





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<ul style="list-style-type: none"> 9:30 Chair Yoga- GR 10:00 Westlake Shoppe- LB 11:00 Homonyms Game- GR 1:00 Flower Arranging- PDR 1:00 Kindred Spirits Support Group- LR 2:00 Book Inspired Art Making- AR 2:00 Scenic Drive: Golden Gate Bridge Vista Point- LB 3:00 Fruit Cup Monday- LR 4:00 Book Club- GR 6:00 Travel Doc.- GR 	<ul style="list-style-type: none"> 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingo- GR 2:00 Cooking Club w. Chef- PT 2:00 Chosen Series Epi: 4- GR 3:00 Fresh Ideas Journaling Club- GR 4:00 Charades Social- LB 6:00 Netflix Thriller- GR 	<ul style="list-style-type: none"> 9:30 Sit & Be Fit- GR 11:00 Intro: Understanding Your Grief Series Support Group w. Bridget & Janae- AR 12:30 Comedy Showtime- GR 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- GR 2:30 Food Forum w. Chef- AR 3:00 Happy Hour- PT 4:00 Pictionary Game- LB 6:00 Games Night- AR 6:00 Travel Club: History of Portuguese Empire- GR 	<ul style="list-style-type: none"> 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 11:00 Lunch Outing: Basque European Cuisine- LB 1:00 Book To Brush Inspired Art Making- AR 2:00 Improvisation Story Telling w. Sammy- GR 3:45 Smoothies & Karaoke- GR 6:00 Games Night- AR 6:00 Netflix Musical- GR 	<ul style="list-style-type: none"> 9:30 Weight Lifting- GR 10:15 What's In A Word?- GR 11:00 Religious Homonyms-GR 11:30 Resident Council Board Members Lunch- PDR 1:30 Poetry Readings- GR 2:00 Antonyms/Synonyms- LR 3:00 Happy Hour- PT 4:00 Guess The Sound?- LB 6:00 Sweets Bingo- GR 	<ul style="list-style-type: none"> 9:30 Range of Motion- GR 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- GR 2:30 Religion Doc.- G 3:00 Whack-O-Balloon- GR 3:30 Travel Club- LR 4:00 Comedy Showtime- GR 6:00 Netflix Fantasy- GR 	
<ul style="list-style-type: none"> 10:00 Broadcast Mass- GR 11:00 Harmony Collective- GR 1:00 Classical Music Outing: CYS Concert- LB 1:00 Games Fun/Popcorn- GR 2:00 Drop-In Chocolate & Chats- PDR 2:00 Matters Of The Moment Discussion- LR 3:00 Spa Day- LR 4:00 Antonyms & Synonyms- GR 6:00 Netflix Comedy- GR CYS Classical Music Concert 	<ul style="list-style-type: none"> 9:30 Chair Yoga- GR 10:00 Westlake Shoppe- LB 11:00 Homonyms Game- GR 1:00 Gardening Club- PT 1:00 Kindred Spirits Support Group- LR 2:00 Book Inspired Art Making- AR 2:00 Outing: It's It Ice Creams- LB 3:00 Tuesday's With Morrie Movie & Fruit Cups Social- GR 6:00 Travel Doc.- GR Outing: It's It Ice Creams 	<ul style="list-style-type: none"> 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingo with First Light Home Care & Swag Prizes- GR 2:00 Cooking Club w. Chef- PT 2:00 Chosen Series Epi: 5- GR 3:00 Fresh Ideas Journaling Club- GR 4:00 Charades Social- LB 6:00 Netflix Thriller- GR 	<ul style="list-style-type: none"> 9:30 Sit & Be Fit- GR 11:00 Understanding Your Grief Series- GR 12:30 Comedy Showtime- GR 1:00 Library On Wheels- PL 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- LR 3:00 Happy Hour- PT 4:00 Activities Meeting- LB 6:00 Games Night- AR 6:00 Travel Club: Quinta da Regaleira In- GR 	<ul style="list-style-type: none"> 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 12:30 Lunch Outing: Old St. Mary's Tour & Far East Chinese- LB 1:00 Book To Brush Inspired Art Making- AR 2:00 Improvisation Story Telling w. Sammy- GR 3:45 Smoothies & Karaoke- GR 6:00 Games Night- AR 6:00 Netflix Musical- GR 	<ul style="list-style-type: none"> 9:30 Weight Lifting- GR 10:15 What's In A Word?- GR 11:00 Religious Homonyms-GR 1:30 Poetry Readings- GR 2:00 Town Hall Meeting- GR 3:30 New Program: Puppets On Parade/Armando- GR 4:00 Guess The Sound?- LB 6:00 Sweets Bingo- GR 	<ul style="list-style-type: none"> 9:30 Range of Motion- GR 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- GR 2:30 Religion Doc.- GR 3:00 Whack-O-Balloon- GR 3:30 Travel Club- LR 4:15 Instrumix Music Program w. Ki' Shae- GR 4:15 Comedy Showtime- GR 6:00 Netflix Fantasy- GR 	
<ul style="list-style-type: none"> 10:00 Broadcast Mass- GR 11:00 Harmony Collective- GR 1:00 Games Fun/Popcorn- GR 2:00 Matters Of The Moment Discussion- LR 2:00 Drop-In Chocolate & Chats- PDR 3:00 Spa Day- LR 4:00 Antonyms/Synonyms-GR 6:00 Netflix Comedy- GR 	<ul style="list-style-type: none"> 9:30 Chair Yoga- GR 10:00 Westlake Shoppe- LB 11:00 Homonyms Game- GR 1:00 Flower Arranging- PDR 1:00 Kindred Spirits Support Group- LR 2:00 Book Inspired Art Making- AR 2:00 Scenic Drive: Sausalito- LB 3:00 Fruit Cup Monday- LR 4:00 Book Club- GR 6:00 Travel Doc.- GR 	<ul style="list-style-type: none"> 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingo- GR 2:00 Cooking Club w. Chef- PT 2:00 Chosen Series Epi: 6- GR 3:00 Fresh Ideas Journaling Club- GR 4:00 Charades Social- LB 6:00 Netflix Thriller- GR 	<ul style="list-style-type: none"> 9:30 Sit & Be Fit- GR 11:00 Understanding Your Grief Series- GR 12:30 Comedy Showtime- GR 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- GR 3:00 Happy Hour- PT 4:00 Pictionary Game- LB 6:00 Games Night- AR 6:00 Doc.- GR 	<ul style="list-style-type: none"> 9:30 Gambling Outing: Graton Casino- LB 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Book To Brush Inspired Art Making- AR 2:00 Improvisation Story Telling w. Sammy- GR 3:45 Smoothies & Karaoke- GR 6:00 Games Night- AR 6:00 Netflix Musical- GR 	<ul style="list-style-type: none"> 9:30 Weight Lifting- GR 10:15 Juneteenth Facts- GR 11:00 Religious Homonyms-GR 1:30 Poetry Readings- GR 2:00 Antonyms/Synonyms- LR 3:00 Juneteenth Social- PT 4:00 Guess The Sound?- LB 6:00 Sweets Bingo- GR 	<ul style="list-style-type: none"> 9:30 Range of Motion- GR 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Outing: San Francisco Playhouse: Dracula Female Revenge Story-LB 1:00 Sweets Bingo- GR 2:30 Frames & Flair Making w. Perfect Pair Volunteers- AR 2:30 Religion Doc.- GR 3:30 Travel Club- LR 4:00 Comedy Showtime- GR 6:00 Netflix Fantasy- GR 	
<ul style="list-style-type: none"> 10:00 Broadcast Mass- GR 11:00 Harmony Collective- GR 12:30 Outing: Coastal Rep. The Laramie Project- LB 1:00 Games Fun & Popcorn- GR 2:00 Matters Of The Moment Discussion- LR 2:00 Drop-In Chocolate & Chats- PDR 3:00 Father's Day Social- LB 4:00 Antonyms & Synonyms- GR 6:00 Netflix Comedy- GR Coastal Rep. The Laramie Project 	<ul style="list-style-type: none"> 9:30 Chair Yoga- GR 10:00 Westlake Shoppe- LB 11:00 Homonyms Game- GR 1:00 Gardening Club- PT 1:00 Kindred Spirits Support Group- LR 2:00 Book Inspired Art Making- AR 2:00 Outing: Nothin Bundt Cakes- LB 3:00 Fruit Cup Monday- LR 4:00 Book Club- GR 6:00 Travel Doc.- GR 	<ul style="list-style-type: none"> 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingo- GR 2:00 Cooking Club w. Chef- PT 2:00 Doc: St. Francis In Preparation For The Pilgrimage- GR 3:00 Fresh Ideas Journaling Club- GR 4:00 Charades Social- LB 6:00 Netflix Thriller- GR 	<ul style="list-style-type: none"> 6:30 Can You Weight?- AR 9:30 Sit & Be Fit- GR 11:00 Understanding Your Grief Series- GR 12:30 Comedy Showtime- GR 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- GR 3:00 Happy Hour- PT 4:00 Pictionary Game- LB 6:00 Games Night- AR 6:00 Doc.- GR 	<ul style="list-style-type: none"> 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Pilgrimage To National Saint Francis Shrine- LB 1:00 Book To Brush Inspired Art Making- AR 2:00 Improvisation Story Telling w. Sammy- GR 3:45 Smoothies & Karaoke-GR 6:00 Games Night- AR 6:00 Netflix Musical- GR 	<ul style="list-style-type: none"> 9:30 Weight Lifting- GR 10:15 Catching Up With Friends-GR 11:00 Religious Homonyms- GR 11:30 Salad Bar- DR 1:30 Poetry Readings- GR 2:00 Antonyms & Synonyms- LR 3:00 Residents Birthday's Party Musical Stylings Scott Hill Guitar & Vocals Concert- LB 4:00 Guess The Sound?- LB 6:00 Sweets Bingo- GR 	<ul style="list-style-type: none"> 9:30 Range of Motion- GR 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 1:00 Sweets Bingo- GR 2:30 Religion Doc.- GR 3:00 Whack-O-Balloon- GR 3:30 Travel Club- LR 4:15 Instrumix Music Program w. Ki' Shae- GR 6:00 Netflix Fantasy- GR 	
<ul style="list-style-type: none"> 10:00 Broadcast Mass- GR 11:00 Harmony Collective- GR 1:00 Games Fun/Popcorn- GR 2:00 Matters Of The Moment Discussion- LR 2:00 Drop-In Chocolate & Chats- PDR 3:00 Pride Day: A Celebration of Being You- LR 4:00 Antonyms/Synonyms-GR 6:00 Netflix Comedy- GR 	<ul style="list-style-type: none"> 9:30 Chair Yoga- GR 10:00 Westlake Shoppe- LB 11:00 Homonyms Game- GR 1:00 Gardening Club- PT 1:00 Kindred Spirits Support Group- LR 2:00 Book Inspired Art Making- AR 2:00 Scenic Drive: Brisbane Hills- LB 3:00 Fruit Cup Monday- LR 4:00 Book Club- GR 6:00 Travel Doc.-GR 	<ul style="list-style-type: none"> 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingo- GR 2:00 Cooking Club w. Chef- PT 2:00 Chosen Series Ep: 7- GR 3:00 Fresh Ideas Journaling Club- GR 4:00 Charades Social- LB 6:00 Netflix Thriller- GR 	 <h1 style="font-family: cursive;">June 2026</h1> <h2>Assisted Living Neighborhood</h2> <h3>Life Enrichment Activities Calendar</h3>				



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<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 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 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Portugal Cuisine 4:00 Gentle Wags of Spring 6:00 Travel Club: History of Portuguese Empire 	<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 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Nurturing the Spirit w. Bridget 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Lunch Outing: Basque European Cuisine 11:00 What's The Weight? 1:30 Nurturing the Spirit/Bridget 2:00 Creative Expression: Global 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories Basque European Cuisine 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Facts: World Environment Day 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Spring Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing: Outdoor Games 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Arts & Culture of Portugal 11:30 Range of Motion 11:40 Serene Nature Moment 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 Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 1:00 Classical Music Outing: CYS Concert- LB 1:30 Alzheimer's & Brain Awareness 2:00 Visual Art: Earthly 3:00 Hot Choco with Friends 3:30 Eco Club: Botanical Bliss 4:00 Easter Egg Hunting 6:00 Hymn Along CYS Classical Music Concert 	<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 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Portugal Drinks 4:00 Gentle Wags of Spring 6:00 Travel Club: Quinta da Regaleira In Sintra 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Let's Groove 1:30 Card Sorting 2:00 Brighten With Hope 3:00 Picnic Outing: Tunnel Tops 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Nurturing the Spirit w. 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 3:00 New Program: Puppets On Parade w. Armando 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 1:00 Live Music w. The Billo's 1:30 Walking Club 2:00 Spring Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing: Picnic & Camping 4:00 Together In Spirit 6:00 Movie Night Live Music w. The Billo's 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Traditions of Portugal 11:30 Gentle Stretch 11:40 Serene Nature Moments 1:30 Memory Scrapbook Making 2:15 Instrumix Music Program 3:00 Afternoon Snack 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 	
			Picnic Outing: Tunnel Tops	Puppets On Parade w. Armando	Live Music w. The Billo's	Instrumix Music Program	
<ul style="list-style-type: none"> 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Game On with Popcorn! 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 	<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 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 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Portugal Herbs & Spices 4:00 Gentle Wags of Spring 6:00 Travel Club: Portugal's Terra 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Let's Groove 1:30 Card Sorting 2:00 Brighten With Hope 3:00 Scenic Drive: Half Moon Bay 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Nurturing the Spirit w. 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 3:00 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 June 10th Facts 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Arts & Crafts: Juneteenth 3:00 Happy Hour Social 3:30 Reminiscing: Beach Days 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Portugal Music & Dance 11:30 Range of Motion 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 	
					Juneteenth		
<ul style="list-style-type: none"> 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 12:30 Outing: Coastal Repertory Laramie Project 1:30 Facts: Summer Solstice 2:00 Visual Art: Father's Canvas 3:00 Father's Day Social 3:30 Eco Club: Paper Recycling 6:00 Hymn Along Coastal Repertory: Laramie Project Father's Day 	<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 70's 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Portugal Resto 4:00 Gentle Wags of Spring 6:00 Travel Club: Portugal's Mountains of 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 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Nurturing the Spirit w. Bridget 6:00 Riddles & Rhymes Picnic Outing: Marin Headlands 	<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 3:00 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 Summer Arts & Crafts 3:00 Residents' Birthday Party w. Paul Fontes 3:30 Reminiscing: Cold Treats 4:00 Together In Spirit 6:00 Movie Night Residents Birthday Party/Paul Fontes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Portugal Architecture 11:30 Range of Motion 11:40 Serene Nature Moments 1:30 Hand Spa 2:00 Pride Arts & Crafts 2:15 Instrumix Music Program 3:00 Afternoon Snack 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 	
					Residents Birthday Party/Paul Fontes	Instrumix Music Program	
<ul style="list-style-type: none"> 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Game On with Popcorn! 1:30 Book Club: Pride Day History 2:00 Visual Art: Applique 3:00 Pride Day: A Celebration of Being You 3:30 Eco Club: Recycling 4:00 Guess the Scent 6:00 Hymn Along Pride Day Celebration 	<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 80's 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Tourist Spots 4:00 Gentle Wags of Spring 6:00 Travel Club: Wonders of Portugal 	 <h1 style="font-family: cursive;">June 2026</h1> <h2 style="font-weight: bold;">Bridgehaven Memory Care Neighborhood</h2> <h3 style="font-weight: bold;">Life Enrichment Activities Calendar</h3>				

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Book Inspired Art Making 1:30 Bird Watching (Patio) 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 	<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 Wonders of Portugal 	<ul style="list-style-type: none"> 10:00 Yoga w. Karuna 10:30 Snack 11:00 Morning Gathering 1:30 Nurturing The Spirit / Bridget 2:00 Word Games 2:30 Lets Get Crafty! 3:00 Afternoon Snack 3:00 Scenic Drive: Painted Ladies 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Tales 	<ul style="list-style-type: none"> 10:00 What's the Weight? 10:30 Snack 11:00 Morning Gathering 11:00 Lunch Outing: Basque European Cuisine 11:30 Nature Club 1:30 Mindful Club 2:30 Word Games 3:00 Afternoon Snack 3:30 Nurturing the Spirit / Bridget 4:00 Movement Break 6:00 Reminiscing: Pastimes Basque European Cuisine 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause: Environment 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) 11:00 Morning Gathering 11:30 Relaxing Hymns 1:00 Classical Music Outing: CYS Concert- LB 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 <p>CYS Classical Music Concert</p>	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Book Inspired Art Making 1:30 Bird Watching (Patio) 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: 50s 	<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 New Program: Puppets On Parade w. Armando 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Wild Portugal: Madeira <p>Puppets On Parade w. Armando</p>	<ul style="list-style-type: none"> 10:00 Range of Motion 10:30 Snack 11:00 Morning Gathering 1:30 Nurturing The Spirit / Bridget 2:00 Word Games 2:30 Lets Get Crafty! 3:00 Afternoon Snack 3:00 Picnic Outing: Tunnel Tops 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Tales <p>Picnic Outing: Tunnel Tops</p>	<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 Games 3:00 Afternoon Snack 3:30 Nurturing the Spirit / Bridget 4:00 Movement Break 6:00 Reminiscing: Camping 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause: Others 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 <p>Live Music w. The Billos</p>	<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 3:15 Instrumix Music Program w. Ki' Shae 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy <p>Instrumix Music Program</p>	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 1:30 Painting: Flag/Stars & Stripes 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games <p>Flag Day</p>	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Book Inspired Art Making 1:30 Bird Watching (Patio) 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 	<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 Portugal's Serra Da Estrela 	<ul style="list-style-type: none"> 10:00 Ease & Release w. Karuna 10:30 Snack 11:00 Morning Gathering 1:30 Nurturing The Spirit / Bridget 2:00 Word Games 2:30 Lets Get Crafty! 3:00 Afternoon Snack 3:00 Scenic Drive: Half Moon Bay 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Tales 	<ul style="list-style-type: none"> 10:00 What's the Weight? 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Nurturing the Spirit / Bridget 4:00 Movement Break 6:00 Reminiscing: Swimming 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause: Country 2:00 Collaborative Art Project 3:00 Happy Hour Social 3:30 Daily Chronicle: Juneteenth 4:00 Movement Break 6:00 Rest & Relax Coloring <p>Juneteenth</p>	<ul style="list-style-type: none"> 10:00 Gentle Stretch 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 	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 11:00 Morning Gathering 11:30 Relaxing Hymns 12:30 Outing: Coastal Repertory The Laramie Project- LB 1:30 Father's Day Program/Social 2:30 Nature Club 3:30 Daily Chronicle: Summer 4:00 Movement Break 6:00 Table Games <p>Father's Day Coastal Repertory: Laramie Project</p>	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Book Inspired Art Making 1:30 Bird Watching (Patio) 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: 70s 	<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 Portugal's Peneda-Geres 	<ul style="list-style-type: none"> 10:00 Range of Motion 10:30 Snack 11:00 Morning Gathering 1:30 Nurturing The Spirit / Bridget 2:00 Word Games 2:30 Lets Get Crafty! 3:00 Afternoon Snack 3:00 Picnic Outing: Marin Headlands 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Tales <p>Picnic Outing: Marin Headlands</p>	<ul style="list-style-type: none"> 10:00 What's the Weight? 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Nurturing the Spirit / Bridget 4:00 Movement Break 6:00 Reminiscing: Summer 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause: World 2:00 Collaborative Art Project 3:00 Residents Birthday Party 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring <p>Live Music w. Paul Fontes</p>	<ul style="list-style-type: none"> 10:00 Gentle Stretch 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 3:15 Instrumix Music Program w. Ki' Shae 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy <p>Instrumix Music Program</p>	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 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 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Book Inspired Art Making 1:30 Bird Watching (Patio) 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: 70s 	<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 Portugal's Wildlife 	 <h1 style="font-family: cursive;">June 2026</h1> <h2 style="font-weight: bold;">Gardens Memory Care Neighborhood Life Enrichment Activities Calendar</h2>				

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> 9:00 Show Of Shows 10:00 Baking Club 11:00 Nurturing the Spirit w. Bridget 1:30 Daily Chronicle 2:00 Table Games 3:00 Patio Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making 11:00 Nurturing the Spirit w. Bridget 2:00 Daily Chronicle 3:00 New Program: Puppets On Parade w. Armando 4:00 Hand Massage 6:00 Travelogue 	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:00 Gentle Stretch 10:30 Refresh & Reflect 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit w. Bridget 3:00 Patio Social 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 10:00 Range Of Motion 11:00 Nurturing The Spirit w. Bridget 11:00 Lunch Outing: Basque European Cuisine 11:30 Let's Gather 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie <p>Basque European Cuisine</p>	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Scenic Drive: Painted Ladies 1:30 Balloon Toss 2:00 What's That Sound? 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares 	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Baking Club: 11:00 Gentle Stretch 1:30 Book Club 2:00 Serene Nature Moments 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 1:00 Nurturing The Spirit w. Bridget 1:00 Classical Music Outing: CYS Concert- LB 2:00 Let's Get Artsy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Classic Movie of 40's <p>CYS Classical Music Concert</p>	<ul style="list-style-type: none"> 9:00 Show Of Shows 10:00 Baking Club 11:00 Nurturing the Spirit w. Bridget 1:30 Daily Chronicle 2:00 Table Games 3:00 Patio Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making 11:00 Nurturing the Spirit w. Bridget 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue 	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:00 Gentle Stretch 10:30 Refresh & Reflect 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit w. Bridget 3:00 Patio Social 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 10:00 Range Of Motion 11:00 Nurturing The Spirit w. Bridget 11:30 Let's Gather 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Patio Social 4:00 Hand Massage 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Live Music w. The Billos 1:00 Scenic Drive: Oyster Point 1:30 Balloon Toss 2:00 What's That Sound? 3:00 Happy Hour 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares Live Music w. The Billos 	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Baking Club: 11:00 Gentle Stretch 1:30 Book Club 2:00 Serene Nature Moments 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 1:00 Nurturing The Spirit w. Bridget 2:00 Let's Get Artsy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Classic Movie of 50's <p>CYS Classical Music Concert</p>	<ul style="list-style-type: none"> 9:00 Show Of Shows 10:00 Baking Club 11:00 Nurturing the Spirit w. Bridget 1:30 Daily Chronicle 2:00 Table Games 3:00 Happy Hour with Flutist & Harpist Performance 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making 11:00 Nurturing the Spirit w. Bridget 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue 	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:00 Gentle Stretch 10:30 Refresh & Reflect 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit w. Bridget 3:00 Patio Social 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 10:00 Range Of Motion 11:00 Nurturing The Spirit w. Bridget 11:30 Let's Gather 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Patio Social 4:00 Hand Massage 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Drive: Half Moon Bay 1:30 Balloon Toss 2:00 What's That Sound? 3:00 Happy Hour 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares 	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Baking Club: 11:00 Gentle Stretch 1:30 Book Club 2:00 Serene Nature Moments 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 12:30 Outing: Coastal Repertory Laramie Project 2:00 Daily Chronicle 2:00 Let's Get Artsy 3:00 Father's Day Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Classic Movie of 60's <p>Coastal Rep. The Laramie Project Father's Day</p>	<ul style="list-style-type: none"> 9:00 Show Of Shows 10:00 Baking Club 11:00 Nurturing the Spirit w. Bridget 1:30 Daily Chronicle 2:00 Table Games 3:00 Patio Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making 11:00 Nurturing the Spirit w. Bridget 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue 	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:00 Gentle Stretch 10:30 Refresh & Reflect 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit w. Bridget 3:00 Patio Social 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 10:00 Range Of Motion 11:00 Nurturing The Spirit w. Bridget 11:30 Let's Gather 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Patio Social 4:00 Hand Massage 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Scenic Drive: Presidio 1:30 Balloon Toss 2:00 What's That Sound? 3:00 Happy Hour 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares 	<ul style="list-style-type: none"> 9:00 Meditative Music 10:00 Let's Gather 10:30 Baking Club: 11:00 Gentle Stretch 1:30 Book Club 2:00 Serene Nature Moments 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 1:00 Nurturing The Spirit w. Bridget 2:00 Let's Get Artsy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Classic Movie of 70's 	<ul style="list-style-type: none"> 9:00 Show Of Shows 10:00 Baking Club 11:00 Nurturing the Spirit w. Bridget 1:30 Daily Chronicle 2:00 Table Games 3:00 Patio Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making 11:00 Nurturing the Spirit w. Bridget 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue 	 <h1 style="font-family: cursive;">June 2026</h1> <h2 style="font-weight: bold;">Oasis Memory Care Neighborhood</h2> <h3 style="font-weight: bold;">Life Enrichment Activities Calendar</h3> 			

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