

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026



- 10:00 Broadcast Mass- GR
- 11:00 Harmony Collective- GR
- 1:00 Games Fun- GR
- 2:00 Matters Of The Moment Discussion- LR
- 2 - 4 Drop-In Chocolate & Chats w. Bridget- PDR
- 3:00 Spa Day- LR
- 4:00 Antonyms & Synonyms- GR
- 6:00 Netflix Comedy- GR

- 9:30 Chair Yoga w. Bridget- GR
- 10:00 Westlake Shopping w. James- LB
- 11:00 Homonyms Game- GR
- 1:00 Flower Arranging- PT
- 1:00 Kindred Spirits Support Group w. Bridget- LR
- 2:00 Book To Brush Inspired Art Making w. Janae- AR
- 2:00 Scenic Drive: Tiburon/James- LB
- 3:00 Sweet Scoops Social- LR
- 4:00 Book Club w. Bridget- GR
- 6:00 Travel Doc. Mexican Grey Wolf- GR

- 9:30 Aerobics Exercises- GR
- 10:30 Mass w. Father Rick- GR
- 11:30 Taco Bar- DR
- 1:00 Doc. Cinco de Mayo- GR
- 2 - 3 Cinco De Mayo Party w. Mariachi San Francisco Band- DR
- 2:00 Cooking Club w. Chef Luz & Maggie- AR
- 2:00 Bible Study w. Bridget- LR
- 3:00 Cinco De Mayo Happy Hour Social- PT
- 3:00 Fresh Idea Journaling Club/Bridget- GR
- 4:30 Cinco De Mayo Dinner- DR
- 6:00 Movie- GR

- 9:30 Stretching Exercises- GR
- 11:00 One Foot In Front The Other Support Group/Bridget- GR
- 1:30 Together Not Alone Support Group w. Cleitus- LR
- 2:15 Crossword Puzzle- GR
- 2:30 Food Forum w. Chef Luz- AR
- 3:00 Mexican Drink Social- PT
- 4:00 Pictionary Game- LB
- 6:00 Games Night- AR
- 6:00 Artist Doc. Frida Kahlo

- 9:30 Gentle Stretch Exercises- GR
- 10:30 Mass Father Rick- GR
- 11:00 Lunch Outing: Elena's Authentic Mexican Food- LB
- 1:00 Walking Club- AR
- 2:30 Broom Hockey- GR
- 3:45 Smoothies & Karaoke- GR
- 6:00 Games Night- AR
- 6:00 Netflix Musical- GR

- 9:30 Weight Lifting Exercises- GR
- 10:15 What's In A Word?- GR
- 11:00 Homonyms Game- GR
- 1:00 Poetry Readings- GR
- 2:00 Town Hall Meeting- GR
- 3:30 VE Day Remembrances & Reflections Social- PT
- 4:00 Guess Sound?- LB
- 6:00 Sweets Bingo- GR

- 9:30 Range of Motion Exer.- GR
- 10:15 Bean Bag Toss- GR
- 11:00 Crossword Puzzle- GR
- 1:00 Sweets Bingo- GR
- 2:30 Religious Doc.- GR
- 3:30 Instrumix Music Program w. Ki' Shae- GR
- 3:30 Travel Club- LR
- 4:00 Google Earth- GR
- 6:00 Netflix Fantasy- GR

- 10:00 Broadcast Mass- GR
- 11:00 Mother's Day Brunch #1- DR
- 12:30 Mother's Day Brunch #1- DR
- 1:30 Games Fun- GR
- 2:15 Matters Of The Moment Discussion- LR
- 3:00 Spa Day- LR
- 4:00 Antonyms & Synonyms- GR
- 6:00 Mother's Day Movie: Otherhood- GR

- 9:30 Chair Yoga w. Bridget- GR
- 10:00 Westlake Shop/James- LB
- 11:00 Homonyms Game- GR
- 1:00 Kindred Spirits Support Group w. Bridget- LR
- 2:00 Intersection Art/Spirituality w. Janae & Bridget- AR
- 3:00 Sweet Scoops Social- LR
- 4:00 Book Club w. Bridget- GR
- 6:00 Doc. Wonders Mexico- GR

- 9:30 Aerobics Exercises- GR
- 10:30 Mass w. Father Rick- GR
- 12:30 Sweets Bingo- GR
- 2:00 Cooking Club w. Chef Luz & Maggie- AR
- 2:00 Bible Study w. Bridget- LR
- 3:00 Happy Hour Social- PT
- 3:00 Fresh Ideas Journaling Club w. Bridget- GR
- 4:00 Charades- LR
- 6:00 Netflix Thriller- GR

- 9:30 Stretching Exercises- GR
- 11:00 One Foot In Front The Other Support Group w. Bridget- GR
- 1:00 Library On Wheels- PL
- 1:30 Together Not Alone Support Group w. Cleitus- LR
- 2:15 Crossword Puzzle- GR
- 3:00 Mexican Drink Social- PT
- 3:30 Activities Planning Meeting- LB
- 4:00 Pictionary Game- LB
- 6:00 Games Night- AR
- 6:00 Travel Doc. Maya of Belize

- 9:30 Gentle Stretch Exercises- GR
- 10:30 Mass Father Rick- GR
- 12:30 Picnic Outing: Presidio Tunnel Tops Park- LB
- 2:30 Broom Hockey- GR
- 3:45 Smoothies & Karaoke- GR
- 6:00 Games Night- AR
- 6:00 Musical Movie- GR

- 9:30 Weight Lifting Exer.- GR
- 10:15 What's In A Word?- GR
- 11:00 Homonyms Game- GR
- 1:00 Poetry Readings- GR
- 2:00 Antonym/Synonym- LR
- 3:00 Musical Stylings of w. Scott Hill / Guitar & Vocals Concert- LB
- 4:00 Guess The Sound?- LB
- 6:00 Sweets Bingo- GR

- 9:30 Range of Motion Exercises- GR
- 10:15 Bean Bag Toss- GR
- 11:00 Crossword Puzzle- GR
- 1:00 Sweets Bingo- GR
- 2:30 Doc. Armed Forces Day- GR
- 3:30 Travel Club- LR
- 4:00 Google Earth- GR
- 6:00 Netflix Fantasy- GR

- 10:00 Broadcast Mass- GR
- 11:00 Harmony Collective- GR
- 11:30 Outing: CYS String Ensembles & Orchestra- LB
- 1:00 Games Fun- GR
- 2:00 Matters Of Moment Discuss- LR
- 2 - 4 Drop-In Chocolate & Chats w. Bridget- PDR
- 3:00 Spa Day- LR
- 4:00 Antonyms & Synonyms- GR
- 6:00 Netflix Comedy- GR

- 9:30 Chair Yoga w. Bridget- GR
- 10:00 Westlake Shopping/ James- LB
- 11:00 Homonyms Game- GR
- 1:00 Kindred Spirits Support Group w. Bridget- LR
- 2:00 Book To Brush Inspired Art Making w. Janae- AR
- 2:00 Scenic Drive: Pacifica/James- LB
- 3:00 Sweet Scoops Social- LR
- 4:00 Book Club w. Bridget- GR
- 6:00 Travel Doc. Mayan Rainforests- GR

- 9:30 Aerobics Exercises- GR
- 10:30 Mass w. Father Rick- GR
- 12:30 Sweets Bingo- GR
- 2:00 Cooking Club w. Chef Luz & Maggie- AR
- 2:00 Bible Study w. Bridget- LR
- 3:00 Happy Hour Social- PT
- 3:00 Fresh Ideas Journaling Club w. Bridget- GR
- 4:00 Charades- LR
- 6:00 Netflix Thriller- GR

- 9:30 Stretching Exercises- GR
- 11:00 One Foot In Front The Other Support Group w. Bridget- GR
- 1:30 Together Not Alone Support Group w. Cleitus- LR
- 2:15 Crossword Puzzle- GR
- 2:30 Food Forum w. Chef Luz- AR
- 3:00 Buddha History & Origins Social & Documentary- GR
- 4:00 Pictionary Game- LB
- 6:00 Games Night- AR
- 6:00 Travel Doc. Stories From Belize- GR

- 9:30 Gentle Stretch Exercise- GR
- 10:30 Mass Father Rick- GR
- 1:00 Walking Club- AR
- 2:00 Shavuot Presentation: Congregation Sherith Israel w. Rabbi Altshuler- GR
- 4:00 San Francisco Youth Chorus Concert- GR
- 6:00 Games Night- AR
- 6:00 Musical Movie- GR

- 9:30 Weight Lifting Exercises- GR
- 10:15 What's In A Word?- GR
- 11:00 Homonyms Game- GR
- 1:00 Poetry Readings- GR
- 2:00 Antonym/Synonym- LR
- 3:00 Happy Hour- PT
- 4:00 Guess The Sound?- LB
- 6:00 Bingo Night- GR

- 9:30 Range of Motion Exer.- GR
- 10:15 Bean Bag Toss- GR
- 11:00 Crossword Puzzle- GR
- 1:00 Sweets Bingo- GR
- 2:30 Religious Doc.- GR
- 3:30 Instrumix Music Program w. Ki' Shae- GR
- 3:30 Travel Club- LR
- 4:00 Google Earth- GR
- 6:00 Netflix Fantasy- GR

- 10:00 Broadcast Mass- GR
- 11:00 Harmony Collective- GR
- 12:30 Theatre Outing: Berkeley Playhouse: "Cats"- LB
- 1:00 Games Fun- GR
- 2:00 Matters Of The Moment Discussion- LR
- 2 - 4 Drop-In Chocolate & Chats w. Bridget- PDR
- 3:00 Spa Day- LR
- 4:00 Antonyms & Synonyms- GR
- 6:00 Netflix Comedy- GR

- 9:30 Chair Yoga w. Bridget- GR
- 10:00 Westlake Shopping w. James- LB
- 11:00 Homonyms Game- GR
- 1:00 Kindred Spirits Support Grp./Bridget- LR
- 2:00 Book To Brush Inspired Art Making- AR
- 2:00 Memorial Day Remembrance Outing: Golden Gate National Cemetery- LB
- 3:00 Reflections of Valor Memorial Day Social w. James- LB
- 3:30 Memorial Day Hymns- LB
- 4:00 Book Club w. Bridget- GR
- 6:00 Doc. Memorial Day- GR

- 9:30 Aerobics Exercises- GR
- 10:30 Mass w. Father Rick- GR
- 12:30 Sweets Bingo- GR
- 2:00 Cooking Club w. Chef Luz & Maggie- AR
- 2:00 Bible Study w. Bridget- LR
- 3:00 Happy Hour Social- PT
- 3:00 Fresh Ideas Journaling Club w. Bridget- GR
- 4:00 Charades- LR
- 6:00 Netflix Thriller- GR

- 6:30 Can You Weight?- AR
- 9:30 Stretching Exercises- GR
- 11:00 One Foot In Front The Other Support Group w. Bridget- GR
- 1:30 Together Not Alone Support Group w. Cleitus- LR
- 2:15 Crossword Puzzle- GR
- 2:30 Food Forum w. Chef Luz- AR
- 3:00 Mexican Drink Social- PT
- 4:00 Pictionary Game- LB
- 6:00 Games Night- AR
- 6:00 Travel Doc. History of Belize

- 9:30 Gentle Stretch Exercises- GR
- 10:30 Mass Father Rick- GR
- 1:00 Walking Club- AR
- 2:30 Broom Hockey- GR
- 3:45 Smoothies & Karaoke- GR
- 6:00 Games Night- AR
- 6:00 Netflix Musical- GR

- 9:30 Weight Lifting Ex.- GR
- 10:15 What's In A Word?- GR
- 11:00 Homonyms Game- GR
- 11:30 Salad Bar- DR
- 1:00 Poetry Readings- GR
- 2:00 Antonym/Synonym- LR
- 3:00 Resident Birthdays- PT
- 4:00 Guess The Sound?- LB
- 6:00 Sweets Bingo- GR



- 9:30 Range of Motion Exercises- GR
- 10:15 Bean Bag Toss- GR
- 11:00 Crossword Puzzle- GR
- 1:00 Sweets Bingo- AR
- 3:15 Religious Doc.- GR
- 3:30 Travel Club- LR
- 4:00 Google Earth- GR
- 6:00 Netflix Fantasy- GR

- 10:00 Broadcast Mass- GR
- 11:00 Harmony Collective- GR
- 1:00 Games Fun- GR
- 2:00 Matters Of The Moment Discussion- LR
- 2 - 4 Drop-In Chocolate & Chats w. Bridget- PDR
- 3:00 Spa Day- LR
- 4:00 Antonyms & Synonyms- GR
- 6:00 Netflix Comedy- GR

Assisted Living Neighborhood Life Enrichment Activities Calendar



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2026</h1>						
 <ul style="list-style-type: none"> 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 1:30 Book Club 2:00 Visual Art Earthy Expressions 3:00 Hot Choco with Friends 3:30 Eco Club: Botanical Bliss 4:00 Easter Egg Hunting 6:00 Hymn Along 	<ul style="list-style-type: none"> 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 Rhyme & Reflect 4:00 Drumming & Percussion 6:00 Music Memory Lane 40's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making / Janae 2:00 Cinco de Mayo Party- DR 3:00 Afternoon Snack 3:30 Mind Gym: Belize Cuisine 4:00 Gentle Wags of Spring 6:00 Travel Club: Belize History Cinco de Mayo 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Gentle Stretch 1:30 Card Sorting 2:00 Brighten With Hope 3:00 Picnic Outing: Tunnel Tops Park w. James- LB 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Nurturing the Spirit / Bridget 6:00 Riddles & Rhymes 	 <ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Outing: Elena's Authentic Mexican Cuisine- LB 1:30 What's The Weight? Nurturing the Spirit w. Bridget 2:00 Creative Expression 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Live Music w. The Billo's 2:00 Spring Arts & Crafts 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Arts & Culture of Belize 11:30 Gentle Stretch 11:40 Serene Nature Moments 1:30 Hand Spa 2:00 Memory Scrapbook Making 4:00 International Folk Dancing Performance 4:00 Movement Break 6:00 Spiritual Coloring
<ul style="list-style-type: none"> 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 1:30 Book Club 2:00 Visual Art: Paper Mosaic 3:00 Mother's Day Social 3:30 Eco Club: Sublimation 4:00 Guess the Scent 6:00 Hymn Along 	<ul style="list-style-type: none"> 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 Rhyme & Reflect 4:00 Drumming & Percussion 6:00 Music Memory Lane 50's 	<ul style="list-style-type: none"> 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 / Janae 2:30 Music Through the Years 3:30 Mind Gym: Belize Drinks 4:00 Gentle Wags of Spring 6:00 Travel Club: Maya of Belize 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Wellness Motion w. Karuna 1:30 Card Sorting 2:00 Brighten With Hope 3:00 Scenic Drive: Painted Ladies Houses w. James - LB 3:30 Chocolate Bingo! 4:00 Nurturing the Spirit/Bridget 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:30 Nurturing the Spirit w. Bridget 2:00 Creative Expression 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Spring Arts & Crafts 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Music & Dance of of Belize 11:30 Gentle Stretch 11:40 Serene Nature Moments 1:30 Hand Spa 2:00 Memory Scrapbook Making 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring
<ul style="list-style-type: none"> 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 11:30 Outing: CYS String Ensembles & Orchestra- LB 1:30 Book Club: 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 	<ul style="list-style-type: none"> 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 Rhyme & Reflect 4:00 Drumming & Percussion 6:00 Music Memory Lane 60's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making / Janae 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Belize Resto 4:00 Gentle Wags of Spring 6:00 Travel Club: Belize Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Gentle Stretch 1:30 Card Sorting 2:00 Brighten With Hope 3:00 Scenic Drive: Half Moon Bay w. James- LB 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Nurturing the Spirit / Bridget 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 2:00 Shavuot Presents: Congregation Sherith Israel/Rabbi Altshuler-GR 2:00 Creative Expression 3:30 Word Games 4:00 Green Thumb Club 5:00 San Francisco Youth Chorus Concert 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Spring Arts & Crafts 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Architecture of Belize 11:30 Gentle Stretch 11:40 Serene Nature Moments 1:30 Hand Spa 2:00 Memory Scrapbook Making 3:00 Afternoon Snack 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring
<ul style="list-style-type: none"> 10:00 Pentecost Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 12:30 Theatre Outing: "CATS"- LB 1:30 Book Club: Pentecost 2:00 Visual Art: Applique 3:00 Hot Choco with Friends 3:30 Eco Club: Recycling 6:00 Hymn Along 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 2:00 Memorial Art 3:00 Memorial Day Social 3:30 Rhyme & Reflect 4:00 Drumming & Percussion 6:00 Music Memory Lane 70's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Tourist Spots 4:00 Intersection of Art & Spirituality w. Janae & Bridget 6:00 Travel Club: Wild Wonders 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Soulful Stretch w. Karuna 1:30 Card Reading 2:00 Brighten With Hope 3:00 Picnic Outing: Marin Headlands w. James- LB 3:30 Chocolate Bingo! 4:00 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:30 Nurturing the Spirit w. Bridget 2:00 Creative Expression 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Spring Arts & Crafts 3:00 Resident Birthdays" Party! Music w. Paul Fontes 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Belize Best Places to Visit 11:30 Gentle Stretch 11:40 Serene Nature Moments 1:30 Hand Spa 2:00 Memory Scrapbook Making 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring
<ul style="list-style-type: none"> 10:00 Trinity Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 1:30 Book Club: Trinity 2:00 Visual Art: Paper Mosaic 3:00 Hot Choco with Friends 3:30 Eco Club: Recycling 4:00 Guess the Scent 6:00 Hymn Along 	 <h2 style="text-align: center;">Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar</h2> 					

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

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday



May 2026



	<h1>May 2026</h1>						
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 11:00 Morning Gathering 11:30 Relaxing Hymns 1:30 World Press Freedom Art 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 11:00 Book To Brush: Mexican Inspired Art Making / Janae 1:30 Bird Watching (Patio) 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 30s 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 11:00 Morning Gathering 11:30 Music Appreciation 2 - 3 Cinco de Mayo Party w. Mariachi SF Band- DR 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Wonders of Mexico <p style="text-align: center;">Cinco de Mayo</p>	<ul style="list-style-type: none"> 10:00 Range of Motion 11:00 Morning Gathering 1:30 Nurturing the Spirit / Bridget 2:00 What's in a Word? 2:30 Let's Get Crafty 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 	<ul style="list-style-type: none"> 10:00 What's the Weight? 11:00 Morning Gathering 11:00 Outing: Elena's Authentic Mexican Cuisine- LB 11:30 Nature Club 1:30 Mindful Art: Teacher's Day 2:30 Word Game 3:00 Afternoon Snack 3:30 Nurturing the Spirit w. Bridget 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Teacher 	<ul style="list-style-type: none"> 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 3:00 Live Music w. The Billos 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 11:00 Morning Gathering 1:30 Spring Art Project 2:00 Chocolate Bingo! 3:15 International Folk Dancing Performance 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 11:00 Morning Gathering 11:30 Relaxing Hymns 1:30 Mother's Day Celebration 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games <p style="text-align: center;">Mother's Day</p>	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 11:00 Book To Brush: Mexican Inspired Art Making / Janae 1:30 Bird Watching (Patio) 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 40s 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 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 Break/Dog Walking 6:00 Baja: Mexico's Cactus Forest 	<ul style="list-style-type: none"> 10:00 Yoga w. Karuna 11:00 Morning Gathering 1:30 Nurturing the Spirit / Bridget 2:00 What's in a Word? 2:30 Let's Get Crafty 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:30 Word Game 3:00 Afternoon Snack 3:30 Nurturing the Spirit / Bridget 4:00 Movement Break 6:00 Reminiscing: Work 	<ul style="list-style-type: none"> 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 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Spring Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Outing: CYS String Ensembles & Orchestra- LB 11:30 Relaxing Hymns 1:30 Art & Design Painting 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 11:00 Book To Brush: Mexican Inspired Art Making / Janae 1:30 Bird Watching (Patio) 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 60s 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 1:30 Let's Play Bingo! 2:30 Creative Arts Club 3:30 Daily Chronicle 4:00 Intersection of Art & Spirituality/Janae & Bridget 4:00 Move Break/Dog Walking 6:00 Rainforests of the Maya 	<ul style="list-style-type: none"> 10:00 Range of Motion 10:30 Snack 11:00 Morning Gathering 1:30 Let's Get Crafty 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:00 Shavuot Presents: Congregation Sherith Israel/Rabbi Altshuler-GR 2:30 Word Game 3:00 Afternoon Snack 4:00 Movement Break 5:30 San Francisco Youth Chorus Concert 	<ul style="list-style-type: none"> 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 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Spring Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
<ul style="list-style-type: none"> 10:00 Pentecost Mass (GR) 11:00 Morning Gathering 11:30 Relaxing Hymns 12:30 Theater Outing: "CATS"- LB 1:30 Layers/Textures Painting 2:30 Nature Club 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games <p style="text-align: center;">Pentecost</p>	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 11:00 Book To Brush Memorial Day Inspired Art Making w. Janae 1:30 Bird Watching (Patio) 2:00 Praying with the Psalms 2:30 Memorial Day Trivia 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 70s <p style="text-align: center;">Memorial Day</p>	<ul style="list-style-type: none"> 10:00 Gentle Stretch 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 Break/Dog Walking 6:00 Mexican Gray Wolf 	<ul style="list-style-type: none"> 10:00 Ease & Release w. Karuna 11:00 Morning Gathering 1:30 Nurturing the Spirit / Bridget 2:00 What's in a Word? 2:30 Let's Get Crafty 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:30 Word Game 3:00 Afternoon Snack 3:30 Nurturing the Spirit / Bridget 4:00 Movement Break 6:00 Reminiscing: Vacation 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Live Music w. Paul Fontes 3:00 Residents Birthday Party 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Spring Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
<ul style="list-style-type: none"> 10:00 Trinity Sunday Mass (GR) 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 <p style="text-align: center;">Trinity Sunday</p>	<h2>Gardens Memory Care Neighborhood Life Enrichment Activities Calendar</h2>						

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2026



10:00 Holy Mass 3
 11:00 Gentle Stretch
 1:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Movie:

9:00 Show Of Shows 4
 10:00 Daily Chronicle
 10:30 Baking Club:
 11:00 **Nurturing The Spirit / Bridget**
 1:00 Baking Club
 2:00 Connect Four
 3:00 Patio Social
 3:30 Gentle Stretch
 4:00 Hand Massage
 6:00 Music Lane

9:00 I Love Lucy 5
 10:00 **Book To Brush Storytelling: Inspired Art Making w. Janae**
 10:30 Snack Time
 11:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 2 - 3 **Cinco de Mayo w. Mariachi San Francisco Band- DR**
 3:00 **Cinco de Mayo Patio Social**
 4:00 Hand Massage
 5:45 Movie:
 Cinco de Mayo

9:00 Amos & Andy 6
 10:00 Refresh & Reflect
 11:00 Catching Up With Friends
 2:00 Daily Chronicle
 3:00 **Nurturing The Spirit w. Bridget**
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Music Lane

9:00 Honeymooners 7
 10:00 Morning Gathering
 11:00 **Nurturing The Spirit w. Bridget**
 1:00 Baking Club:
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 5:45 Movie

9:00 George Burns & Gracie Allen Show 8
 10:00 Shoot your Shot
 10:30 **Scenic Drive Marin / Joe-LB**
 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

9:00 Dick Van Dyke Show 9
 10:30 Baking Club:
 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 10
 11:00 Gentle Stretch
 1:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Movie

9:00 Show Of Shows 11
 10:00 Daily Chronicle
 10:30 Baking Club:
 11:00 **Nurturing The Spirit / Bridget**
 1:00 Baking Club
 2:00 Connect Four
 3:00 Patio Social
 3:30 Gentle Stretch
 4:00 Hand Massage
 6:00 Music Lane

9:00 I Love Lucy 12
 10:00 **Book To Brush Storytelling: Inspired Art Making / Janae**
 10:30 Snack Time
 11:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Hot Coco Patio Social
 4:00 Hand Massage
 5:45 Movie

9:00 Amos & Andy 13
 10:00 Refresh & Reflect
 11:00 Catching Up With Friends
 2:00 Daily Chronicle
 3:00 **Nurturing The Spirit w. Bridget**
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Music Lane

9:00 Honeymooners 14
 10:00 Morning Gathering
 11:00 **Nurturing The Spirit w. Bridget**
 1:00 Baking Club:
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 5:45 Movie

9:00 George Burns & Gracie Allen Show 15
 10:00 Shoot your Shot
 11:00 Sing-Along
 1:30 **Scenic Drive: Half Moon Bay w. Joe- LB**
 2:00 What's That Sound?
 3:00 Happy Hour
 4:00 Hand Massage
 6:00 Hollywood Squares

9:00 Dick Van Dyke Show 16
 10:30 Baking Club:
 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 17
 11:00 Gentle Stretch
 1:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Movie

9:00 Show Of Shows 18
 10:00 Daily Chronicle
 10:30 Baking Club:
 11:00 **Nurturing The Spirit / Bridget**
 1:00 Baking Club
 2:00 Connect Four
 3:00 Patio Social
 3:30 Gentle Stretch
 4:00 Hand Massage
 6:00 Music Lane

9:00 I Love Lucy 19
 10:00 **Book To Brush Storytelling: Inspired Art Making / Janae**
 10:30 Snack Time
 11:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Hot Coco Patio Social
 4:00 Hand Massage
 5:45 Movie

9:00 Amos & Andy 20
 10:00 Refresh & Reflect
 10:30 **Yoga with Karuna**
 11:00 Catching Up With Friends
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Music Lane

9:00 Honeymooners 21
 10:00 Morning Gathering
 11:00 **Nurturing The Spirit w. Bridget**
 1:00 Baking Club:
 2:00 **Shavuot Presents: Congregation Sherith Israel/Rabbi Altshuler-GR**
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 4:30 **San Francisco Youth Chorus Concert**
 5:45 Movie

9:00 George Burns & Gracie Allen Show 22
 10:00 Shoot your Shot
 11:00 Sing-Along
 1:30 **Scenic Drive: Brisbane Hills w. Joe- LB**
 2:00 What's That Sound?
 3:00 Happy Hour
 4:00 Hand Massage
 6:00 Hollywood Squares

9:00 Dick Van Dyke Show 23
 10:30 Baking Club:
 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 24
 11:00 Gentle Stretch
 12:30 **Theatre Outing: Berkeley Playhouse: "CATS"- LB**
 1:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Movie

9:00 Show Of Shows 25
 10:00 Daily Chronicle
 10:30 Baking Club:
 11:00 **Nurturing The Spirit / Bridget**
 1:00 Baking Club
 2:00 Connect Four
 3:00 Patio Social
 3:30 Gentle Stretch
 4:00 Hand Massage
 6:00 Music Lane

9:00 I Love Lucy 26
 10:00 **Book To Brush Storytelling: Inspired Art Making / Janae**
 10:30 Snack Time
 11:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Hot Coco Patio Social
 4:00 Hand Massage
 5:45 Movie

9:00 Amos & Andy 27
 10:00 Refresh & Reflect
 11:00 Catching Up With Friends
 2:00 Daily Chronicle
 3:00 **Nurturing The Spirit w. Bridget**
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Music Lane

9:00 Honeymooners 28
 10:00 Morning Gathering
 11:00 **Nurturing The Spirit w. Bridget**
 1:00 Baking Club:
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 5:45 Movie

9:00 George Burns & Gracie Allen Show 29
 10:00 Shoot your Shot
 11:00 Sing-Along
 1:30 **Scenic Drive: Pacifica w. Joe- LB**
 2:00 What's That Sound?
 3:00 Happy Hour
 4:00 Hand Massage
 6:00 Hollywood Squares

9:00 Dick Van Dyke Show 30
 10:30 Baking Club:
 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 31
 11:00 Gentle Stretch
 1:00 **Nurturing The Spirit w. Bridget**
 2:00 Daily Chronicle
 3:00 Patio Social
 4:00 Hand Massage
 6:00 Movie

Oasis Memory Care Neighborhood Life Enrichment Activities Calendar



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