2:00 Visual Art: Textures 3:30 Eco Club: Paper Recycling 4:00 Guess the Scent 6:00 Hymn Along 18	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 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane of 60's Dr. Martin Luther King, Jr. Day 19	10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Name That Carol 2:00 Mindful Art 3:30 Mind Gym: Nigerian Herbs & Spices 4:00 Wagging Winter Friends 6:00 Travel Club: Makoko: Slum- on-Water 20	9:00 Faith Studies w. IBridget 10:00 Morning Gathering 10:30 Snack 11:00 Yoga 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 21	10:00 Morning Gathering 10:45 Chair Yoga 11:00 Creative Expressions 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 1:30 Savory Adventure 2:00 Word Games 2:30 Spirituality Through The Arts w. Bridget 3:00 Sweet Scoops Social 3:30 Music Appreciation 4:00 Green Thumb Club 6:00 Evening Stories 22	10:00 Morning Gathering 10:30 Snack 11:00 Architecture Nigeria 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 23	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 Winter Wonders Arts 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 24
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 1:30 Book Club 2:00 Visual Art: Textures 3:00 Hot Choco with Friends 3:30 Eco Club: Water Conservation 4:00 Guess the Scent 6:00 Hymn Along 25	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 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane 70's 26	10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Name That Carol 2:00 Art Exploration Project 3:00 Afternoon Snack 3:30 Mind Gym 4:00 Wagging Winter Friends 6:00 Travel Club: Nigerian Food Tour 27	9:00 Faith Studies / Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Gentle Stretch 1:30 Card Reading 2:00 Brighten With Hope 3:00 Scenic Drive: Sausalito 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes 28	10:00 Morning Gathering 10:30 Snack 10:45 Chair Yoga 11:00 Creative Expressions 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 1:30 Savory Adventure 2:00 Word Games 2:30 Spirituality Through The Arts w. Bridget 3:30 Music Appreciation 4:00 Green Thumb Club 6:00 Evening Stories 29	10:00 Morning Gathering 10:30 Snack 11:00 Places to Visit Nigeria 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts 3:00 Live Music w. Paul Fontes 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 30	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 Winter Wonders Arts 3:00 Afternoon Snack 3:30 Sing-Along 4:00 Movement Break 6:00 Spiritual Coloring 31

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Intellectual Purposeful Emotional Environmental Social Physical Spiritual Creative

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 January 2026 AlmaVia OF SAN FRANCISCO Gardens Memory Care Neighborhood Life Enrichment Activities Calendar 				9:30 Faith Studies w. Bridget 1 10:00 What's the Weight? 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Hobbies New Year's Day	10:30 Snack 2 11:00 Morning Gathering 11:00 Walking Club 11:00 Sing-Along 1:30 New Year Holiday Bingo! 2:30 Holiday Decor Takedown 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring	10:00 Gentle Stretch 3 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Holiday Decor Takedown 2:30 Winter Art Project 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy
10:00 Sunday Mass (GR) 4 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 1:30 Holiday Decor Takedown 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games	10:00 Rise & Shine Exercise 5 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Flower Arranging 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	10:00 Gentle Stretch 6 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 1:30 Let's Play Bingo! 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move / Dog Walking 6:00 Wonders of Nigeria	10:00 Yoga w. Karuna 7 11:00 Morning Gathering 1:30 Spirituality Thru the Arts 1:30 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack 3:00 Scenic Drive: Marin 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories	9:30 Faith Studies w. Bridget 8 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Books	10:30 Snack 9 11:00 Morning Gathering 11:00 Meditative Walk 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Collaborate Art Project 3:00 Live Music w. Billos 4:00 Movement Break 6:00 Rest & Relax Coloring	10:00 Gentle Stretch 10 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Winter Art Project 2:00 Therapy Dog Visit 2:30 Instrumix Music Program 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy
10:00 Sunday Mass (GR) 11 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 1:30 Art / Design Collective 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games	10:00 Rise & Shine Exercise 12 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Artful Expressions 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	10:00 Gentle Stretch 13 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 1:30 Let's Play Bingo! 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move / Dog Walking 6:00 Nigerian Wildlife	10:00 Range of Motion 14 11:00 Morning Gathering 1:30 Spirituality Thru the Arts 1:30 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack 3:00 Scenic Drive: Presidio 4:00 Movement Break 6:00 Childhood Stories	9:30 Faith Studies/Bridget 15 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art: Hat Make 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Hats	10:30 Snack 16 11:00 Morning Gathering 11:00 Wander & Wonder Club 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Collaborative Art Project 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring	10:00 Gentle Stretch 17 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Winter Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy
10:00 Sunday Mass (GR) 18 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 1:30 Davies Symphony Hall: Bay Area Youth Orchestra Festival- 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	10:00 Rise & Shine Exercise 19 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Artful Expressions 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Life & Legacy Dr. MLK Jr. 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 50s	10:00 Gentle Stretch 20 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 1:30 Let's Play Bingo! 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move / Dog Walking 6:00 Nigeria: Land Contrast	10:00 Ease & Release/Karuna 21 11:00 Morning Gathering 1:30 Spirituality Through The Arts w. Bridget 2:30 What's in a Word? 3:00 Afternoon Snack 3:00 Scenic Drive: Twin Peaks 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories	9:30 Faith Studies/Bridge 22 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminisce Collectibles	10:30 Snack 23 11:00 Morning Gathering 11:00 Walking Club 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Collaborative Art Project 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring	10:00 Gentle Stretch 24 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Winter Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy
10:00 Sunday Mass (GR) 25 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 1:30 Pigment & Paper Painting 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games	10:00 Rise & Shine Exercise 26 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Artful Expressions 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	10:00 Gentle Stretch 27 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 1:30 Let's Play Bingo! 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move / Dog Walking 6:00 Nigeria Hidden Nature	10:00 Range of Motion 28 10:30 Snack 11:30 Chants & Sacred Music 1:30 Spirituality Through The Arts w. Bridget 1:30 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack 3:00 Scenic Drive: Sausalito 4:00 Movement Break 6:00 Childhood Stories	9:30 Faith Studies/Bridge 29 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Sports	10:30 Snack 30 11:00 Morning Gathering 11:00 Stroll Patrol 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Live Music / Paul Fontes 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring	10:00 Gentle Stretch 31 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Winter Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 January 2026 AlmaVia OF SAN FRANCISCO Oasis Memory Care Neighborhood Life Enrichment Activities Calendar				10:30 New Year's Day Mass w. Father Rick- GR 1 1:00 Baking Club 2:00 Daily Chronicle 3:00 New Year's Day Social 4:00 Hand Massage 6:00 Movie New Year's Day	10:00 Balloon Toss 2 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares	10:30 Baking Club 3 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc.
10:00 Holy Mass 4 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie	10:00 Daily Chronicle 5 11:00 Spirituality Thru The Arts 1:00 Baking Club 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane	10:30 Mass w. Father Rick- GR 6 11:00 Arts w. Andrea 2:00 Daily Chronicle 3:00 Hot Coco 4:00 Hand Massage 6:00 Movie	10:30 Refresh & Reflect 7 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	10:30 Mass w. Father Rick- GR 8 11:30 Outing: Original Joe's Of Westlake 1:00 Baking Club 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie	10:00 Balloon Toss 9 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares	10:30 Baking Club 10 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc.
10:00 Holy Mass 11 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie	10:00 Daily Chronicle 12 11:00 Spirituality Thru The Arts 1:00 Baking Club 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane	10:30 Mass w. Father Rick- GR 13 11:00 Arts w. Andrea 2:00 Daily Chronicle 3:00 Hot Coco 4:00 Hand Massage 6:00 Movie	10:30 Refresh & Reflect 14 11:00 Catching Up With Friends 2:00 Daily Chronicle 3:00 Drive: Presidio 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane	10:30 Mass w. Father Rick- GR 15 1:00 Baking Club 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie	10:00 Balloon Toss 16 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares	10:30 Baking Club 17 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc.
10:00 Holy Mass 18 11:00 Gentle Stretch 1:30 Davies Symphony Hall: Bay Area Youth Orchestra Festival 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie Bay Area Youth Orchestra Festival	10:00 Daily Chronicle 19 11:00 Spirituality Through The Arts 1:00 Baking Club 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Doc. I Have A Dream Martin Luther King Jr. Day	10:30 Mass w. Father Rick- GR 20 11:00 Arts w. Andrea 2:00 Daily Chronicle 3:00 Hot Coco 4:00 Hand Massage 6:00 Movie	10:30 Refresh & Reflect 21 11:00 Catching Up With Friends 2:00 Daily Chronicle 3:00 Drive: Twin Peaks 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane	10:30 Mass w. Father Rick- GR 22 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 1:00 Baking Club 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie	10:00 Balloon Toss 23 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares	10:30 Baking Club 24 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc.
10:00 Holy Mass 25 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie	10:00 Daily Chronicle 26 11:00 Spirituality Thru The Arts 1:00 Baking Club 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane	10:30 Mass w. Father Rick- GR 27 11:00 Arts w. Andrea 2:00 Daily Chronicle 3:00 Hot Coco 4:00 Hand Massage 6:00 Movie	10:30 Refresh & Reflect 28 11:00 Catching Up With Friends 2:00 Daily Chronicle 3:00 Drive: Sausalito 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane	10:30 Holy Mass / Father Rick- GR 29 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 1:00 Baking Club 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie	10:00 Balloon Toss 30 11:00 Sing-Along 2:00 What's Sound? 3:00 Residents Birthday's Party! 4:00 Hand Massage 6:00 Hollywood Squares	10:30 Baking Club 31 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc.

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