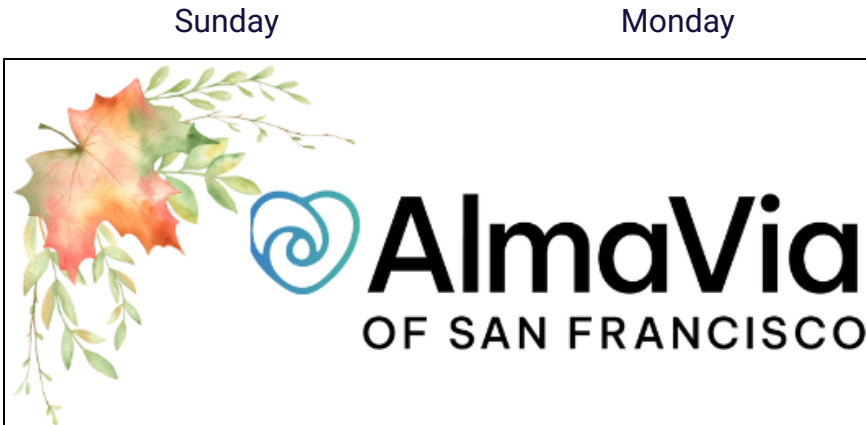


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Aerobics Exercises- GR 1 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingos- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study w. Bridget-GR 3:00 Fresh Ideas Journaling Club w. Bridget- GR 3:00 Confectionery Social- LB 6:00 Netflix Thriller- GR 6:00 Beginners Mahjongg- AR	9:30 Stretching Exercises- GR 2 10:00 Silent Contemplative Prayer w. Oliver- CHPL 11:00 Understanding Your Grief Book Discussion/Bridget- LR 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 Wine Down Social- LB 4:00 Let's Get Creative- LB 6:00 Travelogue: Croatia- GR	9:30 Gentle Stretch Exer- GR 3 10:30 Mass w. Father Rick- GR 11:00 Outing: Puerto 27- LB 1:00 Book To Brush Inspired Art Making w. Janae- AR 2:30 What's In A Word?- GR 3:30 Thirsty Thursday Drinks Of Week w. Darlene- GR 4:15 Bird Watching- PT 6:00 Games Night- AR 6:00 Netflix Musical- GR	9:30 Weight Lifting Exercises- GR 4 10:30 What's In A Word?- GR 11:00 Religious Doc.- GR 1:00 Rosary w. Mary- CPHL 2:00 Antonyms/Synonyms-GR 3:00 Happy Hour Social- PT 4:00 Guess The Sound?- LB 6:00 Bingos Night- AR	9:30 Range of Motion Exercises- GR 5 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 12:30 Sweets Bingos- GR 2:00 Religion Documentary & Discussion- GR 3:00 Whack-O-Balloon- GR 3:30 Travel Club- LR 4:15 Comedy Showtime- GR 6:00 Netflix Fantasy- GR
10:00 Mass Broadcast- GR 6 11:00 Harmony Collective- GR 1:00 Whack-O-Balloon- GR 2:00 Drop-In Choc & Chat w. Bridget- PDR 3:00 Antonyms & Synonyms- GR 4:00 Spa Day- LR 6:00 Movie- GR	9:30 Chair Yoga Exer./Bridget- GR7 10:00 Westlake Shopping- LB 11:00 Gardening Club Flower Arranging- PT 1:00 Kindred Spirits Support Group w. Bridget- LR 2:00 Book Inspired Art Making w. Janae- AR 2:00 Shop: Boutique Goodwill- LB 3:00 Wheel Of Fortune- GR 4:00 Book Club w. Bridget- GR 6:00 Netflix Drama- GR	9:30 Aerobics Exercises- GR 8 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingo- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study- GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB 6:00 Netflix Thriller- GR 6:00 Beginners Mahjongg- AR	9:30 Stretching Exercises- GR 9 10:00 Silent Contemplative Prayer Time- CPHL 11:00 Understanding Your Grief Book Discussion- LR 1:00 Library On Wheels- PL 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- GR 3:00 Wine Down Social- LB 4:00 Let's Get Creative- LB 6:00 Travelogue: Croatia- GR	9:30 Gentle Stretch Exer-GR10 10:30 Mass w. Father Rick- GR 1:00 Book To Brush Inspired Art Making- AR 2:30 Improvisation & Story Telling w. Sammy- GR 3:30 Thirsty Thursday Drinks Of The Week- GR 4:15 Bird Watching- PT 5:30 49ers vs. Rams- GR 6:00 Games Night- AR	9:30 Weight Lifting Exer-GR11 10:30 What's In A Word?- GR 11:00 Religious Doc.- GR 1:00 Rosary w. Mary- CPHL 1:00 Parachute Game- GR 2:00 Town Hall Meeting- GR 3:30 Patriots Day Social- LB 4:00 Guess The Sound?- LB 6:00 Bingos Night- AR - Rosh Hashanah Begins - Patriots Day Of Remembrance	9:30 Range of Motion Exer- GR 12 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 11:30 Outing: Berkeley Playhouse Legally Blonde- LB 12:30 Sweets Bingos- GR 2:00 Religion Doc. / Discussion-GR 3:00 Whack-O-Balloon- GR 3:30 Candle Making w. Perfect Pair Volunteers- AR 3:30 Instrumix Music Program-GR 4:15 Comedy Showtime- GR 6:00 Netflix Fantasy- GR
8:30 Outing: Buddha Universal Church & Far East Cafe Lunch- LB 13 10:00 Mass Broadcast- GR 11:00 Harmony Collective- GR 1:00 Whack-O-Balloon- GR 1:00 Creative Writing- AR 2:00 Drop-In Choc & Chat-PDR 3:00 Antonym/Synonym- GR 4:00 Spa Day- LR 6:00 Movie- GR	9:30 Chair Yoga Exercises- GR 14 10:00 Westlake Shopping- LB 11:00 Gardening Club- PT 1:00 Kindred Spirits Support Group- LR 2:00 Book Inspired Art Making- AR 2:00 Scenic Drive: Mill Valley Larkspur- LB 3:00 Wheel Of Fortune- GR 4:00 Book Club- GR 6:00 Netflix Drama- GR	9:30 Aerobics Exercises- GR15 10:30 Mass w. Father Rick- GR 12:30 Sweets Bingos- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study- GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB 6:00 Netflix Thriller- GR 6:00 Beginners Mahjongg- AR	9:30 Stretching Exercises- GR 16 10:00 Silent Contemplative Prayer Time- CPHL 11:00 Understanding Your Grief Book Discussion- LR 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- GR 3:00 Wine Down Social- LB 4:00 Let's Get Creative- LB 6:00 Games Night- AR 6:00 Travelogue: Croatia- GR	9:30 Gentle Stretch Exercises- GR 17 10:30 Mass w. Father Rick- GR 11:00 Outing: Buca De Beppo- LB 1:00 Book To Brush Inspired Art Making- AR 2:30 What's In A Word?- GR 3:00 Seminar: Injury Prevention & Movement- GR 3:30 Thirsty Thursday Drinks Of The Week- LB 4:00 High Holidays Presentation: w. Rabbi Chayva- GR 6:00 Games Night- AR 6:00 Netflix Musical- GR	9:30 Weight Lifting Exercises- GR 18 10:30 What's In A Word?- GR 11:00 Religious Doc.- GR 1:00 Rosary w. Mary- CPHL 1:00 Parachute Game- GR 2:00 Shopping: Marshalls- LB 2:00 Antonyms/Synonyms-GR 3:00 Happy Hour Social- PT 4:00 Guess The Sound?- LB 6:00 Bingos Night- AR	9:30 Range of Motion Exer- GR 19 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 12:30 Outing Pacifica Spindrift Players: Mean Girls- LB 12:30 Sweets Bingos- GR 2:00 Religion Documentary & Discussion- GR 3:00 Whack-O-Balloon- GR 3:30 Travel Club- LR 4:15 Comedy Showtime- GR 6:00 Netflix Fantasy- GR
10:00 Mass Broadcast- GR 20 11:00 Harmony Collective- GR 1:00 Whack-O-Balloon- GR 1:00 Creative Writing- AR 1:25 49ers vs. Dolphins- GR 2:00 Drop-In Choc & Chat-PDR 3:00 Antonym/Synonym- GR 4:00 Spa Day- LR 6:00 Movie- GR	9:30 Chair Yoga Exercises- GR 21 10:00 Westlake Shopping- LB 11:00 Gardening Club- PT 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 Wheel Of Fortune- GR 4:00 Book Club- GR 6:00 Netflix Drama- GR	9:30 Aerobics Exercises- GR22 10:30 Mass w. Father Rick-GR 12:30 Sweets Bingos- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study-GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB 6:00 Netflix Thriller- GR 6:00 Beginners Mahjongg- AR	9:30 Stretching Exercises- GR 23 10:00 Silent Contemplative Prayer Time- CPHL 11:00 Understanding Your Grief Book Discussion- LR 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- GR 3:00 Meet & Greet New Residents Social- LB 4:00 Let's Get Creative- LB 6:00 Travelogue: Croatia- GR	9:30 Gentle Stretch Exercise-GR24 10:30 Mass w. Father Rick- GR 1:00 Outing: DeYoung Museum Treasures of the Pharaohs Exhibition- LB 2:30 Improvisation & Story Telling w. Sammy- GR 3:30 Thirsty Thursday Drinks Of The Week- GR 4:15 Bird Watching- PT 6:00 Games Night- AR 6:00 Netflix Musical- GR	9:30 Weight Lifting Exer-GR25 10:30 What's In A Word?- GR 11:00 Religious Doc.- GR 11:30 Salad Bar- DR 1:00 Rosary w. Mary- CPHL 1:00 Parachute Game- GR 2:00 Antonyms/Synonyms-GR 3:00 Resident Birthdays Party Scott/Guitar/Vocals- PT 4:00 Guess The Sound?- LB 6:00 Bingos Night- AR	9:30 Range of Motion Ex-GR26 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 12:30 Sweets Bingos- GR 2:00 Religion Documentary & Discussion- GR 3:00 Whack-O-Balloon- GR 3:30 Travel Club- LR 4:15 Comedy Showtime- GR 6:00 Netflix Fantasy- GR
Yom Kippur (Begins Sundown) 10:00 Mass Broadcast- GR 27 11:00 Harmony Collective- GR 1:00 Whack-O-Balloon- GR 1:05 49ers vs. Cardinals- GR 2:00 Drop-In Choc & Chat-PDR 3:00 Antonym/Synonym- GR 4:00 Spa Day- LR 6:00 Movie- GR	9:30 Chair Yoga Exercises- GR 28 10:00 Westlake Shopping- LB 11:00 Gardening Club- PT 1:00 Kindred Spirits Support Group- LR 2:00 Book Inspired Art Making- AR 2:00 Scenic Drive: Mount Tamalpais- LB 3:00 Wheel Of Fortune- GR 4:00 Book Club- GR 6:00 Netflix Drama- GR	9:30 Aerobics Exercises- GR29 10:30 Mass w. Father Rick-GR 12:30 Sweets Bingos- GR 2:00 Cooking Club w. Chef- AR 2:00 Bible Study-GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB 6:00 Netflix Thriller- GR 6:00 Beginners Mahjongg- AR	6:30 Let's Get Weighty- AR 30 9:30 Stretching Exercises- GR 10:00 Silent Contemplative Prayer Time- CPHL 11:00 Understanding Your Grief Book Discussion- LR 1:30 Together Not Alone Support Group- LR 2:15 Crossword Puzzle- GR 3:00 Wine Down Social- LB 4:00 Let's Get Creative- LB 6:00 Travelogue: Croatia- GR			

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book Inspired Art Making w/ Janae 2:30 Music Thru The Years 3:30 Mind Gym: Cuisine of Croatia 4:00 Stride with Pride 6:00 Travel Club: Croatian Origins: A Genetic/Cultural Heritage 1		10:00 Morning Gathering 10:30 Snack 11:00 Wellness Motion w. Karuna 1:30 Napkin Folding 2:00 Scenic Drive: National Shrine of Saint Francis- LB 2:00 Brighten With Hope 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes 2		10:00 Morning Gathering 10:30 Snack 11:00 What's The Weight? 11:00 Lunch Outing: Puerto 27 Peruvian Cuisine- LB 1:00 Green Thumb Club 2:00 Creative Expression 3:30 Improvisation & Story Telling w. Sammy 4:00 Men/Women of Faith/Bridget 6:00 Evening Stories 6:15 Therapy Dog Visit: Noelle 3		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 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 4		10:00 Morning Gathering 10:30 Snack 11:00 Arts & Culture of Croatia 11:30 Range of Motion 11:40 Serene Nature Moment 1:30 Hand Spa 2:00 Relax & Create 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 5	
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Game On! 1:30 Facts: National Coffee Ice Cream Day 2:00 Visual Art: Earthly 3:00 Hot Choco with Friends 3:30 Eco Club: Botanical Bliss 4:00 Guess the Scent 6:00 Hymn Along 6		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 Labor Day Art Project 3:30 Rhyme & Reflect 4:00 Drumming & Percussion 6:00 Music Memory Lane of 40's 7		9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book Inspired Art Making w/ Janae 2:30 Music Thru The Years 3:30 Mind Gym: Herbs & Spices of Croatia 4:00 Stride with Pride 6:00 Travel Club: Wild Croatia 8		10:00 Let's Groove 10:30 Snack 11:00 Morning Gathering 1:30 Card Sorting 2:00 Scenic Drive: Marin 2:00 Brighten With Hope 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes 9		10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:00 Green Thumb Club 2:00 Creative Expression 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Men & Women of Faith with Bridget 6:00 Evening Stories 10		10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:00 Live Music w. Billos 1:30 Walking Club 2:00 Summer Arts & Crafts 3:30 A Day of Remembrance: Honoring 9/11 4:00 Together In Spirit 6:00 Movie Night 11		10:00 Morning Gathering 10:30 Snack 11:00 Traditions of Croatia 11:30 Range of Motion 11:40 Serene Nature Moment 1:30 Instrumix Music Program 2:00 Relax & Create 3:30 Karaoke Jam w. Perfect Pair 4:00 Movement Break 6:00 Spiritual Coloring 12	
		Labor Day								911 Remembrance			
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Game On! 1:30 Book Club 2:00 Visual Art: Textured 3:00 Hot Choco with Friends 3:30 Eco Club: Sublimation 4:00 Guess the Scent 6:00 Hymn Along 13		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 of 50's 14		9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book Inspired Art Making w/ Janae 2:30 Music Thru The Years 3:30 Mind Gym: Drinks & Beverages of Croatia 4:00 Stride with Pride 6:00 Travel Club: Croatia Wonders 15		10:00 Morning Gathering 10:30 Snack 11:00 Soulful Stretch / Karuna 1:30 Card Sorting 2:00 Scenic Drive: Half Moon Bay 2:00 Brighten With Hope: American Legion Day 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes 16		10:00 Morning Gathering 10:30 Snack 11:00 Lunch Outing: Buca De Beppo Italian Cuisine- LB 1:00 Green Thumb Club 2:00 Creative Expression 3:00 Sweet Scoops Social 3:30 Word Games 4:00 High Holidays Presentation: Rabbi Chayva- GR 6:00 Evening Stories 17		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 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 18		10:00 Morning Gathering 10:30 Snack 11:00 Music & Dance of Croatia 11:30 Range of Motion 11:40 Serene Nature Moment 12:30 Outing: Pacifica Spindrift Players: Mean Girls- LB 1:30 Hand Spa 2:00 Relax & Create 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 19	
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Game On! 1:30 Book Club: Yom Kippur 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 20		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 3:30 Rhyme & Reflect 4:00 Drumming & Percussion 6:00 Music Memory Lane of 60's 21		9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book Inspired Art Making w/ Janae 2:30 Music Thru The Years 3:30 Mind Gym: Croatian Resto 4:00 Stride with Pride 6:00 Travel Club: The Sava Floodplains 22		10:00 Let's Groove 10:30 Snack 11:00 Morning Gathering 1:30 Card Sorting 2:00 Scenic Drive: Pacifica 2:00 Brighten With Hope 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes 23		6:00 - Noon Let's Get Weighty 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:00 Green Thumb Club 2:00 Creative Expression 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Men & Women of Faith with Bridget 6:00 Evening Stories 24		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 Bash! with Paul Fontes 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 25		9:30 Outing: Chinese Historical Society of America Docent- Led Tour- LB 10:00 Morning Gathering 10:30 Snack 11:00 Architecture of Croatia 11:30 Range of Motion 11:40 Serene Nature Moment 1:30 Hand Spa 2:00 Relax & Create 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 26	
10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Game On! 1:30 Book Club 2:00 Visual Art: Applique 3:00 Hot Choco with Friends 3:30 Eco Club: Sublimation 4:00 Guess the Scent 6:00 Hymn Along 27		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 of 70's 28		9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book Inspired Art Making w/ Janae 2:30 Music Thru The Years 3:30 Mind Gym: Best Places to Visit in Croatia 4:00 Stride with Pride 6:00 Travel Club: Vrana Lake: Croatia's Wildlife Haven 29		10:00 Let's Groove 10:30 Snack 11:00 Morning Gathering 1:30 Card Sorting 2:00 Scenic Drive: Oyster Point 2:00 Brighten With Hope 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes 30		September 2026 Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar 					

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

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 AlmaVia OF SAN FRANCISCO				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 Movement Break 6:00 Wonders of Croatia 1	10:00 Range Of Motion 10:30 Snack 11:00 Morning Gathering 1:30 Lets Get Crafty! 2:00 Scenic Drive: National Shrine of Saint Francis- LB 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 2	10:00 What's the Weight? 11:00 Morning Gathering 11:00 Lunch Outing: Puerto 27 Peruvian Cuisine- LB 11:30 Nature Club 1:30 Mindful Art 2:00 Men & Women of Faith 2:30 Word Games 3:00 Improv. & Story Telling / Sammy 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Summer Games 6:00 Therapy Dog Visit: Noelle 3	10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause 2:00 Collaborative Art Project 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 4	10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Summer Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 5					
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 6	10:00 Rise & Shine Exercise 10:30 Book to Brush Art w. Janae 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 7	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 Movement Break 6:00 Croatia: Sava Floodplains 8	10:00 Range Of Motion 10:30 Snack 11:00 Morning Gathering 1:00 Faith Based Film / Doc 1:30 Lets Get Crafty! 2:00 Scenic Drive: Marin 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 9	10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:00 Men & Women of Faith 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Romance Books 10	10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause 2:00 Collaborative Art Project 3:00 Live Music! The Billo's 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 11	10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Summer Art Project 2:00 Chocolate Bingo! 2:30 Instrumix Dance Program 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 12							
Instrumix Dance Program w. Ki'hae													
10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 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 13	10:00 Rise & Shine Exercise 10:30 Book To Brush w. Janae 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 14	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 Movement Break 6:00 Wild Croatia 15	10:00 Yoga w. Karuna 10:30 Snack 11:00 Morning Gathering 1:00 Faith Based Film / Doc 1:30 Lets Get Crafty! 2:00 Scenic Drive: Half Moon Bay 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 16	10:00 Gentle Stretch 11:00 Lunch Outing: Buca De Beppo Italian Cuisine- LB 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:00 Men & Women of Faith 2:30 Word Games 3:30 Daily Chronicle 4:00 Movement Break 4:00 High Holidays Presentation: Rabbi Chayva- GR 6:00 Reminiscing: Favorite Pies 17	10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause 2:00 Collaborative Art Project 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 18	10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 12:30 Theatre Outing: Pacifica Spindrift Players: Mean Girls- LB 1:30 Summer Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 19							
Pacifica Spindrift Players: Mean Girls													
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 20	10:00 Rise & Shine Exercise 10:30 Book To Brush w. Janae 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 21	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 Movement Break 6:00 Croatia: Amazing Nature 22	10:00 Range Of Motion 10:30 Snack 11:00 Morning Gathering 1:00 Faith Based Film / Doc 1:30 Lets Get Crafty! 2:00 Scenic Drive: Pacifica 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 23	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 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Ice Cream 24	10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Sacred Pause 2:00 Live Music! Paul Fontes 3:00 Residents' Birthday Party 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 25	10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Summer Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 26							
Residents' Birthday Party													
10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 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 27	10:00 Rise & Shine Exercise 10:30 Book To Brush w. Janae 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 28	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 Movement Break 6:00 Croatia's Wetlands 29	10:00 Ease & Release w. Karuna 10:30 Snack 11:00 Morning Gathering 1:00 Faith Based Film / Doc 1:30 Lets Get Crafty! 2:00 Scenic Drive: Oyster Point 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 30	September 2026 Gardens Memory Care Neighborhood Life Enrichment Activities Calendar 									

National Shrine of Saint Francis

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making w. Janae 11:15 Music For The Spirit 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue	9:00 Amos & Andy 10:30 Yoga w. Karuna 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Scenic Drive: National Shrine of Saint Francis- LB 2:00 Daily Chronicle 3:00 Nurturing the Spirit Through Nature 3:30 Patio Social 4:00 Hand Massage 6:00 Music Lane	10:00 Range Of Motion 10:30 Book Inspired Art Making w. Janae 11:00 Lunch Outing: Puerto 27 Peruvian Cuisine- LB 11:30 Let's Gather 1:00 Men & Women Of Faith w. Bridget 2:00 Baking Club 2:30 Daily Chronicle 3:00 Patio Social 4:00 Hand Massage 6:00 Movie	9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Scenic Drive: 1:30 Balloon Toss 3:00 Happy Hour 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares	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 Music For The Spirit
10:00 Holy Mass 11:00 Gentle Stretch 1:00 Hymn Singing 2:00 Let's Get Artsy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Classic Movie of 30's	9:00 Show Of Shows 10:00 Baking Club 11:00 Stories From The Torah Old Testament / 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 Labor Day	9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making w. Janae 11:15 Music For The Spirit 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue	9:00 Amos & Andy 10:00 Gentle Stretch 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit Through Nature 3:30 Patio Social 4:00 Hand Massage 6:00 Music Lane	10:00 Range Of Motion 10:30 Book Inspired Art Making w. Janae 11:30 Let's Gather 1:00 Men & Women Of Faith w. Bridget 2:00 Baking Club 2:30 Daily Chronicle 3:00 Patio Social 4:00 Hand Massage 6:00 Movie	9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Live Music w. Billos 1:30 Balloon Toss 3:00 Happy Hour 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares Patriots Day Of Remembrance Rosh Hashanah Begins	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 Music For The Spirit
10:00 Holy Mass 11:00 Gentle Stretch 1:00 Hymn Singing 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 National Grandparents Day	9:00 Show Of Shows 10:00 Baking Club 11:00 Stories From The Torah Old Testament / 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	9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making w. Janae 11:15 Music For The Spirit 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue	9:00 Amos & Andy 10:30 Yoga w. Karuna 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit Through Nature 3:30 Patio Social 4:00 Hand Massage 6:00 Music Lane	10:00 Range Of Motion 10:30 Book Inspired Art Making w. Janae 11:00 Outing: Buca De Beppo Italian Cuisine 11:30 Let's Gather 1:00 Men & Women Of Faith w. Bridget 2:00 Baking Club 2:30 Daily Chronicle 3:00 Patio Social 4:00 Hand Massage 4:00 High Holidays Presentation: Rabbi Chayva Lehrman- GR 6:00 Movie	9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Scenic Drive: 1:30 Balloon Toss 3:00 Happy Hour 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares	9:00 Meditative Music 10:00 Let's Gather 10:30 Baking Club: 11:00 Gentle Stretch 12:30 Theatre Outing: Pacifica Spindrift Players: Mean Girls- LB 1:30 Book Club 2:00 Serene Nature Moments 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Music For The Spirit
10:00 Holy Mass 11:00 Gentle Stretch 1:00 Hymn Singing 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 Yom Kippur (Begins Sundown)	9:00 Show Of Shows 10:00 Baking Club 11:00 Stories From The Torah Old Testament / 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 Yom Kippur (Begins Ends)	9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making w. Janae 11:15 Music For The Spirit 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue	9:00 Amos & Andy 10:00 Gentle Stretch 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit Through Nature 3:30 Patio Social 4:00 Hand Massage 6:00 Music Lane	10:00 Range Of Motion 10:30 Book Inspired Art Making w. Janae 11:30 Let's Gather 1:00 Men & Women Of Faith w. Bridget 2:00 Baking Club 2:30 Daily Chronicle 3:00 Patio Social 4:00 Hand Massage 6:00 Movie	9:00 Meditative Music 10:00 Let's Gather 10:30 Snack Time 11:00 Hymn Along 1:00 Scenic Drive: 1:30 Balloon Toss 3:00 Happy Hour 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Hollywood Squares	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 Music For The Spirit
10:00 Holy Mass 11:00 Gentle Stretch 1:00 Hymn Singing 2:00 Let's Get Artsy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Classic Movie of 60's	9:00 Show Of Shows 10:00 Baking Club 11:00 Stories From The Torah Old Testament / 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	9:00 I Love Lucy 9:30 Morning Gathering 9:50 Stretching 10:00 Book Inspired Art Making w. Janae 11:15 Music For The Spirit 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 6:00 Travelogue	9:00 Amos & Andy 10:00 Gentle Stretch 11:00 Catching Up With Friends 1:00 Create & Stack 2:00 Daily Chronicle 3:00 Nurturing the Spirit Through Nature 3:30 Patio Social 4:00 Hand Massage 6:00 Music Lane	September 2026 Oasis Memory Care Neighborhood Life Enrichment Activities Calendar		

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