

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 The Villa AT SAN MATEO An Elder Care Alliance Community		Community Roundtable ¹ 11:00 am in Movie Rm Seated Strength with Bands 1:30 pm Camino Room Movie “Arthur the King” 3 pm Rent is Due	Tai Chi Class ² 10 am in Movie Rm Meditation Class 11:30–12 in Movie Rm Gentle Stretching 1:30 pm Camino Room Literary Vine Book Club 2:00 pm in Library	Fitness Class ³ 9 am Camino Rm. BINGO 1pm Camino Rm. Road Wolves Car Show 5pm – 8pm	Volunteer Mtg. ⁴ 11:00am Movie Rm. Chair Dance /Zumba 12:30 – 1 pm in Camino Rm. Movie “Don’t Say Good Luck” 3 pm	Walking Group ⁵ 9am Karaoke 4:30 pm in Movie Rm	
	⁶ Rent is Late	⁷ Fitness Class 9 am Camino Rm. Tai Chi Class 10am (virtual) Water Aerobics 1:30 pm	⁸ Seated Strength with Bands 1:30 pm Camino Room Movie “Ordinary Angels” 3 pm	⁹ Tai Chi Class 10 am in Movie Rm Meditation Class 11:30–12 in Movie Rm Gentle Stretching 1:30 pm Camino Room	¹⁰ Fitness Class 9 am Camino Rm. BINGO 1pm Camino Rm.	¹¹ Chair Yoga 12:30 – 1 pm in Camino Rm. Movie “Practical Magic” 3 pm	¹² Walking Group 9am Karaoke 4:30 pm in Movie Rm
	¹³	¹⁴ Fitness Class 9 am Camino Rm. Tai Chi Class 10am (virtual) Water Aerobics 1:30 pm Mahjong Class 3:30 pm Library	¹⁵ TechEase with Andi 11:30 Movie Rm. Seated Strength with Bands 1:30 pm Camino Room Movie “His, Her, Ours” 3pm	¹⁶ Tai Chi Class 10 am in Movie Rm Meditation Class 11:30–12 in Movie Rm Gentle Stretching 1:30 pm Camino Rm	¹⁷ Fitness Class 9 am Camino Rm. Djembe Jam 11 am Camino Rm. BINGO & Pizza 1pm Camino Rm.	¹⁸ Chair Dance /Zumba 12:30 – 1 pm in Camino Rm. Movie “Tow” 3 pm	¹⁹ Walking Group 9am Karaoke 4:30 pm in Movie Rm
	²⁰	²¹ Fitness Class 9 am Camino Rm. Tai Chi Class 10am (virtual) Water Aerobics 1:30 pm	²² Seated Strength with Bands 1:30 pm Camino Rm. Movie “About Time” 3 pm	²³ Tai Chi Class 10 am in Movie Rm Meditation Class 11:30–12 in Movie Rm Gentle Stretching 1:30 pm Camino Rm	²⁴ Fitness Class 9 am Camino Rm. BINGO 1pm Camino Rm.	²⁵ Chair Yoga 12:30 – 1 pm in Camino Rm. Resident Birthday Celebration 3 pm	²⁶ Walking Group 9am Dance of Peace 1pm Lobby Karaoke 4:30 pm in Movie Rm
	²⁷	²⁸ Fitness Class 9 am Camino Rm. Natl Good Neighbor Day! 11:30 Coffee Lounge Tai Chi Class 10am (virtual) Water Aerobics 1:30 pm Mahjong Class 3:30 pm Library	²⁹ Seated Strength with Bands 1:30 pm Camino Room Movie “The Devil Wears Prada 2” 3 pm	³⁰ Tai Chi Class 10 am in Movie Rm Meditation Class 11:30–12 in Movie Rm Gentle Stretching 1:30 pm Camino Rm			