

SUN	MON	TUE	WED	THUR	FRI	SAT
						11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 3:30 Ping Pong on the Weekend (HH)
10:30 Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 Lets Navigate with Marie (Room Visits) 3:30 Ping Pong on the Weekend (HH)	10:30 FRESH Flower Arrangements (SKAGEN ROOM) 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 Intro To PinePark Primary Care (HH) 7:00 Tuesday Cinema (HH)	10:00 Bocce Ball (BBC) 11:00 Tech Time with Andrew (Room Visits) 2:00 Monthly Health & Wellness Meeting (HH) 3:30 Sing w/ Gerry (HH)	9:30 YMCA gym Shuttle (YMCA San Rafael) 1:15 Tai Chi (AL) 1:30 Art Class w/ Katya (3FL) 3:00 Stretch & Breath Chair Exercise with Amy (HH) 4:00 Seniors for Democracy Sign Making (SKAGEN ROOM) 4:00 Marselisborg Grand Opening Event (Aldersly Grounds)	9:30 Catholic Communion Service St. Raphael's Church (HH) 10:00 Friday 5-Mile Shopping 10:00 Bocce/Cornhole (BBC) 2:00 Friday Shopping Target (Target) 2:00 Stand Up & Get Fit w/ Toni Dee (HH) 3:00 Seniors for Democracy (Mission Ave Front Sidewalk) 5:00 Friday Happy Hour (MDR)	11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 2:00 Marin Symphony (College of Marin - James Dunn Theatre) 3:30 Ping Pong on the Weekend (HH)
10:30 Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 Lets Navigate with Marie (Room Visits) 3:30 Ping Pong on the Weekend (HH)	10:30 Fresh Flower Arrangements (SKAGEN ROOM) 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) 12:30 IL Resident Birthday (MDR) 1:00 Chef Chat (MDR) 1:30 Tuesday Dominos (3LL) 1:30 YMCA gym Shuttle (YMCA San Rafael) 6:30 Wendy Fitz Piano Trio (MDR)	10:00 Bocce Ball (BBC) 11:00 Tech Time with Eliana (Room Visits) 2:00 Art Lecture with Laura Shefler (HH) 2:00 Life is Too Short Talk Outing (Dominican University) 3:30 Sing w/ Gerry (HH)	10:30 Coffee with Mike (H.H) 1:15 Tai Chi (AL) 3:00 Stretch & Breath Chair Exercise with Amy (HH) 4:00 A Musical Afternoon with Ian Scarfe (HH) 4:00 Seniors for Democracy Sign Making (SKAGEN ROOM) 7:00 Thursday Cinema (HH)	10:00 Friday 5-Mile Shopping 10:00 Bocce/Cornhole (BBC) 1:00 Stand Up & Get Fit w/ Toni Dee (HH) 2:00 Friday Shopping NorthGate Mall (Northgate Mall) 3:00 Seniors for Democracy (Mission Ave Front Sidewalk) 5:00 Friday Happy Hour (MDR)	11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 3:30 Ping Pong on the Weekend (HH)
10:30 Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 Lets Navigate with Marie (Room Visits) 2:30 Our Art Club (HH) 3:30 Ping Pong on the Weekend (HH)	10:30 Fresh Flower Arrangements (SKAGEN ROOM) 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) 7:00 Tuesday Cinema (HH)	10:00 Bocce Ball (BBC) 11:00 Tech Time with Andrew (Room Visits) 11:00 Book Club Meeting (3FL) 2:00 Toni Dee SENIOR FITNESS & CARE Class (HH) 3:30 Resident Think Session (HH) 5:00 Aldersly Family Support Group (HH)	10:20 Buck Institute for Research on Aging Outing (Buck Institute on Aging Novato) 1:15 Tai Chi (AL) 1:30 Art Class w/ Katya (3FL) 3:00 Stretch & Breath Chair Exercise with Amy (HH) 4:00 Seniors for Democracy Sign Making (SKAGEN ROOM) 5:00 Resident Mixer (MDR)	10:00 Friday 5-Mile Shopping 10:00 Bocce/Cornhole (BBC) 2:00 Friday Shopping Target (Target) 2:00 Stand Up & Get Fit w/ Toni Dee (HH) 3:00 Seniors for Democracy (Mission Ave Front Sidewalk) 5:00 Friday Happy Hour (MDR)	11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 3:30 Ping Pong on the Weekend (HH)
10:30 Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 Lets Navigate with Marie (Room Visits) 3:30 Ping Pong on the Weekend (HH)	10:30 Fresh Flower Arrangements (SKAGEN ROOM) 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 Tuesday Dominos (3LL) 1:30 YMCA gym Shuttle (YMCA San Rafael) 7:00 Tuesday Cinema (HH)	10:00 Bocce Ball (BBC) 11:00 Tech Time with Eliana (Room Visits) 2:00 Exercise w/ Activities (HH) 3:30 Watercolor Landscape Class (SKAGEN ROOM)	12:00 Thanksgiving Lunch Celebration (MDR) 4:00 Seniors for Democracy Sign Making (SKAGEN ROOM) 4:00 Thursday Cinema (HH)	10:00 Friday 5-Mile Shopping 10:00 Bocce/Cornhole (BBC) 2:00 Exercise w/ Activites (HH) 3:00 Seniors for Democracy (Mission Ave Front Sidewalk) 5:00 Friday Happy Hour (MDR)	11:00 Rhythm & Balance w/ Torri (HH) 1:30 Bridge (3LL) 3:30 Ping Pong on the Weekend (HH)
10:30 Toni Dee SENIOR FITNESS & CARE Class (HH) 1:00 Lets Navigate with Marie (Room Visits) 3:30 Ping Pong on the Weekend (HH)	LOCATION KEY 3LL - 3rd FL. Lounge BBC - Bocce Ball Court HH - Hendrix Hall MDR - Main Dining Room					

