October 2026

Assisted Living Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Gentle Stretch- GR **10 - 1 Elements Pharmacy- LR** 10:30 Mass w. Father Rick- GR **1:00 Spiritual Jewish Outing: Sukkah At Am Tikvah- LB** 2:30 Comedy Play Read Garage Sale Of Amazing Things- LR 3:30 Cocktails Of Week- GR 4:15 Bird Watching- PT 4:15 Discussion Spirituality & Religion- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Musical- GR	**2** 9:30 Aerobics- GR 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 Antonyms/Synonyms-GR **3:00 Oktoberfest Party- PT** 4:00 Guess The Sound?- LB 6:00 Res. Led: Mahjongg- TR 6:00 Bingos Night- AR Oktoberfest Party	**3** 9:00 Walking Club: Great Highway- LB 9:30 Range of Motion- GR 10:30 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 Halloween Potions & Projects w. Perfect Pair Volunteers- AR** 3:30 Travel Club- LR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Fantasy- GR Halloween Potions & Projects
4 10:00 Mass Broadcast- GR 11:00 Harmony Collective- GR 1:00 Creative Writing- AR **1:25 49ers vs. Broncos- GR** 2:00 Drop-In Coco & Chat-PDR **3:00 Blessing Of The Pets- PL** 3:00 Antonym/Synonym- GR 4:00 Whack-O-Balloon- GR 4:00 Spa Day- LR 6:00 Res. Led: Mahjongg- TR 6:00 Movie- GR	**5** 9:30 Chair Yoga w. Bridget- GR 10:00 Westlake Shopping- LB **11:00 Flower Arranging- AR** 1:00 Kindred Spirits Supt. Grp.- LR **2:00 Sukkot Spiritual & Creative Art Prog. Bridget, Janae- GR** 2:00 Scenic Drive Los Alto Hills-LB 3:00 Travelogue- GR 4:00 Book Club: 84 Charing Cross Road w. Bridget- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Drama- GR Sukkot Spiritual & Creative Art Prog	**6** 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:15 Sweets Bingos- GR 2:00 Cooking Club w. Chef Luz & Maggie- AR 2:00 The Chosen Season: 3 Epi: 6 Intensity In Tent City- GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Thriller- GR	**7** 9:30 Let's Get Fit- GR 10:00 Silent Contemplative Pray-CP 10:15 Tongue Twisters- GR 11:00 Open Grief Support Group- LR 1:30 Together Not Alone Support Group- 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 Res. Led: Mahjongg- TR 6:00 Travelogue: Germany- GR	**8** 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR 1:00 Book To Brush Inspired Art Making- AR 2:30 Improv. & Story Telling-GR 3:30 Cocktails Of Week- GR 4:15 Bird Watching- PT 4:15 Discussion: Spirituality & Religion- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Musical- GR	**9** 9:30 Aerobics Exercises- GR 10:15 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 Tradewinds Duo- LB** 4:00 Guess The Sound?- LB 6:00 Res. Led: Mahjongg- TR 6:00 Bingos Night- GR Tradewinds Duo	**10** 9:30 Range of Motion- GR 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 12:30 Sweets Bingo- GR 2:00 Religion Documentary & Discussion- GR 3:00 Whack-O-Balloon- GR **3:30 Instrumix Music Program w. Ki Shae- GR** 4:15 Comedy Showtime- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Fantasy- GR Instrumix Music Program
11 10:00 Mass Broadcast- GR 11:00 Harmony Collective- GR 1:00 Creative Writing- AR **1:25 49ers vs. Seahawks- GR** 2:00 Drop-In Chocolate & Chat- PDR 3:00 Antonyms/Synonyms-GR 4:00 Whack-O-Balloon- GR 4:00 Spa Day- LR 6:00 Res. Led: Mahjongg- TR 6:00 Movie- GR	**12** 9:30 Chair Yoga w. Bridget- GR 10:00 Westlake Shopping- LB 11:00 Gardening Club- PT 1:00 Kindred Spirits Support Group- LR 2:00 Whack-O-Balloon- AR 2:00 Scenic Drive: Sausalito- LB **3:00 Indigenous People's Day Remembrance Social- LB** 4:00 Book Club- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Drama- GR	**13** 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:15 Sweets Bingos- GR 2:00 Cooking Club w. Chef Luz & Maggie- AR 2:00 The Chosen Season: 3 Episode: 7. Ears To Hear- GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Thriller- GR	**14** 9:30 Let's Get Fit- GR 10:00 Silent Contemplative Prayer Time- CHPL 10:15 Tongue Twisters- GR 11:00 Open Grief Support Group- 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 Res. Led: Mahjongg- TR 6:00 Travelogue: Germany- GR	**15** 9:30 Gentle Stretch-GR 10:30 Mass w. Father Rick- GR **10:30 Lunch Outing: Schroeder's German Cuisine- LB** 1:00 Book To Brush Inspired Art Making- AR 2:30 What's In A Word?- GR 3:30 Cocktails Of Week- GR 4:15 Bird Watching- PT 4:15 Discussion: Spirituality & Religion- GR 6:00 Res. Led: Mahjongg- TR 6:00 Doc. Hispanic Heritage- GR	**16** 9:30 Aerobics- GR 10:30 What's In A Word?- GR 11:00 Religious Doc.- GR 1:00 Rosary w. Mary- CPHL **1:30 Little Brothers Friends Mahjong w. Winnie- GR** 3:00 Happy Hour Social- PT 4:00 Guess The Sound?- LB 6:00 Res. Led: Mahjongg- TR 6:00 Bingos Night- AR Little Brothers Friends	**17** 9:00 Outing: Walking Club Great Highway- LB 9:30 Range of Motion- GR 10:30 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 Res. Led: Mahjongg- TR 6:00 Netflix Fantasy- GR
18 10:00 Mass Broadcast- GR 11:00 Harmony Collective- GR 1:00 Creative Writing- AR 2:00 Drop-In Chocolate & Chat- PDR 3:00 Antonyms/Synonyms-GR 4:00 Whack-O-Balloon- GR 4:00 Spa Day- LR 6:00 Res. Led: Mahjongg- TR	**19** 9:30 Chair Yoga w. Bridget- GR 10:00 Westlake Shopping- LB **11:00 Flower Arranging- AR** 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 Movie 84, Charing Cross Road- GR **5:15 49ers vs. Commanders- GR** 6:00 Res. Led: Mahjongg- TR	**20** 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:15 Sweets Bingos- GR 2:00 Cooking Club w. Chef Luz & Maggie- AR 2:00 The Chosen Season: 3 Episode: 8. Sustenance- GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB **3:30 Activities Meeting w. Joe- LB** 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Thriller- GR	**21** 9:30 Let's Get Fit- GR 10:00 Silent Contemplative Prayer Time- CHPL 10:15 Tongue Twisters- GR 11:00 Open Grief Support Group-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 Res. Led: Mahjongg- TR 6:00 Travelogue: Germany- GR	**22** 9:30 Gentle Stretch-GR 10:30 Mass w. Father Rick- GR **10:45 Lunch Outing: S.F. Drag- LB** 1:00 Book To Brush Inspired Art Making- AR 2:30 Improvisation & Story Telling w. Sammy- GR 3:30 Cocktails Of Week- GR 4:15 Bird Watching- PT 4:15 Discussion: Spirituality & Religion- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Musical- GR	**23** 9:30 Aerobics- GR 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 Antonyms/Synonyms-GR 3:00 Happy Hour Social- PT 4:00 Guess The Sound?- LB 6:00 Res. Led: Mahjongg- TR 6:00 Bingos Night- AR	**24** 9:30 Range of Motion- GR 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 Res. Led: Mahjongg- TR 6:00 Doc. United Nations- GR
25 10:00 Mass Broadcast- GR 11:00 Harmony Collective- GR 1:00 Creative Writing- AR 2:00 Drop-In Chocolate & Chat- PDR 3:00 Antonyms/Synonyms-GR 4:00 Whack-O-Balloon- GR 4:00 Spa Day- LR 6:00 Res. Led: Mahjongg- TR 6:00 Movie- GR	**26** 9:30 Chair Yoga w. Bridget- GR 10:00 Westlake Shopping- LB 11:00 Gardening Club- PT 1:00 Kindred Spirits Support Group- LR **2:00 Pumpkins Decorating w. Janae- AR** 2:00 Drive: Mt. Tamalpais- LB 3:00 Wheel Of Fortune- GR 4:00 Book Club- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Drama- GR Pumpkins Decorating	**27** 9:30 Aerobics- GR 10:30 Mass w. Father Rick- GR 12:15 Sweets Bingos- GR 2:00 Cooking Club w. Chef Luz & Maggie- AR 2:00 The Chosen Season: 4 Episode: 1. Promises- GR 3:00 Fresh Ideas Journaling Club- GR 3:00 Confectionery Social- LB 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Thriller- GR	**28** **6:30 Let's Get Weighty- AR** 9:30 Let's Get Fit- GR 10:00 Silent Contemplative Prayer Time- CHPL 10:15 Tongue Twisters- GR 11:00 Open Grief Support Group- LR 1:30 Together Not Alone Support Group- LR 3:30 Wine Down Social- LB 4:00 Let's Get Creative- LB 6:00 Res. Led: Mahjongg- TR 6:00 Travelogue: Germany- GR	**29** 9:30 Gentle Stretch- GR 10:30 Mass w. Father Rick- GR **1:00 Spiritual Outing: National Shrine of Saint Francis- LB** 1:00 Book To Brush Inspired Art Making- AR 2:30 What's In A Word?- GR **3:00 Halloween Costume Pty- GR** 4:15 Bird Watching- PT 4:15 Discussion: Spirituality & Religion- GR 6:00 Res. Led: Mahjongg- TR 6:00 Netflix Musical- GR	**30** 9:30 Aerobics- GR **10:20 Saint Thomas More Trick-Or-Treaters- LB** **10:50 Saint Thomas More Trick-Or-Treaters- LB** **11:10 Saint Thomas More Trick-Or-Treaters- LB** 1:00 Rosary w. Mary- CPHL 1:00 Parachute Game- GR 2:00 Antonyms & Synonyms- GR **3:00 Residents B-Day's Party/Scott-PT** 4:00 Guess The Sound?- LB 6:00 Res. Led: Mahjongg- TR 6:00 Bingos Night- GR St. Thomas More Trick-Or-Treaters	**31** 9:00 Range of Motion- GR 10:15 Bean Bag Toss- GR 11:00 Crossword Puzzle- GR 12:30 Sweets Bingos- GR 1:00 Open Art Studio- AR 2:00 Religion Doc./Discuss-GR **3:00 Halloween Party- LB** 3:30 Travel Club- LR 6:00 Res. Led: Mahjongg- TR 6:00 Halloween Movie- GR Halloween Party

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

RCFE Lic #: 385600270

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.

October 2026

Bridgehaven Memory Care Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Morning Gathering 10:30 Snack 11:00 What's the Weight? 1:00 Green Thumb Club 2:00 Creative Expression **3:00 Spiritual Jewish Outing: Sukkah At Am Tikvah- LB** 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Parachute Play 6:00 Evening Stories Sukkah At Am Tikvah	**2** 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts **3:00 Oktoberfest Social** 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night Oktoberfest	**3** 10:00 Morning Gathering 10:30 Snack 11:00 Arts & Culture of Germany 11:30 Range of Motion 11:40 Serene Nature Moment 1:30 Hand Spa 2:00 Joyful Jams 3:00 Afternoon Snack **3:30 Halloween Crafting w. Perfect Pair Volunteers** 4:00 Movement Break 6:00 Spiritual Coloring Halloween Crafting Perfect Pair Vol's
4 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	**5** 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 Tribute Art: Breast Cancer 3:30 Rhyme & Reflect 4:00 Drumming & Percussion 6:00 Music Memory Lane of 40's Breast Cancer Awareness	**6** 9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book to Brush Art w. Janae 2:30 Music Thru The Years 3:30 Mind Gym: Cuisine of Germany 4:00 Stride with Pride 6:00 Travel Club: Entire History of Germany	**7** 10:00 Let's Groove 10:30 Snack 10:00 Morning Gathering 1:30 Napkin Folding **2:00 Scenic Drive: Presidio** 2:00 Brighten With Hope 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes	**8** 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	**9** 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 Fall Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night	**10** 10:00 Morning Gathering 10:30 Snack 11:00 Traditions of Germany 11:30 Range of Motion 11:40 Serene Nature Moment **1:30 Instrumix Music Program** 2:00 Relax & Create **3:30** Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring
11 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	**12** 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 World Mental Health Day	**13** 9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book to Brush Art w. Janae 2:30 Music Thru The Years 3:30 Mind Gym: Herbs & Spices 4:00 Stride with Pride 6:00 Travel Club: Germany's Mystic Forest	**14** 10:00 Morning Gathering 10:30 Snack 11:00 Wellness Motion w. Karuna 1:30 Card Sorting **2:00 Halloween Outing: Andreotti Pumpkin Patch- LB** 2:00 Brighten With Hope 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes Andreotti Pumpkin Patch	**15** 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	**16** 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night	**17** 10:00 Morning Gathering 10:30 Snack 11:00 Music & Dance of Germany 11:30 Range of Motion 11:40 Serene Nature Moment 1:30 Hand Spa 2:00 Relax & Create 3:00 Afternoon Snack 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring
18 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Game On! 1:30 Book Club 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	**19** 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	**20** 9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book to Brush Art w. Janae 2:30 Music Thru The Years 3:30 Mind Gym: Drinks & Beverages of Germany 4:00 Stride with Pride 6:00 Travel Club: European Festivals II w. Rick Steves	**21** 10:00 Let's Groove 10:30 Snack 10:00 Morning Gathering 1:30 Card Sorting **2:00 Spiritual Care Scenic Drive: Grace Cathedral- LB** 2:00 Brighten With Hope: 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Faith Based Film/Doc. 6:00 Riddles & Rhymes Scenic Drive: Grace Cathedral	**22** 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	**23** 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night	**24** 10:00 Morning Gathering 10:30 Snack 11:00 Music & Dance of Germany 11:30 Range of Motion 11:40 Serene Nature Moment 1:30 Hand Spa 2:00 Relax & Create 3:00 Afternoon Snack 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring
25 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Game On! 1:30 Book Club **2:00 Resident & Family Event: Pumpkin Carving Contest** 3:00 Hot Choco with Friends 3:30 Eco Club: Sublimation 4:00 Guess the Scent 6:00 Hymn Along Res. & Fam. Pumpkin Carving Contest	**26** 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	**27** 9:00 Presentation Srs. in Grace 10:00 Gentle Stretch 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:00 Book to Brush Art w. Janae 2:30 Music Thru The Years 3:30 Mind Gym: German Resto 4:00 Stride with Pride 6:00 Travel Club: Wonders of Germany	**28** 10:00 Morning Gathering 10:30 Snack 11:00 Soulful Stretch with Karuna 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	**29** 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 **3:00 Halloween Costume Party** 3:30 Word Games 4:00 Men & Women of Faith with Bridget 6:00 Evening Stories Halloween Costume Party	**30** 10:00 Morning Gathering 10:30 Snack **10:40 Saint Thomas More Trick-Or-Treaters** 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Fall Arts & Crafts **3:00 Residents' Birthday Bash! with Paul Fontes** 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night	**31** 10:00 Morning Gathering 11:30 Architecture of Germany 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

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

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.

October 2026

Gardens Memory Care Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **10:00 What's the Weight?** 11:00 Morning Gathering 11:30 Nature Club 1:30 Mindful Art 2:30 Word Games **3:00 Outing: Sukkah Am Tikvah** **3:00 Improv. & Story Telling** 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Books **6:00 Therapy Dog Visit: Noelle** Sukkah Am Tikvah	**2** 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 Oktoberfest Party** 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring Oktoberfest Party	**3** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Fall Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee **3:30 Potion & Projects w. Perfect Pair Volunteers** 4:00 Yoga & Meditation 6:00 Aroma Therapy Potion & Projects Perfect Pair Vol's
4 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	**5** 10:00 Rise & Shine Exercise 10:30 Snack 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	**6** 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 Germany	**7** 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: Presidio** 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories	**8** 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: TV Programs	**9** 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 Live Music! The Billo's	**10** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Fall Art Project 2:00 Chocolate Bingo! **2:30 Instrumix Dance Program w. Ki Shae** 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy Instrumix Dance Program
11 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	**12** 10:00 Rise & Shine Exercise 10:30 Snack 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: 50s	**13** 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 Germany's Black Forest	**14** **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 Halloween Outing: Andreotti Pumpkin Patch- LB** 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories Andreotti Pumpkin Patch	**15** 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: Sports Events	**16** 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	**17** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Fall Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy
18 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	**19** 10:00 Rise & Shine Exercise 10:30 Snack 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: 60s	**20** 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 Germany	**21** 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 Spiritual Care Scenic Drive: Grace Cathedral- LB** 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories	**22** 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: Pets	**23** 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	**24** 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club **1:30 Residents & Family Event Pumpkin Carving Contest** 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy Pumpkin Carving Contest
25 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	**26** 10:00 Rise & Shine Exercise 10:30 Snack 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: 70s	**27** 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 Germany's Mystic Forest	**28** **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	**29** 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 **3:00 Halloween Costume Party** 4:00 Movement Break 6:00 Reminiscing: Fave Sports Halloween Costume Party	**30** 10:00 Morning Gathering **10:30 Saint Thomas More Trick-Or-Treaters** 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 St. Thomas More Trick-Or-Treaters	**31** 10:00 Gentle Stretch 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Fall Art Project 2:00 Chocolate Bingo! **3:00 Halloween Party** 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy Halloween

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

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.

October 2026

Oasis Memory Care Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN FRANCISCO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Mr. Bean Comedy 10:00 Range Of Motion 10:30 Book Inspired Art Making 11:30 Aromatherapy 1:30 Baking Club 2:15 Walking Club **3:00 Spiritual Jewish Outing: Sukkah At Am Tikvah- LB** 3:00 Patio Social 3:30 Sing-Along 4:00 Hand Massage 6:00 Movie Sukkah At Am Tikvah	**2** 9:00 Jazz Music 10:00 Gentle Stretch 10:30 Snack Time 11:00 Hymn Along **1:00 Scenic Drive:** 1:30 Balloon Toss 2:30 Daily Chronicle 3:00 Happy Hour 3:30 Fall Coloring 4:00 Hand Massage 6:00 Hollywood Squares	**3** 9:00 Wonders of the World 10:00 Chair Exercise 10:30 Snacks 11:00 Let's Gather **1:00 Meet & Greet w. Perfect Pair Volunteers** 1:30 Book Club 2:00 Baking w. Friends 2:45 Serene Nature Moments 3:00 Karaoke with AL & Joe 4:00 Hand Massage 6:00 Music For Spirt & Soul Meet & Greet w. Perfect Pair Vol's
4 9:00 Piano Music 10:00 Holy Mass 10:30 Snacks 11:00 Gentle Stretch 11:30 Chat w. Friends 1:30 Hymn Singing w. Sofia 2:00 Walking Club 2:30 Daily Chronicles 3:00 Patio Social 3:30 Let's Get Artsy 4:00 Hand Massage 6:00 Classic Movie of 30's	**5** 9:00 Show Of Shows 10:00 Baking Club 10:30 Snacks 11:00 Stories From The Torah Old Testament / Bridget 1:30 Table Games 2:00 Walking Club 2:45 Aromatherapy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Music Lane	**6** 9:00 I Love Lucy 10:00 Book Inspired Art Making 11:30 Stretching 1:30 Music For The Spirit w. Sofia 2:00 Walking Club 2:45 Sing-Along 3:00 Hot Coco Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Travelogue	**7** 9:00 Amos & Andy 10:00 Catching Up w. Friends **10:30 Yoga with Karuna** 11:00 Water Coloring 1:30 Nurturing the Spirit Through Nature w. Sofia 2:00 Walking Club 2:45 Daily Chronicle 3:30 Tea Social 4:00 Hand Massage 6:00 Music Lane	**8** 9:00 Mr. Bean Comedy 10:00 Range Of Motion 10:30 Book Inspired Art Making 11:30 Aromatherapy 1:00 Men & Women of Faith 1:30 Baking Club 2:15 Walking Club 3:00 Music, Food, Drink Social 3:30 Sing-Along 4:00 Hand Massage 6:00 Movie	**9** 9:00 Jazz Music 10:00 Gentle Stretch 10:30 Snack Time 11:00 Hymn Along **1:00 Scenic Drive:** **1:00 Live Music w. Billo's** 2:30 Daily Chronicle 3:00 Happy Hour 3:30 Fall Coloring 4:00 Hand Massage 6:00 Hollywood Squares	**10** 9:00 Wonders of the World 10:00 Chair Exercise 10:30 Snacks 11:00 Let's Gather 1:30 Book Club 2:00 Baking w. Friends 2:45 Serene Nature Moments 3:00 Karaoke with AL & Joe 4:00 Hand Massage 6:00 Music For Spirt & Soul
11 9:00 Piano Music 10:00 Holy Mass 10:30 Snacks 11:00 Gentle Stretch 11:30 Chat w. Friends 1:30 Hymn Singing w. Sofia 2:00 Walking Club 2:30 Daily Chronicles 3:00 Patio Social 3:30 Let's Get Artsy 4:00 Hand Massage 6:00 Classic Movie of 40's	**12** 9:00 Show Of Shows 10:00 Baking Club 10:30 Snacks 11:00 Stories From The Torah Old Testament / Bridget 1:30 Table Games 2:00 Walking Club 2:45 Aromatherapy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Music Lane	**13** 9:00 I Love Lucy 10:00 Book Inspired Art Making 11:30 Stretching 1:30 Music For The Spirit w. Sofia 2:00 Walking Club 2:45 Sing-Along 3:00 Hot Coco Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Travelogue	**14** 9:00 Amos & Andy 10:00 Catching Up w. Friends 10:30 Snacks 11:00 Water Coloring 1:30 Nurturing the Spirit Through Nature w. Sofia 2:00 Walking Club 2:45 Daily Chronicle 3:30 Tea Social 4:00 Hand Massage 6:00 Music Lane	**15** 9:00 Mr. Bean Comedy 10:00 Range Of Motion 10:30 Book Inspired Art Making 11:30 Aromatherapy 1:00 Men & Women of Faith 1:30 Baking Club 2:15 Walking Club 3:00 Music, Food, Drink Social 3:30 Sing-Along 4:00 Hand Massage 6:00 Movie	**16** 9:00 Jazz Music 10:00 Gentle Stretch 10:30 Snack Time 11:00 Hymn Along **1:00 Scenic Drive:** 1:30 Balloon Toss 2:30 Daily Chronicle 3:00 Happy Hour 3:30 Fall Coloring 4:00 Hand Massage 6:00 Hollywood Squares	**17** 9:00 Wonders of the World 10:00 Chair Exercise 10:30 Snacks 11:00 Let's Gather 1:30 Book Club 2:00 Baking w. Friends 2:45 Serene Nature Moments 3:00 Karaoke with AL & Joe 4:00 Hand Massage 6:00 Music For Spirt & Soul
18 9:00 Piano Music 10:00 Holy Mass 10:30 Snacks 11:00 Gentle Stretch 11:30 Chat w. Friends 1:30 Hymn Singing w. Sofia 2:00 Walking Club 2:30 Daily Chronicles 3:00 Patio Social 3:30 Let's Get Artsy 4:00 Hand Massage 6:00 Classic Movie of 50's	**19** 9:00 Show Of Shows 10:00 Baking Club 10:30 Snacks 11:00 Stories From The Torah Old Testament / Bridget 1:30 Table Games 2:00 Walking Club 2:45 Aromatherapy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Music Lane	**20** 9:00 I Love Lucy 10:00 Book Inspired Art Making 11:30 Stretching 1:30 Music For The Spirit w. Sofia 2:00 Walking Club 2:45 Sing-Along 3:00 Hot Coco Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Travelogue	**21** 9:00 Amos & Andy 10:00 Catching Up w. Friends **10:30 Yoga with Karuna** 11:00 Water Coloring 1:30 Nurturing the Spirit Through Nature w. Sofia 2:00 Walking Club 2:45 Daily Chronicle 3:30 Tea Social 4:00 Hand Massage 6:00 Music Lane	**22** 9:00 Mr. Bean Comedy 10:00 Range Of Motion 10:30 Book Inspired Art Making 11:30 Aromatherapy 1:00 Men & Women of Faith 1:30 Baking Club 2:15 Walking Club 3:00 Music, Food, Drink Social 3:30 Sing-Along 4:00 Hand Massage 6:00 Movie	**23** 9:00 Jazz Music 10:00 Gentle Stretch 10:30 Snack Time 11:00 Hymn Along **1:00 Scenic Drive:** 1:30 Balloon Toss 2:30 Daily Chronicle 3:00 Happy Hour 3:30 Fall Coloring 4:00 Hand Massage 6:00 Hollywood Squares	**24** 9:00 Wonders of the World 10:00 Chair Exercise 10:30 Snacks 11:00 Let's Gather 1:30 Book Club 2:00 Baking w. Friends 2:45 Serene Nature Moments 3:00 Karaoke with AL & Joe 4:00 Hand Massage 6:00 Music For Spirt & Soul
25 9:00 Piano Music 10:00 Holy Mass 10:30 Snacks 11:00 Gentle Stretch 11:30 Chat w. Friends 1:30 Hymn Singing w. Sofia 2:00 Walking Club 2:30 Daily Chronicles 3:00 Patio Social 3:30 Let's Get Artsy 4:00 Hand Massage 6:00 Classic Movie of 60's	**26** 9:00 Show Of Shows 10:00 Baking Club 10:30 Snacks 11:00 Stories From The Torah Old Testament / Bridget 1:30 Table Games 2:00 Walking Club 2:45 Aromatherapy 3:00 Patio Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Music Lane	**27** 9:00 I Love Lucy 10:00 Book Inspired Art Making 11:30 Stretching 1:30 Music For The Spirit w. Sofia 2:00 Walking Club 2:45 Sing-Along 3:00 Hot Coco Social 3:30 Daily Chronicle 4:00 Hand Massage 6:00 Travelogue	**28** 9:00 Amos & Andy 10:00 Catching Up w. Friends 10:30 Snacks 11:00 Water Coloring 1:30 Nurturing the Spirit Through Nature w. Sofia 2:00 Walking Club 2:45 Daily Chronicle 3:30 Tea Social 4:00 Hand Massage 6:00 Music Lane	**29** 9:00 Mr. Bean Comedy 10:00 Range Of Motion 10:30 Book Inspired Art Making 11:30 Aromatherapy 1:00 Men & Women of Faith 1:30 Baking Club 2:15 Walking Club 3:00 Music, Food, Drink Social 3:30 Sing-Along 4:00 Hand Massage 6:00 Movie	**30** 9:00 Jazz Music 10:00 Gentle Stretch 10:30 Snack Time **11:00 Saint Thomas More Trick-Or-Treaters** **1:00 Scenic Drive:** 1:30 Balloon Toss 2:30 Daily Chronicle 3:00 Happy Hour 3:30 Fall Coloring 4:00 Hand Massage 6:00 Hollywood Squares Saint Thomas More Trick-Or-Treaters	**31** 9:00 Wonders of the World 10:00 Chair Exercise 10:30 Snacks 11:00 Let's Gather **1:00 Halloween Costume Party** 1:30 Book Club 2:00 Serene Nature Moments **3:00 Halloween Social** 4:00 Hand Massage 6:00 Mindful Meditation

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