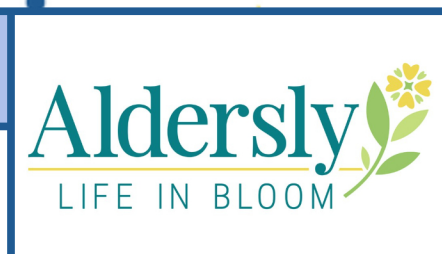


April 2026

Aldersly Extended Care Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Morning Scenic Drive 12:00 Lunch (ECA) 2:00 Afternoon Scenic Drive 3:30 Sing w/ Gerry (HH) 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> AD Room Visit's w/ Leah (GRACIES DPG) 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 12:00 Lunch (ECA) 1:15 Tai Chi w/ AL (ALRA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> Good Friday 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Fresh Flower arrangement class (ALRA) 10:00 Lifeloop Residents Sign Up and Set Up (SAR) 11:15 Exercise w/ the Activity Team (MCRA) 12:00 Lunch (ECA) 1:30 Lets Navigate w/ Marie 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (ECA) 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (ECA)
<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Easter Sunday Brunch (MDR) 12:00 Lunch (ECA) 3:00 Snack and Chat (ECA) 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Exercise w/ Ruth (ALRA) 12:00 Lunch (ECA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Music w/ Leslie (MCRA) 11:15 Exercise w/ the Activity Team (ALRA) 12:00 Lunch (ECA) 2:00 Bingo! (MCRA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Morning Scenic Drive 12:00 AL/EC/MC Picnic McNear's Beach 12:00 Lunch (ECA) 2:00 Afternoon Scenic Drive 3:30 Sing w/ Gerry (HH) 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> AD Room Visit's w/ Leah (GRACIES DPG) 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 11:00 Lifeloop Residents Sign Up and Set Up (SAR) 11:45 Creative Lunch (MDR) 12:00 Lunch (ECA) 1:15 Tai Chi w/ AL (ALRA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Fresh Flower arrangement class (ALRA) 10:00 Lifeloop Residents Sign Up and Set Up (SAR) 11:15 Exercise w/ the Activity Team (MCRA) 12:00 Lunch (ECA) 1:30 Lets Navigate w/ Marie 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Sing w/ Gerry (MC) 10:30 Sing w/ Slim (MCRA) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (ECA) 2:00 Dog Visits with Teddy! 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (ECA)
<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (ECA) 3:00 Snack and Chat (ECA) 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Exercise w/ Ruth (ALRA) 12:00 Lunch (ECA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 11:15 Exercise w/ the Activity Team (ALRA) 12:00 Lunch (ECA) 2:00 Bingo! (MCRA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 6:00 Todos Santos Musical Performance (MDR) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Morning Scenic Drive 12:00 AL/MC/EC Lunch Outing The Joinery Sausalito 12:00 Lunch (ECA) 2:00 Afternoon Scenic Drive 3:30 Sing w/ Gerry (HH) 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> AD Room Visit's w/ Leah (GRACIES DPG) 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Coffee w/ Mike (HH) 12:00 Lunch (ECA) 1:15 Tai Chi w/ AL (ALRA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Fresh Flower arrangement class (ALRA) 10:00 Lifeloop Residents Sign Up and Set Up (SAR) 11:15 Exercise w/ the Activity Team (MCRA) 12:00 Lunch (ECA) 1:30 Lets Navigate w/ Marie 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (ECA) 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (ECA)
<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (ECA) 3:00 Snack and Chat (ECA) 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Exercise w/ Ruth (ALRA) 10:30 Music w/ Leslie (MC) 12:00 Lunch (ECA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 6:00 Aldersly Family Support Group (MCRA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:30 Music w/ Leslie (MCRA) 11:15 Exercise w/ the Activity Team (ALRA) 12:00 Lunch (ECA) 2:00 Bingo! (MCRA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Morning Scenic Drive 12:00 Lunch (ECA) 2:00 Afternoon Scenic Drive 2:00 Community Fire Drill (MDR) 3:30 Sing w/ Gerry (HH) 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> AD Room Visit's w/ Leah (GRACIES DPG) 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 11:45 Creative Lunch (MDR) 12:00 Lunch (ECA) 1:15 Tai Chi w/ AL (ALRA) 3:30 Golden Hour Outside Gathering Time 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Fresh Flower arrangement class (ALRA) 10:00 Lifeloop Residents Sign Up and Set Up (SAR) 11:15 Exercise w/ the Activity Team (MCRA) 12:00 Lunch (ECA) 1:30 Lets Navigate w/ Marie 5:00 Dinner (ECA) 	<ul style="list-style-type: none"> 8:00 Breakfast (ECA) 9:00 The Daily Perk Round Up (ECA) 10:00 Sing w/ Gerry (MC) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (ECA) 2:00 Dog Visits w/ Teddy! 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (ECA)
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- ### ACTIVITY TYPES
- Arts and Crafts
 - Emotional
 - Entertainment
 - Intellectual
 - Outing
 - Physical
 - Presentation
 - Social
 - Spiritual

- ### LOCATIONS
- Arts and Crafts
 - Emotional
 - Entertainment
 - Intellectual
 - Outing
 - Physical
 - Presentation
 - Social
 - Spiritual

HAPPY BIRTHDAY!

April Resident Birthdays

DAVID FLEIG - EC	4/04
DAVID WILSON - IL	4/13
SARAH BREWSTER - IL	4/15
ROBERT FORSYTH - IL	4/18
SANDRA GAMBLE - IL	4/19
PAMELA REECE - MC	4/24