

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2026



Assisted Living Neighborhood Life Enrichment Activities Calendar

- 9:00 Live Mass w. Fr. Bain
9:30 Morning Walking Club
10:30 Sunday Stretches
11:15 Rummikub w. Luis
1:15 Movie Matinee w. Popcorn
1:15 Outdoor Meditation
2:00 Chair Volleyball
3:00 Bingo for Chocolate
5:00 Movie

- 9:00 Mass Online
9:45 Monday Movement
10:30 Compare The Prices!
1:00 Shopping Trip: Trader Joe's
1:15 Musical Memories
2:00 Patriotic Parfaits
3:00 Poker
3:00 Wise Aging w. Claudette
3:45 Walking Club: Marin Lagoon
6:30 Movie

- 9:00 Mass Online
9:45 Chair Exercise
10:30 Playlist for Life w. Ruth
11:00 Basketball Shots
1:15 Word Games
1:15 Spiritual Care Planning Mtg
2:00 Activity Planning Mtg
2:30 Meet Your Neighbors Social!
3:00 Golf
4:00 Rummikub
6:30 Blackjack w. Judy
6:30 Movie

- 9:00 Mass Online
9:45 Chair Cardio Class
10:30 Coffee & Donuts
11:00 Brain Teasers
11:30 Outing: Perry's Novato
1:15 Poetry Read
2:00 Basketball Shots
2:30 Scenic Drive
3:00 US Presidents Trivia Time!
6:30 Movie

- 9:00 Mass Online
9:45 Strength & Stretch
10:30 Music Appreciation w. Ruth
11:00 Dog Therapy w. Roam
1:15 Book Club
1:15 Garden Club w. Luis
2:00 Bread & Roses Concert
2:30 Popsicles on the Patio
3:00 Social Discussion Circle
4:00 Scrabble w. Dick
6:30 Movie

- 9:00 Mass Online
9:30 Nature Documentary
9:45 Tai Chi w. Al
10:30 Donuts & Discussion
1:15 Rummikub
1:15 Travelogue: American West
2:00 Taste of the West
3:00 Happy Hour: Wild Wild West! Wear Your Cowboy Gear!
6:30 Movie

- 9:00 Mass Online
9:45 Workout w. Cathy
10:30 Biography: Lewis & Clark
12:30 Pampered Nails
1:15 Trivia Time!
2:00 Live Bald Eagle Presentation
3:30 Golf
3:30 Chicken Soup for the Soul
4:00 Rummikub
6:30 Movie

- 9:00 Live Mass w. Fr. Bain
9:30 Morning Walking Club
10:30 Sunday Stretches
11:15 Rummikub w. Luis
1:15 Movie Matinee w. Popcorn
1:15 Outdoor Meditation
2:00 Chair Volleyball
3:00 Bingo for Bucks
5:00 Movie

- 9:00 Mass Online
9:45 Seated Stability Exercise
10:30 Riddle Me That
1:00 Shopping Trip: Target
1:15 Musical Memories
2:00 Gel Pen Art w. Luis
3:00 Poker
3:30 Wise Aging w. Claudette
3:45 Walking Club: Marin Lagoon
6:30 Movie

- 9:00 Mass Online
9:45 Chair Exercise
10:30 Playlist for Life w. Ruth
11:30 Meditation w. Claudette
1:15 Word Games
2:00 Food Forum w. Chef
2:30 Meet Your Neighbors Social!
3:00 Hearing Life Visit
3:30 Golf
6:30 Movie

- 9:00 Mass Online
9:45 Chair Cardio Class
9:45 Guide Dogs for the Blind Tour
10:30 Coffee & Donuts
11:00 Brain Teasers
1:15 Poetry Read
1:15 Scenic Drive
2:00 US Citizenship Trivia Time!
3:00 Scenic Drive
6:30 Movie

- 9:00 Mass Online
9:15 Morning Walking Club
9:45 Strength & Stretch
10:30 Music Appreciation w. Ruth
11:00 Dog Therapy w. Roam
1:15 Book Club
2:00 Resident Community Mtg.
3:00 Social Discussion Circle
4:00 Scrabble w. Dick
6:30 Movie

- 9:00 Mass Online
9:30 Nature Documentary
9:45 Tai Chi w. Al
10:30 Donuts & Discussion
1:00 Travelogue: Deep South
1:15 Rummikub
2:00 Taste of the South
3:00 Happy Hour: w. Live Music from Manny & Wear Straw Hats & Suspenders!
6:30 Movie

- 9:00 Mass Online
10:00 Workout w. Dennis
10:30 Biography: MLK Jr.
10:45 Scenic Drive
12:30 Outing: San Francisco Picnic
1:15 Movie Matinee w. Popcorn
2:00 Golf
3:00 Rummikub
3:30 Chicken Soup for the Soul
6:30 Movie

- 9:00 Live Mass w. Fr. Bain
9:30 Morning Walking Club
10:30 Sunday Stretches
11:15 Basketball w. Ruth
1:15 Movie Matinee w. Popcorn
1:15 Outdoor Meditation
2:00 Chair Volleyball
3:00 Bingo for Chocolate
5:00 Movie

- 9:00 Mass Online
9:45 Monday Movement
10:30 Compare The Prices!
11:00 Shabbat Study
1:00 Shopping Trip: Safeway
1:15 Musical Memories
2:00 Apple Pie Social
3:00 Poker
3:30 Wise Aging w. Claudette
3:45 Walking Club: Marin Lagoon
6:30 Movie

- 9:00 Mass Online
9:45 Chair Exercise
10:30 Playlist for Life w. Ruth
1:15 Spiritual Singing Bowls
1:15 Word Games
2:00 Meet Your Neighbors Social!
3:00 Make-A-USA-Windchime!
3:30 Golf
4:00 AVSR Soirée: USA!
6:30 Blackjack w. Judy
6:30 Movie

- 9:00 Mass Online
9:45 Chair Cardio Class
10:30 Coffee & Donuts
10:45 Scenic Drive
11:00 Brain Teasers
1:15 Chat w. Brian
1:15 Outing: DeYoung Museum
2:00 Poetry Read
3:00 US State History Trivia Time!
6:30 Movie

- 9:00 Mass Online
9:15 Morning Walking Club
9:45 Strength & Stretch
10:30 Music Appreciation w. Ruth
11:00 Dog Therapy w. Roam
1:15 Garden Club w. Luis
1:15 Book Club
2:30 Popsicles on the Patio
3:00 Social Discussion Circle
4:00 Scrabble w. Dick
6:30 Movie

- 9:00 Mass Online
9:30 Nature Documentary
9:45 Tai Chi w. Al
10:30 Donuts & Discussion
1:00 Travelogue: New England
1:15 Rummikub
2:00 Taste of New England
3:00 Happy Hour: Wear Anything Nautical!
6:30 Movie

- 9:00 Mass Online
9:45 Workout w. Cathy
10:30 Biography: Eleanor Roosevelt
1:15 Basketball Hoops
2:00 Trivia Time!
3:00 Golf
3:30 Chicken Soup for the Soul
4:00 Rummikub
6:30 Movie

- 9:00 Live Mass w. Fr. Bain
9:30 Morning Walking Club
10:30 Sunday Stretches
11:15 Rummikub w. Luis
1:15 Movie Matinee w. Popcorn
1:15 Outdoor Meditation
2:00 Chair Volleyball
3:00 Bingo for Bucks
5:00 Movie

- 9:00 Mass Online
9:45 Seated Stability Exercises
10:30 Riddle Me That
1:00 Shopping Trips: CVS
1:15 Musical Memories
2:00 Gel Pen Art w. Luis
3:00 Poker
3:30 Wise Aging w. Claudette
3:45 Walking Club: Marin Lagoon
6:30 Movie

- 9:00 Mass Online
9:45 Chair Exercise
10:30 Playlist for Life w. Ruth
1:15 Spiritual Singing Bowls
1:15 Tea w. Tracy
2:00 Word Games
2:30 Meet Your Neighbors Social!
3:00 Red, White & Blue Flower Pots Craft!
3:30 Golf
6:30 Movie

- 9:00 Mass Online
9:45 Chair Cardio Class
10:30 Coffee & Donuts
10:30 Hearing Loss Presentation
10:45 Scenic Drive
11:00 Brain Teasers
1:15 Outing: Sausalito Stroll
2:00 US Geography Trivia Time!
3:00 BDAY Party w. Live Music!
6:30 Movie

- 9:00 Mass Online
9:15 Morning Walking Club
9:45 Strength & Stretch
10:30 Music Appreciation w. Ruth
11:00 Dog Therapy w. Roam
1:15 Garden Club w. Luis
1:15 Book Club
2:00 Town Hall
3:00 Social Discussion Circle
4:00 Scrabble w. Dick
6:30 Movie

- 9:00 Mass Online
9:30 Nature Documentary
9:45 Tai Chi w. Al
10:30 Donuts & Discussion
1:15 Rummikub
1:15 Travelogue: Midwest
2:00 Taste of the Midwest
3:00 New Resident Happy Hour: Wear Plaid & Denim!
6:30 Movie



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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2026



Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar

Calendar grid with 7 columns (Sunday-Saturday) and 5 rows of activities. Each cell contains a list of activities with colored dots indicating categories and a number in the top right corner of the cell.

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