

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				● 9:00 Mass Online ● 9:45 Strength & Stretch ● 10:30 Music Appreciation w. Ruth ● 1:15 Garden Club w. Luis ● 1:30 Book Club ● 2:30 Activity Planning Mtg. ● 3:00 Social Discussion Circle ● 3:30 Afternoon Nature Walk ● 4:00 Rummikub ● 6:30 Movie 1	● 9:00 Mass Online ● 9:30 Morning Walking Club ● 9:45 Tai Chi w. Al ● 10:30 Dog Therapy w. Roam ● 10:30 Donuts & Discussion ● 1:30 Explore: Rhine & Rothenburg ● 2:00 German Beer Flight ● 3:00 Happy Hour: W. Live Music from Mike! ● 6:30 Movie 2	● 9:00 Mass Online ● 9:45 Workout w. Cathy ● 10:30 Biography: Marlene Dietrich ● 1:15 Fall Flower Centerpieces ● 2:00 Trivia Time! ● 3:00 Golf ● 3:30 Chicken Soup for the Soul ● 4:00 Rummikub ● 6:30 Movie 3
● 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 ● 2:00 Chair Volleyball ● 3:00 Bingo for Chocolate w. Cat ● 5:00 Movie 4	● 9:00 Mass Online ● 9:45 Monday Movement ● 10:00 Flu Clinic Until 2pm! ● 10:15 Learn Spanish w. Luis ● 1:00 Shopping Trip: Trader Joe's ● 1:15 Flower Arranging ● 2:00 Poker ● 3:00 Live Concert! ● 3:30 Wise Aging w. Claudette ● 3:30 Walking Club: Marin Lagoon ● 6:30 Movie 5	● 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 Meet Your Neighbors Social! ● 3:00 German Nutcracker Craft ● 3:30 Golf ● 6:30 Movie 6	● 9:00 Mass Online ● 9:45 Chair Cardio Class ● 10:30 Coffee & Donuts ● 11:00 Brain Teasers ● 11:00 Rosary w. Cat ● 11:30 Lunch Outing: Gestalt Haus ● 1:15 Poetry Read ● 2:00 Scenic Drive ● 3:00 Trivia Time! ● 6:30 Movie 7	● 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 8	● 9:00 Mass Online ● 9:30 Morning Walking Club ● 9:45 Tai Chi w. Al ● 10:30 Dog Therapy w. Roam ● 10:30 Donuts & Discussion ● 1:30 Let's Explore: Munich ● 2:00 Taste of Munich ● 3:00 Happy Hour: Oktoberfest ● 6:30 Movie 9	● 9:00 Mass Online ● 9:45 Workout w. Dennis ● 10:30 Scenic Drive ● 1:15 Biography: Johannes Gutenberg ● 2:00 Trivia Time! ● 3:00 Golf ● 3:30 Chicken Soup for the Soul ● 4:00 Rummikub ● 6:30 Movie 10
● 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 Mindful Meditation ● 2:00 Chair Volleyball ● 3:00 Bingo for Bucks w. Cat ● 5:00 Movie 11	● 9:00 Mass Online ● 9:45 Seated Stability Exercise ● 10:15 Learn Spanish w. Luis ● 1:00 Shopping Trip: Target ● 1:15 Flower Arranging ● 2:00 Let's Make: German Milchreis! ● 3:00 Poker ● 3:30 Wise Aging w. Claudette ● 3:45 Walking Club: Marin Lagoon ● 6:30 Movie 12	● 9:00 Mass Online ● 9:45 Chair Exercise ● 10:30 Playlist for Life w. Ruth ● 1:15 Word Games ● 2:00 Food Forum w. Chef ● 2:30 Meet Your Neighbors Social! ● 3:00 Fall Pumpkin Craft ● 3:30 Golf ● 6:30 Blackjack w. Judy ● 6:30 Movie 13	● 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 Outing: SF Botanical Garden ● 2:00 Afternoon Walk ● 3:00 Trivia Time! ● 6:30 Movie 14	● 9:00 Mass Online ● 9:45 Strength & Stretch ● 10:30 Music Appreciation w. Ruth ● 1:15 Garden Club w. Luis ● 1:30 Live Lecture w. Prof. Wolf ● 2:00 Rummikub ● 3:00 Resident Community Mtg. ● 4:00 Social Discussion Circle ● 6:30 Movie 15	● 9:00 Mass Online ● 9:30 Morning Walking Club ● 9:45 Tai Chi w. Al ● 10:30 Dog Therapy w. Roam ● 10:30 Donuts & Discussion ● 1:30 Let's Explore: Frankfurt ● 2:00 Taste of Frankfurt ● 3:00 Happy Hour: W. Live Music From Manny! ● 6:30 Movie 16	● 9:00 Mass Online ● 9:45 Workout w. Ruth ● 10:30 Biography: Johann Sebastian Bach ● 1:15 Pampered Nails ● 2:00 Trivia Time! ● 3:00 Golf ● 3:30 Chicken Soup for the Soul ● 4:00 Rummikub ● 6:30 Movie 17
● 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 Mindful Meditation ● 2:00 Chair Volleyball ● 3:00 Bingo for Chocolate w. Cat ● 5:00 Movie 18	● 9:00 Mass Online ● 9:45 Monday Movement ● 10:15 Learn Spanish w. Luis ● 11:00 Torah Study ● 1:00 Shopping Trip: Safeway ● 1:15 Flower Arranging ● 2:00 Let's Make: German Obatzda! ● 3:00 Poker ● 3:30 Wise Aging w. Claudette ● 3:30 Walking Club: Marin Lagoon ● 6:30 Movie 19	● 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 Autumn Lantern Craft ● 3:00 Golf ● 4:00 AVSR Soirée: Germany! ● 6:30 Movie 20	● 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 Outing: Pumpkin Patch ● 2:00 Afternoon Walk ● 3:00 Trivia Time! ● 6:30 Movie 21	● 9:00 Mass Online ● 9:45 Strength & Stretch ● 10:30 Music Appreciation w. Ruth ● 1:30 Book Club w. Ruth ● 2:00 Garden Club w. Luis ● 3:00 Social Discussion Circle ● 3:30 Afternoon Nature Walk ● 4:00 Rummikub ● 6:30 Movie 22	● 9:00 Mass Online ● 9:30 Morning Walking Club ● 9:45 Tai Chi w. Al ● 10:30 Dog Therapy w. Roam ● 10:30 Donuts & Discussion ● 1:30 Let's Explore: Hamburg ● 2:00 Taste of Hamburg ● 3:00 Happy Hour: Pretzels & Prost! ● 6:30 Movie 23	● 9:00 Mass Online ● 9:45 Workout w. Dennis ● 11:00 Picnic at Stafford Lake ● 1:15 Biography: Clara Schumann ● 2:00 Trivia Time! ● 3:00 Golf ● 3:15 Scenic Drive ● 3:30 Chicken Soup for the Soul ● 4:00 Rummikub ● 6:30 Movie 24
● 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 Mindful Meditation ● 2:00 Chair Volleyball ● 3:00 Bingo for Bucks w. Cat ● 5:00 Movie 25	● 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 Let's Make: Schokocrossies! ● 3:00 Poker ● 3:30 Wise Aging w. Claudette ● 3:30 Walking Club: Marin Lagoon ● 6:30 Movie 26	● 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 ● 3:00 Pumpkin Cookie Decorating ● 3:30 Golf ● 6:30 Blackjack w. Judy ● 6:30 Movie 27	● 9:00 Mass Online ● 9:45 Chair Cardio Class ● 10:30 Coffee & Donuts ● 10:30 Hearing Loss Meeting ● 11:00 Rosary w. Cat ● 11:00 Brain Teasers ● 12:30 Corte Madera Farmers Market ● 1:15 Trivia Time! ● 2:15 Scenic Drive ● 3:00 BDAY Party w. Live Music! ● 6:30 Movie 28	● 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 29	● 9:00 Mass Online ● 9:30 Morning Walking Club ● 9:45 Tai Chi w. Al ● 10:30 Dog Therapy w. Roam ● 10:30 Donuts & Discussion ● 1:30 Let's Explore: Berlin ● 2:00 Taste of Berlin ● 3:00 Happy Hour: W. Live Music from Spence ● 6:30 Movie 30	● 9:00 Mass Online ● 9:45 Workout w. Cathy ● 10:30 Biography: Albert Einstein ● 1:15 Rummikub ● 2:00 Halloween Party w. Pumpkin Carving! ● 3:00 Golf ● 3:30 Chicken Soup for the Soul ● 6:30 Movie 31

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song Committee 11:00 Travel: Rhine & Rothenberg 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Garden Club 2:30 Decor Crew 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	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 Matt! 3:00 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	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
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sports Stats 11:30 Spiritual Den 1:30 Baking Bunch! 2:00 Sunhats & Sunshine 2:30 Sing Along 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:30 Meditation & Stretch 1:30 How It's Made 2:00 Good News Stories 2:30 Flower Arranging 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Bio: Marlene Dietrich 1:30 Shopping Trip 2:00 Aromatherapy 2:30 Art 'n Sip 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Luis 11:30 Sing Along 1:30 German Lessons 2:00 Music Appreciation w. Ruth 2:30 Ukulele w. Richard 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie	9:30 Gentle Range 10:00 Music w. Lauren 10:30 Song Committee 11:00 Travel: Munich 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Bread & Roses Concert - GR 2:00 Garden Club 2:30 Decor Crew 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	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: Oktoberfest 3:00 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	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
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sports Stats 11:30 Spiritual Den w. Claudette 1:30 Baking Bunch! 2:00 Sunhats & Sunshine 2:30 Sing Along 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:30 Meditation & Stretch 1:30 How It's Made 2:00 Good News Stories 2:30 Flower Arranging 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Bio: Clara Schumann 1:30 Shopping Trip 2:00 Aromatherapy 2:30 Art 'n Sip 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Luis 11:30 Sing Along 1:30 German Lessons 2:00 Music Appreciation w. Ruth 3:00 Snack Shack 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie	9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song Committee 11:00 Travel: Frankfurt 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Garden Club 2:30 Decor Crew 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	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	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
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sports Stats 11:30 Spiritual Den w. Claudette 1:30 Baking Bunch! 2:00 Sunhats & Sunshine 2:30 Sing Along 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:30 Meditation & Stretch 1:30 How It's Made 2:00 Good News Stories 2:30 Flower Arranging 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Bio: Johann Sebastian Bach 1:30 Shopping Trip 2:00 Aromatherapy 2:30 Art 'n Sip 3:00 Snack Shack 3:30 Group Choice Activities 5:00 AVSR Soirée Dinner & Movie	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Luis 11:30 Sing Along 1:30 German Lessons 2:00 Music Appreciation w. Ruth 3:00 Snack Shack 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie	9:30 Gentle Range 10:00 Music w. Lauren 10:30 Song Committee 11:00 Travel: Hamburg 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Garden Club 2:30 Decor Crew 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	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: Prost & Pretzels! 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	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
9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:00 Sports Stats 11:30 Spiritual Den w. Claudette 1:30 Baking Bunch! 2:00 Sunhats & Sunshine 2:30 Sing Along 3:00 Snack Shack 3:15 Sunday Sunday w. Luis 5:00 Dinner & Evening Movie	9:30 Yoga Dance 10:00 Nourish & Nurture 10:30 Scenic Drive & Scenic Walk 11:00 Oct BDAY Party w. Music! 11:30 Meditation & Stretch 1:30 How It's Made 2:00 Good News Stories 2:30 Flower Arranging 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 Rosary w. Fr. Bain 11:00 Bio: Albert Einstein 1:30 Shopping Trip 2:00 Aromatherapy 2:30 Art 'n Sip 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	9:30 Chair Z Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 This Day in History w. Luis 11:30 Sing Along 1:30 German Lessons 2:00 Music Appreciation w. Ruth 3:00 Snack Shack 3:30 Chicken Soup for the Soul 5:00 Dinner & Evening Movie	9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song Committee 11:00 Travel: Berlin 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Garden Club 2:30 Decor Crew 3:00 Snack Shack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	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: W. Live Music from Spence! 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Halloween Party w. Pumpkin Carving! 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie

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