| SUN  | MON   | TUE  | WED  | THUR  | FRI  | SAT  |
|--|---|--|--|---|--|--|
| 10:30 Toni Dee SENIOR<br>FITNESS & CARE<br>Class (HH)<br>2:30 Crafts w/ Wubi<br>(HH)                       | 10:30 FRESH Flower Arrangements (MDR)  1:30 Rummikub (3FL) 2:00 Exercise w/ Andrew (H.H) 5:00 Monday Happy Hour (MDR)                                     | 10:00 Guided Outdoor Walk's w/ Andrew (TBD) 11:00 Balance & Rhythm w/ Brigid (HH) 1:30 Library Shuttle 1:30 Tuesday Dominos (3LL) 2:00 Lucie Charkin Art Lecture (HH) 7:00 Tuesday Cinema (HH) | 10:30 Bocce Ball (BBC) 11:00 Tech Time with Eliana (HH) 2:00 Toni Dee SENIOR FITNESS & CARE Class (HH) 3:00 Marie's Creative Writing Class (HH)                                    | 10:30 Tech Time w/ Andrew (Room Visits)  1:15 Tai Chi w/ AL (Assisted Living Activity Room)  3:00 Stretch & Breath Chair Exercise with Amy (HH) 7:00 Thursday Cinema (HH)   | 9:30 Catholic Communion Service St. Raphael's Church (HH) 10:00 Friday 5-Mile Shopping 10:30 Bocce/Cornhole (BBC) 2:00 manicure (MC/AL) 5:00 Friday Happy Hour (MDR)   | 10:00 Tech Time with Max (3LL) 11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 1:30 Ping Pong on the Weekend (HH) |
| 10:30 Toni Dee SENIOR<br>FITNESS & CARE<br>Class (HH)<br>2:30 Crafts w/ Wubi<br>(HH)                       | 10:30 Exercise w/ Andrew (H.H) 1:30 Rummikub (3FL) 2:00 Picture Day (HH) 5:00 Monday Happy Hour (MDR)   | 10:00 Guided Outdoor Walk's w/ Andrew (TBD) 11:00 Balance & Rhythm w/ Brigid (HH) 1:00 Chef Chat (MDR) 1:30 Tuesday Dominos (3LL) 6:30 Todos Santos (MDR)                                      | 10:30 Bocce Ball (BBC) 11:00 Tech Time with Eliana (HH) 2:00 Toni Dee SENIOR FITNESS & CARE Class (HH) 3:30 Art Lecture with Laura Shefler (HH)                                    | 10:30 PinePark - Fall Prevention Talk (HH)  1:15 Tai Chi w/ AL (Assisted Living Activity Room)  1:30 Art Class w/ Katya (3FL)  3:00 Stretch & Breath Chair Exercise with Amy (HH)  7:00 Thursday Cinema (HH)  | 10:00 Friday 5-Mile<br>Shopping<br>10:30 Bocce/Cornhole<br>(BBC)<br>1:00 Tech Time w/ Andrew<br>(Room Visits)<br>2:00 manicure (MC/AL)<br>5:00 Friday Happy Hour (MDR) | Flag Day 11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 1:30 Ping Pong on the Weekend (HH)                       |
| Tather's Day 10:30 Toni Dee SENIOR FITNESS & CARE Class (HH) 2:30 Father's day Gift Drop Off (Room Visits) | 10:30 Fresh Flower Arrangements (MDR) 11:45 Picnic- Outing (McNears Beach) 1:30 Rummikub (3FL) 2:00 Exercise w/ Andrew (H.H) 5:00 Monday Happy Hour (MDR) | 10:00 Guided Outdoor Walk's w/ Andrew (TBD) 11:00 Balance & Rhythm w/ Brigid (HH) 1:30 Library Shuttle 1:30 Tuesday Dominos (3LL) 2:00 Sing w/ Kathy (HH) 7:00 Tuesday Cinema (HH)             | 10:30 Bocce Ball (BBC) 11:00 Book Club Meeting (3FL) 11:00 Tech Time with Eliana (HH) 2:00 Toni Dee SENIOR FITNESS & CARE Class (HH) 3:00 Marie's Creative Writing Class (HH)      | 10:30 Coffee with Mike (H.H) 1:30 Trinity Alps Festival Players Musical Perfromance (HH) 3:30 Stretch & Breath Chair Exercise with Amy (HH) 7:00 Thursday Cinema (HH)   | 10:00 Friday 5-Mile Shopping 10:30 Bocce/Cornhole (BBC) 1:00 Tech Time w/ Andrew (Room Visits) 2:00 manicure (MC/AL) 5:00 Friday Happy Hour (MDR)                      | 11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 1:30 Ping Pong on the Weekend (HH)                                |
| 10:30 Toni Dee SENIOR FITNESS & CARE Class (HH)  2:30 Our Art Group (HH)                                   | 10:30 Exercise w/ Andrew (H.H) 1:30 Rummikub (3FL) 3:30 Musical Afternoon w/ Spense Quint (HH) 5:00 Monday Happy Hour (MDR)                               | 10:00 Guided Outdoor Walk's w/ Andrew (TBD) 11:00 Balance & Rhythm w/ Brigid (HH) 12:30 IL Resident Birthday (MDR) 1:30 Tuesday Dominos (3LL) 7:00 Tuesday Cinema (HH)                         | 10:30 Bocce Ball (BBC) 11:00 Tech Time with Eliana (HH) 1:00 Tech Time w/ Andrew (Room Visits) 2:00 Toni Dee SENIOR FITNESS & CARE Class (HH) 3:00 Monthly Activities Meeting (HH) | 11:00 Total Brain Health: Nine Steps to Building Better Cognitive Fitness Webinar Presentation (HH)  1:15 Tai Chi w/ AL (Assisted Living Activity Room)  1:30 Art Class w/ Katya (3FL)  3:00 Stretch & Breath Chair Exercise with Amy (HH)  7:00 Thursday Cinema (HH) | 10:00 Friday 5-Mile Shopping 10:30 Bocce/Cornhole (BBC) 1:30 Gustavo Romero Classical Piano Perfromance (HH) 2:00 manicure (MC/AL) 5:00 Friday Happy Hour (MDR)        | 11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 1:30 Ping Pong on the Weekend (HH)                                |
| 10:30 Toni Dee SENIOR<br>FITNESS & CARE<br>Class (HH)<br>2:30 Crafts w/ Wubi<br>(HH)                       | 10:30 Zero Waste Marin<br>Presentation (HH) 1:30 Rummikub (3FL) 2:00 Exercise w/ Andrew (H.H) 5:00 Monday Happy Hour (MDR)                                | LOCATION KEY 3LL - 3rd FL. Lounge BBC - Bocce Ball Court HH - Hendrix Hall MDR - Main Dining Room  |  |   |  |  |







