

SUN	MON	TUE	WED	THUR	FRI	SAT
						9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM walking Group 11:00 AM Rhythm & Balance w/ Torri (HH) 2:00 PM Bingo! 3:30 PM Tea/coffee and pastries 4:00 PM Mindful Masterpieces with Gracie (AL Activity room)
Daylight Savings Time Ends 9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 PM Lets Navigate with Marie (Room Visits) 2:15 PM Dominoes (AL) 3:30 PM Ping Pong on the Weekend (HH) 3:30 PM Sunday Snack (DR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:30 AM FRESH Flower Arrangements (SKAGEN ROOM) 2:00 PM Exercise w/ Andrew (H.H) 2:00 PM Rummikub 5:00 PM Monday Happy Hour (MDR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:00 AM Visits with Arlo 10:30 AM Music with Leslie (MC) 2:00 PM Intro To PinePark Primary Care (Hendrix Hall) 3:00 PM Fall Wreaths (MC)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Scenic Drive (EC / AL / MC) 11:00 AM Tech Time with Andrew (Room Visits) 1:30 PM Muttville Visit (EC / AL / MC) 2:00 PM Monthly Health & Wellness Meeting (HH) 3:00 PM Visits with Arlo 3:30 PM Sing w/ Gerry (Hendrix Hall) 4:00 PM Evening movie	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:00 AM Visits with Arlo 11:45 AM Creative Lunch (MDR) 1:15 PM Tai Chi (AL) 1:30 PM Art Class w/ Katya (3FL) 3:00 PM Board Games (AL Game Room) 4:00 PM Seniors for Democracy Sign Making (SKAGEN ROOM) 4:00 PM Marselisborg Grand Opening Event (Aldersly Grounds)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 9:30 AM Catholic Communion Service St. Raphael's Church (HH) 10:00 AM Exercise w/ Brianna (Memory Care) 2:00 PM manicures w/ Gracie (MC/AL) 3:00 PM Seniors for Democracy (Mission Ave Front Sidewalk) 4:00 PM Friday Movie & Popcorn 5:00 PM Friday Happy Hour (MDR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:30 AM Sing with Gerry 11:00 AM Rhythm & Balance w/ Torri (HH) 2:00 PM Marin Symphony (College of Marin - James Dunn Theatre) 4:00 PM Mindful Masterpieces with Gracie (AL Activity room)
9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 PM Lets Navigate with Marie (Room Visits) 2:15 PM Dominoes (AL) 3:30 PM Ping Pong on the Weekend (HH) 3:30 PM Sunday Snack (DR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:30 AM Fresh Flower Arrangements (SKAGEN ROOM) 2:00 PM Exercise w/ Andrew (H.H) 2:00 PM Rummikub 2:30 PM Musical Afternoon w/ Spense Quint (Assisted Living Activity Room) 5:00 PM Monday Happy Hour (MDR)	Veterans Day 9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:00 AM Visits with Arlo 1:00 PM Chef Chat (MDR) 3:00 PM Gratitude Cards (MC) 6:30 PM Wendy Fitz Piano Trio (Main Dining Room)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 9:30 AM Sing With Leslie (MC) 10:00 AM Scenic Drive (EC / AL / MC) 11:00 AM Tech Time with Eliana (Room Visits) 2:00 PM Art Lecture with Laura Shefler (HH) 3:00 PM Visits with Arlo 3:30 PM Sing w/ Gerry (Hendrix Hall) 4:00 PM Evening movie	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:00 AM Visits with Arlo 10:30 AM Coffee with Mike (H.H) 1:15 PM Tai Chi (AL) 3:00 PM Board Games (AL Game Room) 4:00 PM A Musical Afternoon with Ian Scarfe (HH) 4:00 PM Seniors for Democracy Sign Making (SKAGEN ROOM)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 2:00 PM manicures w/ Gracie (MC/AL) 3:00 PM Seniors for Democracy (Mission Ave Front Sidewalk) 4:00 PM Friday Movie & Popcorn 5:00 PM Friday Happy Hour (MDR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM walking Group 11:00 AM Rhythm & Balance w/ Torri (HH) 2:00 PM Bingo! 3:30 PM Tea/coffee and pastries 4:00 PM Mindful Masterpieces with Gracie (AL Activity room)
9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:30 AM Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 PM Lets Navigate with Marie (Room Visits) 2:15 PM Dominoes (AL) 2:30 PM Our Art Club (Hendrix Hall) 3:30 PM Ping Pong on the Weekend (HH) 3:30 PM Sunday Snack (DR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:30 AM Fresh Flower Arrangements (SKAGEN ROOM) 2:00 PM Exercise w/ Andrew (H.H) 2:00 PM Rummikub 5:00 PM Monday Happy Hour (MDR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:00 AM Visits with Arlo 10:30 AM Music with Leslie (MC) 3:00 PM Fall Leaves Painting (MC)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 11:00 AM Tech Time with Andrew (Room Visits) 11:30 AM Lunch Outing (San Rafael Joe's) 2:00 PM Toni Dee SENIOR FITNESS & CARE Class (HH) 3:00 PM Visits with Arlo 3:30 PM Resident Think Session (Hendrix Hall) 4:00 PM Evening movie 5:00 PM Aldersly Family Support Group (Hendrix Hall)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 10:00 AM Visits with Arlo 10:20 AM Buck Institute for Research on Aging Outing (Buck Institute on Aging Novato) 11:45 AM Creative Lunch (MDR) 1:15 PM Tai Chi (AL) 1:30 PM Art Class w/ Katya (3FL) 3:15 PM Birthday Bash! (MC) 4:00 PM Seniors for Democracy Sign Making (SKAGEN ROOM) 5:00 PM Resident Mixer (MDR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:00 AM Exercise w/ Brianna (Memory Care) 2:00 PM manicures w/ Gracie (MC/AL) 3:00 PM Seniors for Democracy (Mission Ave Front Sidewalk) 4:00 PM Friday Movie & Popcorn 5:00 PM Friday Happy Hour (MDR)	9:00 AM The Daily Perk Round Up (Assisted Living/ Extended Care) 10:30 AM Sing with Gerry 11:00 AM Rhythm & Balance w/ Torri (HH) 2:00 PM Bingo! 3:30 PM Ice Cream Social 4:00 PM Mindful Masterpieces with Gracie (AL Activity room)
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