

SUN	MON	TUE	WED	THUR	FRI	SAT
					9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>1</b> <b>9:30 AM Catholic Communion Service St. Raphael's Church (HH)</b> 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/AL) 3:30 PM Snack & Chat 4:00 PM Friday Movie & Popcorn	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>2</b> 10:00 AM walking Group 10:30 AM Sing with Slim (MC) 11:00 AM Reading Circle 11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Ping Pong on the Weekend (HH) 2:00 PM Bingo! 3:30 PM Ice Cream Social 3:30 PM Tea/coffee and pastries
9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>3</b> 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 2:15 PM Dominoes (AI) 2:30 PM Crafts w/ Wubi (Hendrix Hall) 3:30 PM Sunday Snack (DR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>4</b> 10:30 AM FRESH Flower Arrangements (MDR) 11:00 AM Exercise w/ Brianna (AL) 2:00 PM Exercise w/ Andrew (H.H) 2:00 PM Rummikub 3:30 PM Snack & Chat	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>5</b> <b>10:30 AM Music with Leslie (MC)</b> 11:00 AM Move & Groove w/ Gracie (Assisted Living Activity Room) 2:00 PM Bingo! (AL) <b>2:00 PM Lucie Charkin Art Lecture (HH)</b> 3:30 PM Tea Party	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>6</b> <b>10:00 AM Scenic Drive (EC / AL / MC)</b> 11:00 AM Tech Time with Eliana (Room Visits) <b>1:30 PM Muttville Visit (EC / AL / MC)</b> 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) 3:30 PM Creative Writing Class w/ Marie (Hendrix Hall) 3:30 PM Snack & Chat 4:00 PM Evening movie	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>7</b> <b>10:00 AM Music with Peter (MC)</b> <b>10:30 AM Coffee with Mike (H.H)</b> 11:45 AM Creative Lunch (MDR) 1:15 PM Tai Chi (AL) 3:15 PM Rummikub	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>8</b> 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/AL) <b>2:00 PM Sing with Kathy (Hendrix Hall)</b> 3:30 PM Snack & Chat 4:00 PM Friday Movie & Popcorn	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>9</b> 10:00 AM walking Group 11:00 AM Reading Circle 11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Ping Pong on the Weekend (HH) 2:00 PM Bingo! 3:30 PM Tea/coffee and pastries
9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>10</b> 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 PM Let's Navigate Life w/ Marie (Room Visits) 2:15 PM Dominoes (AI) 2:30 PM Crafts w/ Wubi (Hendrix Hall) 3:30 PM Sunday Snack (DR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>11</b> 10:30 AM Fresh Flower Arrangements (MDR) 11:00 AM Exercise w/ Brianna (AL) 2:00 PM Exercise w/ Andrew (H.H) 2:00 PM Rummikub <b>2:30 PM Musical Afternoon w/ Spense Quint (Assisted Living Activity Room)</b> 3:30 PM Snack & Chat	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>12</b> <b>10:30 AM Music with Leslie (MC)</b> 11:00 AM Move & Groove w/ Gracie (Assisted Living Activity Room) 2:00 PM Bingo! (AL) 3:30 PM Tea Party <b>6:30 PM Todos Santos (MDR)</b>	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>13</b> <b>10:00 AM Scenic Drive (EC / AL / MC)</b> 11:00 AM Tech Time with Eliana (Room Visits) <b>1:00 PM Chef Chat (MDR)</b> 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) <b>3:30 PM Fall Prevention Class (Hendrix Hall)</b> 3:30 PM Snack & Chat 4:00 PM Evening movie	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>14</b> 10:00 AM Music with Peter (MC) 1:15 PM Tai Chi (AL) 1:30 PM Art Class w/ Katya (3FL) 3:15 PM Rummikub	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>15</b> 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/AL) 3:30 PM Snack & Chat 4:00 PM Friday Movie & Popcorn	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>16</b> 10:00 AM walking Group 11:00 AM Reading Circle 11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Ping Pong on the Weekend (HH) 2:00 PM Bingo! 3:30 PM Ice Cream Social 3:30 PM Tea/coffee and pastries
9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>17</b> 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 PM Let's Navigate Life w/ Marie (Room Visits) 2:15 PM Dominoes (AI) 2:30 PM Our Art Club (Hendrix Hall) 3:30 PM Sunday Snack (DR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>18</b> 10:30 AM Fresh Flower Arrangements (MDR) 11:00 AM Exercise w/ Brianna (AL) 2:00 PM Exercise w/ Andrew (H.H) 2:00 PM Rummikub 3:30 PM Snack & Chat	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>19</b> 11:00 AM Move & Groove w/ Gracie (Assisted Living Activity Room) 2:00 PM Bingo! (AL) 3:30 PM Tea Party	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>20</b> <b>10:00 AM Scenic Drive (EC / AL / MC)</b> 11:00 AM Tech Time with Eliana (Room Visits) <b>11:30 AM Picnic Outing (Rodeo Beach)</b> 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) 3:30 PM Snack & Chat 3:30 PM Tie Die Class (Hendrix Hall) 4:00 PM Evening movie	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>21</b> <b>10:00 AM Music with Peter (MC)</b> 11:45 AM Creative Lunch (MDR) 1:15 PM Tai Chi (AL) 1:30 PM Art Class w/ Katya (3FL) 3:00 PM Birthday Party! (MC) 3:15 PM Rummikub	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>22</b> 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/AL) 3:30 PM Snack & Chat 4:00 PM Friday Movie & Popcorn	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>23</b> 10:00 AM walking Group 10:30 AM Sing with Slim (MC) 11:00 AM Reading Circle 11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Ping Pong on the Weekend (HH) 2:00 PM Bingo! 3:30 PM Tea/coffee and pastries
9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>24</b> 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 PM Let's Navigate Life w/ Marie (Room Visits) 2:15 PM Dominoes (AI) 2:30 PM Crafts w/ Wubi (Hendrix Hall) 3:30 PM Sunday Snack (DR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>25</b> <b>10:00 AM Rosie the Riveter Outing (Rosie the Riveter Museum)</b> 10:30 AM Fresh Flower Arrangements (MDR) 11:00 AM Exercise w/ Brianna (AL) 2:00 PM Exercise w/ Andrew (H.H) 2:00 PM Rummikub 3:30 PM Snack & Chat	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>26</b> <b>10:30 AM Power of Music with Kathy (AL)</b> 11:00 AM Move & Groove w/ Gracie (Assisted Living Activity Room) 2:00 PM Bingo! (AL) 3:30 PM Tea Party	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>27</b> <b>10:00 AM Scenic Drive (EC / AL / MC)</b> <b>10:30 AM Monthly Activities Meeting (Hendrix Hall)</b> 11:00 AM Tech Time with Eliana (Room Visits) 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) <b>3:30 PM Fall Prevention Class (Hendrix Hall)</b> 3:30 PM Snack & Chat 4:00 PM Evening movie	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>28</b> <b>10:00 AM Music with Peter (MC)</b> <b>10:30 AM Buck Institute for Research on Aging Presentation w/ Olfat Malak (Hendrix Hall)</b> 1:15 PM Tai Chi (AL) <b>1:30 PM A Musical Afternoon with Ian Scarfe (HH)</b> 3:15 PM Rummikub	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>29</b> 11:00 AM Move & Groove w/ Gracie (A.L) 2:00 PM manicure (MC/AL) 3:30 PM Snack & Chat 4:00 PM Friday Movie & Popcorn	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>30</b> 10:00 AM walking Group 11:00 AM Reading Circle 11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Ping Pong on the Weekend (HH) 2:00 PM Bingo! 3:30 PM Ice Cream Social 3:30 PM Tea/coffee and pastries
9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) <b>31</b> 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 PM Let's Navigate Life w/ Marie (Room Visits) 2:15 PM Dominoes (AI) 2:30 PM Crafts w/ Wubi (Hendrix Hall) 3:30 PM Sunday Snack (DR)						