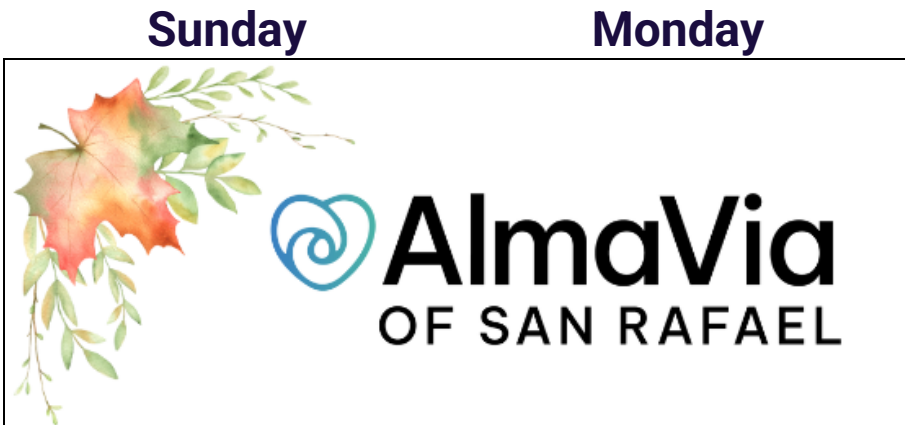
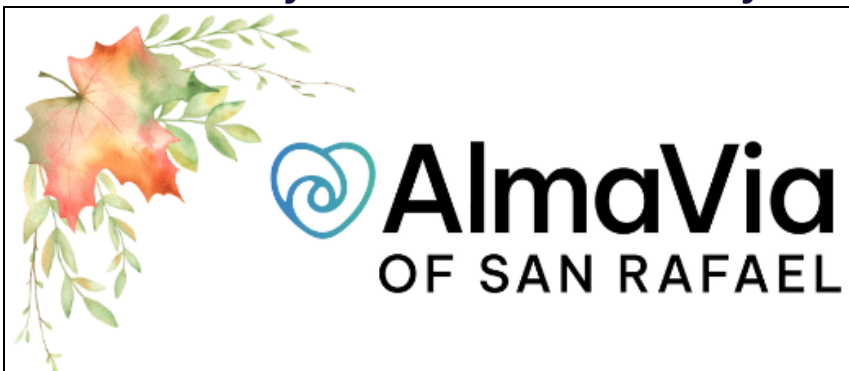


Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:00 Gratitude Group w. Claudette 1:15 Word Games 2:00 Tea w. Tracy 2:30 Meet Your Neighbors Social! 3:00 Golf 6:30 Blackjack w. Judy 6:30 Movie 1		9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 11:00 Brain Teasers 11:00 Rosary w. Cat 1:15 Activity Planning Mtg. 2:00 Make A Moroccan Lamp 3:00 Trivia Time! 6:30 Movie 2		9:00 Mass Online 9:45 Strength & Stretch 10:30 Music Appreciation w. Ruth 1:15 Garden Club w. Luis 2:00 Book Club Showing: The Boy in the Stiped Pajamas 2:30 Popsicles on the Patio 3:00 Social Discussion Circle 3:30 Afternoon Nature Walk 4:00 Rummikub 6:30 Movie 3		9:00 Mass Online 9:30 Morning Walking Club 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Donuts & Discussion 1:00 Let's Explore: Morocco 1:30 American Mahjong 2:00 Taste of Moroccan Teas 3:00 Happy Hour: W. Live Music from Mike! 6:30 Movie 4		9:00 Mass Online 9:45 Workout w. Cathy 10:30 Biography: Chaïbia Talal 1:00 Wild Bird Presentation 2:15 Trivia Time! 3:00 Golf 3:30 Chicken Soup for the Soul 4:00 Rummikub 6:30 Movie 5	
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 w. Cat 5:00 Movie 6		9:00 Mass Online 9:45 Monday Movement 10:15 Learn Spanish w. Luis 1:00 Shopping Trip: Trader Joe's 1:15 Flower Arranging 2:00 Labor Day Ice Cream Sundaes 3:00 Poker 3:30 Wise Aging w. Claudette 3:30 Walking Club: Marin Lagoon 6:30 Movie 7		9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:00 Gratitude Group w. Claudette 1:15 Word Games 2:00 Food Forum w. Chef 2:30 Meet Your Neighbors Social! 3:00 Afternoon Nature Walk 3:30 Golf 6:30 Movie 8		9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 11:00 Rosary w. Cat 1:15 Poetry Read 1:30 Flower Farm Outing 2:00 Moroccan Paper Lantern 3:00 Trivia Time! 6:30 Movie 9		9:00 Mass Online 9:45 Strength & Stretch 10:30 Music Appreciation w. Ruth 1:15 Garden Club w. Luis 1:30 Book Club 2:00 Bread & Roses Concert 3:00 Social Discussion Circle 3:30 Afternoon Nature Walk 4:00 Rummikub 6:30 Movie 10		9:00 Mass Online 9:30 Morning Walking Club 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Donuts & Discussion 1:30 Let's Explore: Fez 1:30 American Mahjong 2:00 Taste of Fez 3:00 Happy Hour: Moroccan Nights: Wear Bright Colors! 6:30 Movie 11		9:00 Mass Online 9:45 Workout w. Dennis 10:30 Biography: King Hassan II 11:00 Picnic at Crissy Field 1:15 Movie Matinee 2:30 Scenic Drive 3:00 Golf 3:30 Chicken Soup for the Soul 4:00 Rummikub 6:30 Movie 12	
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 w. Cat 5:00 Movie 13		9:00 Mass Online 9:45 Seated Stability Exercise 10:15 Learn Spanish w. Luis 11:00 High Holiday w. Rabbi 1:00 Shopping Trip: Target 1:15 Flower Arranging 2:00 Cook Moroccan Zaalouk 3:00 Poker 3:30 Wise Aging w. Claudette 3:45 Walking Club: Marin Lagoon 6:30 Movie 14		9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:00 Gratitude Group w. Claudette 1:15 Word Games 2:00 Moroccan Macrame Craft 2:30 Meet Your Neighbors Social! 3:30 Golf 4:00 AVSR Soirée: Morocco! 6:30 Blackjack w. Judy 6:30 Movie 15		9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 11:00 Rosary w. Cat 1:30 Marin Senior Fair 2:00 Make a Moroccan Candle 3:00 Trivia Time! 6:30 Movie 16		9:00 Mass Online 9:45 Strength & Stretch 10:30 Music Appreciation w. Ruth 1:15 Garden Club w. Luis 1:30 Book Club 2:00 Resident Community Mtg. 3:00 Social Discussion Circle 3:30 Afternoon Nature Walk 4:00 Rummikub 6:30 Movie 17		9:00 Mass Online 9:30 Morning Walking Club 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Donuts & Discussion 1:30 Let's Explore: Tangier 1:30 American Mahjong 2:00 Taste of Tangier 3:00 Happy Hour: W. Live Music From Manny! 6:30 Movie 18		9:00 Mass Online 9:45 Workout w. Cathy 10:30 Biography: Ibn Battuta 1:15 Pampered Nails 2:00 Trivia Time! 3:00 Golf 3:30 Chicken Soup for the Soul 4:00 Rummikub 6:30 Movie 19	
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 w. Cat 5:00 Movie 20		9:00 Mass Online 9:45 Monday Movement 10:15 Learn Spanish w. Luis 1:00 Shopping Trip: Safeway 1:15 Flower Arranging 2:00 Bake Moroccan Meskouta 3:00 Poker 3:30 Wise Aging w. Claudette 3:30 Walking Club: Marin Lagoon 6:30 Movie 21		9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:00 Gratitude Group w. Claudette 1:15 Tea w. Tracy 2:00 Word Games 2:30 Meet Your Neighbors Social! 3:00 Afternoon Nature Walk 3:30 Golf 6:30 Movie 22		9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 11:00 Rosary w. Cat 1:00 Lecture by Professor Stivers 2:00 Moroccan Mandala Coaster 2:45 Trek Winery Outing 3:00 Trivia Time! 6:30 Movie 23		9:00 Mass Online 9:45 Strength & Stretch 10:30 Music Appreciation w. Ruth 1:15 Garden Club w. Luis 1:30 Book Club 2:00 Town Hall 3:00 Social Discussion Circle 3:30 Afternoon Nature Walk 4:00 Rummikub 6:30 Movie 24		9:00 Mass Online 9:30 Morning Walking Club 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Donuts & Discussion 1:00 Let's Explore: Casablanca 1:30 American Mahjong 2:00 Taste of Casablanca 3:00 Happy Hour: Casa Cafe 6:30 Movie 25		9:00 Mass Online 9:45 Workout w. Cathy 10:30 Biography: Fatima al-Fihri 1:15 Moroccan Crafts 2:00 Trivia Time! 3:00 Golf 3:30 Chicken Soup for the Soul 4:00 Rummikub 6:30 Movie 26	
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 w. Cat 5:00 Movie 27		9:00 Mass Online 9:45 Seated Stability Exercises 10:15 Learn Spanish w. Luis 1:00 Shopping Trips: CVS 1:15 Flower Arranging 2:00 Lets Make: Stuffed Dates 3:00 Poker 3:30 Wise Aging w. Claudette 3:30 Walking Club: Marin Lagoon 6:30 Movie 28		9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 1:15 Word Games 2:00 Meet Your Neighbors Social! 2:30 Moroccan Tile Craft 3:00 Afternoon Nature Walk 3:30 Golf 6:30 Blackjack w. Judy 6:30 Movie 29		9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 DeYoung Museum 11:00 Brain Teasers 11:00 Rosary w. Cat 1:15 Poetry Read 2:00 Trivia Time! 2:45 Scenic Drive 3:00 BDAY Party w. Live Music! 6:30 Movie 30		September 2026 Assisted Living Neighborhood Life Enrichment Activities Calendar 					

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Sunhats & Sunshine 1:30 Art 'n Sip 2:00 Shopping Trip 2:30 Travel: Morocco 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 1	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Cathy 11:30 We Appreciate... 1:30 Drum Circle 2:00 Music Appreciation w. Ruth 3:00 Bridgehaven Committee 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie 2	9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song Committee 11:00 Garden Club 11:30 Gratitude Circle 1:30 Decor Crew 2:00 Sports Wrap 2:30 How It's Made 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 3	9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:15 Trivia Tournament 2:00 Happy Hour: w. Live Music from Mike! 3:00 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie 4	9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie 5
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sunhats & Sunshine 11:30 Spiritual Den w. Claudette 1:30 Sing Along 2:00 Game Day 2:30 Sports Stats 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie 6	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:30 Meditation & Stretch 1:30 Flower Arranging 2:00 Good News Stories 2:30 Bio: Chaïbia Talal 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 7	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Sunhats & Sunshine 1:30 Art 'n Sip 2:00 Shopping Trip 2:30 Travel: Fez 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 8	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Cathy 11:30 We Appreciate... 1:30 Drum Circle 2:00 Music Appreciation w. Ruth 2:30 Ukulele w. Richard 3:00 Snack Shack 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie 9	9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song Committee 11:00 Garden Club 11:30 Gratitude Circle 1:30 Decor Crew 2:00 Sports Wrap 2:00 Bread & Roses Concert - GR 2:30 How It's Made 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 10	9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:30 Trivia Tournament 2:30 Happy Hour: Casablanca Coastal 3:00 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie 11	9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie 12
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sunhats & Sunshine 11:30 Spiritual Den w. Claudette 1:30 Sing Along 2:00 Grandparents Day Event 2:30 Sports Stats 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie 13	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:30 Meditation & Stretch 1:30 Flower Arranging 2:00 Good News Stories 2:30 Bio: King Hassan II 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 14	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Sunhats & Sunshine 1:30 Art 'n Sip 2:00 Shopping Trip 2:30 Travel: Tangier 3:00 Snack Shack 3:30 Group Choice Activities 5:00 AVSR Soirée Dinner & Movie 15	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Cathy 11:30 We Appreciate... 1:30 Drum Circle 2:00 Music Appreciation w. Ruth 3:00 Snack Shack 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie 16	9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song Committee 11:00 Garden Club 11:30 Gratitude Circle 1:30 Decor Crew 2:00 Sports Wrap 2:30 How It's Made 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 17	9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:30 Trivia Tournament 2:30 Happy Hour: Wear Colorful Colors! 3:30 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie 18	9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie 19
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sunhats & Sunshine 11:30 Spiritual Den w. Claudette 1:30 Sing Along 2:00 Game Day 2:30 Sports Stats 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie 20	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:30 Meditation & Stretch 1:30 Flower Arranging 2:00 Good News Stories 2:30 Bio: Ibn Battuta 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 21	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Sunhats & Sunshine 1:30 Art 'n Sip 2:00 Shopping Trip 2:30 Travel: Casablanca 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 22	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Cathy 11:30 We Appreciate... 1:30 Drum Circle 2:00 Music Appreciation w. Ruth 3:00 Snack Shack 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie 23	9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song Committee 11:00 Garden Club 11:30 Gratitude Circle 1:30 Decor Crew 2:00 Sports Wrap 2:30 How It's Made 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 24	9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:30 Trivia Tournament 2:30 Personal Music Choices 3:00 Happy Hour: Music w. Matt! 4:00 Gratitude Circle 5:00 Dinner & Evening Movie 25	9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie 26
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sunhats & Sunshine 11:30 Spiritual Den w. Claudette 1:30 Sing Along 2:00 Game Day 2:30 Sports Stats 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie 27	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:00 Sept BDAY Party w. Music! 11:30 Meditation & Stretch 1:30 Flower Arranging 2:00 Good News Stories 2:30 Bio: Fatima al-Fihri 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 28	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Sunhats & Sunshine 1:30 Art 'n Sip 2:00 Shopping Trip 2:30 Travel: Marrakesh 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie 29	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Cathy 11:30 We Appreciate... 1:30 Drum Circle 2:00 Music Appreciation w. Ruth 3:00 Snack Shack 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie 30	September 2026 Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar 		

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