

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 9:30 AM perk puzzles/ room visits 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 2:30 PM Crafts w/ Wubi (Hendrix Hall) | 9:30 AM perk puzzles/ room visits 10:00 AM Walk to the Garden 10:30 AM FRESH Flower Arrangements (MDR) 2:00 PM Exercise w/ Andrew (H.H) | 9:30 AM perk puzzles/ room visits 10:30 AM Music with Leslie (MC) 11:00 AM Move & Groove w/ Gracie (Assisted Living Activity Room) 2:00 PM Exercise & Balloon Toss 2:00 PM Lucie Charkin Art Lecture (HH) | 9:30 AM perk puzzles/ room visits 10:00 AM Scenic Drive (EC / AL / MC) 1:30 PM Muttville Visit (EC / AL / MC) 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) 5:30 PM Wednesday Movie- (Dis - NG) | 9:30 AM perk puzzles/ room visits 10:30 AM Music with Peter (MC) 11:45 AM Creative Lunch (MDR) 1:15 PM Tai Chi w/ AL (Assisted Living Activity Room) | 9:30 AM Catholic Communion Service St. Raphael's Church (HH) 9:30 AM perk puzzles/ room visits 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/AL) 5:30 PM Friday Movie- | 9:30 AM perk puzzles/ room visits 3:30 PM Ice Cream Social 5:30 PM Saturday Movie- |
| 9:30 AM perk puzzles/ room visits 10:15 AM Morning Exercise (AL) 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 2:30 PM Crafts w/ Wubi (Hendrix Hall) | 9:30 AM perk puzzles/ room visits 10:00 AM Walk to the Garden 2:00 PM ballon Toss or (EC) 2:00 PM Picture Day (Hendrix Hall) | 9:30 AM perk puzzles/ room visits 1:00 PM Chef Chat (MDR) 2:00 PM Exercise & Balloon Toss 6:30 PM Todos Santos (MDR) | 9:30 AM perk puzzles/ room visits 10:00 AM Scenic Drive (EC / AL / MC) 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) 3:30 PM Art Lecture with Laura Shefler (HH) 5:30 PM Wednesday Movie- (Dis - NG) | 9:30 AM perk puzzles/ room visits 10:30 AM Music with Peter (MC) 10:30 AM PinePark - Fall Prevention Talk (Hendrix Hall) 1:15 PM Tai Chi w/ AL (Assisted Living Activity Room) | 9:30 AM perk puzzles/ room visits 10:30 AM Sing with Slim (MC) 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/AL) 5:30 PM Friday Movie- | 9:30 AM perk puzzles/ room visits 5:30 PM Saturday Movie- |
| 9:30 AM perk puzzles/ room visits 10:15 AM Morning Exercise (AL) 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 2:30 PM Father's day Gift Drop Off (Room Visits) | 9:30 AM perk puzzles/ room visits 10:00 AM Walk to the Garden 10:30 AM Fresh Flower Arrangements (MDR) 2:00 PM ballon Toss (EC) | 9:30 AM perk puzzles/ room visits 10:30 AM Music with Leslie (MC) 2:00 PM Exercise & Balloon Toss 2:00 PM Sing w/ Kathy (Hendrix Hall) | 9:30 AM perk puzzles/ room visits 10:00 AM Scenic Drive (EC / AL / MC) 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) 5:30 PM Wednesday Movie- (Dis - NG) | 9:30 AM perk puzzles/ room visits 10:30 AM Coffee with Mike (H.H) 10:30 AM Music with Peter (MC) 1:30 PM Trinity Alps Festival Players Musical Perfromance (Hendrix Hall) | 9:30 AM perk puzzles/ room visits 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/ AL) 5:30 PM Friday Movie- | 9:30 AM perk puzzles/ room visits 3:30 PM Ice Cream Social 5:30 PM Saturday Movie- |
| 9:30 AM perk puzzles/ room visits 10:15 AM Morning Exercise (AL) 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 2:30 PM ballon Toss (EC) | 9:30 AM perk puzzles/ room visits 10:00 AM Walk to the Garden 2:00 PM Ballon Toss (EC) | 9:30 AM perk puzzles/ room visits 10:30 AM Power of Music with Kathy (AL) 2:00 PM Exercise & Balloon Toss 3:30 PM AL/EC/MC Birthday Bash (AL) | 9:30 AM perk puzzles/ room visits 11:00 AM Picnic at McNears Beach (EC / AL / MC) 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) 3:00 PM Monthly Activities Meeting (Hendrix Hall) 5:30 PM Wednesday Movie- (Dis - NG) | 9:30 AM perk puzzles/ room visits 10:30 AM Music with Peter (MC) 11:00 AM Total Brain Health: Nine Steps to Building Better Cognitive Fitness Webinar Presentation (Hendrix Hall) 11:45 AM Creative Lunch (MDR) 1:15 PM Tai Chi w/ AL (Assisted Living Activity Room) | 9:30 AM perk puzzles/ room visits 11:00 AM Move & Groove w/ Gracie (A.L) 1:30 PM Gustavo Romero Classical Piano Perfromance (HH) 2:00 PM manicure (MC/AL) 5:30 PM Friday Movie- | 9:30 AM perk puzzles/ room visits 10:30 AM Sing with Slim (MC) 5:30 PM Saturday Movie- |
| 9:30 AM perk puzzles/ room visits 10:15 AM Morning Exercise (AL) 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 2:30 PM Crafts w/ Wubi (Hendrix Hall) | 9:30 AM perk puzzles/ room visits 10:00 AM Walk to the Garden 10:30 AM Zero Waste Marin Presentation (Hendrix Hall) 2:00 PM Exercise w/ Andrew (H.H) | | | | | |

June 2025

Aldersly Extended Care Activities