

# APRIL 2026

## Aldersly Independent Living Community



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

### LOCATIONS

- MDR = Main Dining Room  
 HH = Hendrix Hall  
 3FL = 3 Floor Lounge  
 Cafe = Cafe  
 BR = Board Room  
 SAR = Skagen Activity Room  
 RT = Roof Top  
 MSS = Mission Street Sidewalk  
 ALRA = Assisted Living Rec Area  
 MCRA = Memory Care Rec Area  
 ECA = Extended Care Area  
 BBL = Bocce Ball Lawn  
 AL = Assisted Living  
 MC = Memory Care  
 EC = Extended Care  
 CMPR = Cafe Multi Purpose Room

### 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 12:00 Easter Sunday Brunch (MDR)</li> <li>● 2:30 Ping Pong on the Weekend (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Fresh Flower Arrangements Class (SAR)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Rummikub (3FL)</li> <li>● 2:00 Excercise with Andrew (HH)</li> <li>● 3:00 Mah Jong (SAR)</li> <li>● 5:00 Happy Hour (MDR)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:00 Guided Outdoor Walks w/ Andrew</li> <li>● 11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Library Shuttle</li> <li>● 1:30 Tuesday Dominoes (3FL)</li> <li>● 4:15 Bingo! (HH)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 7:00 Tuesday Cinema (CMPR)</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 9:30 "The Chosen" viewing gathering (Cafe)</li> <li>● 10:00 Bocce (BBL)</li> <li>● 11:00 Tech Time w/ Andrew</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:00 Chef Chat (MDR)</li> <li>● 2:00 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 3:30 Sing w/ Gerry (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 11:00 Lifenloop Residents Sign Up and Set Up (SAR)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 12:00 Mike Sharkey's Captain Tables Lunch (BR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 3:00 Stretch &amp; Breathe w/ Amy Exercise Class (HH)</li> <li>● 4:00 Seniors for Democracy Sign Making Session (SAR)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 7:00 Thursday Cinema (CMPR)</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 9:30 Catholic Communion Service St. Raphael's Church (HH)</li> <li>● 10:00 Bocce/ CornHole (3FL)</li> <li>● 10:00 Friday 5-Mile Shopping</li> <li>● 10:00 Lifenloop Residents Sign Up and Set Up (SAR)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Friday Afternoon Shopping Run (NORTHGATE MALL)</li> <li>● 1:30 Lets Navigate w/ Marie</li> <li>● 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH)</li> <li>● 3:00 Seniors for Democracy (MSS)</li> <li>● 5:00 Happy Hour (MDR)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Bridge (3FL)</li> <li>● 1:45 Marin Symphony Masterworks 3 Bartok &amp; de Falla Outing</li> <li>● 2:30 Ping Pong on the Weekend (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 2:30 Ping Pong on the Weekend (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Fresh Flower Arrangements Class (SAR)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Rummikub (3FL)</li> <li>● 2:00 Excercise with Andrew (HH)</li> <li>● 3:00 Happy Hour in Cafe! (Themed) (Cafe)</li> <li>● 3:00 Mah Jong (SAR)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:00 Guided Outdoor Walks w/ Andrew</li> <li>● 11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 12:30 IL Birthday Celebration (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Tuesday Dominoes (3FL)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 6:00 Todos Santos Musical Performance (MDR)</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 9:30 "The Chosen" viewing gathering (Cafe)</li> <li>● 10:00 Bocce (BBL)</li> <li>● 11:00 Book Club (3FL)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 2:00 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 3:30 Sing w/ Gerry (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Introduction To Pine Park Health (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Art Class w/ Katya (3FL)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 3:00 Stretch &amp; Breathe w/ Amy Exercise Class (HH)</li> <li>● 4:00 Seniors for Democracy Sign Making Session (SAR)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 7:00 Thursday Cinema (CMPR)</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:00 Bocce/ CornHole (3FL)</li> <li>● 10:00 Friday 5-Mile Shopping</li> <li>● 10:00 Lifenloop Residents Sign Up and Set Up (SAR)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Friday Afternoon Shopping Run (BON AIR PLAZA)</li> <li>● 1:30 Lets Navigate w/ Marie</li> <li>● 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH)</li> <li>● 3:00 Seniors for Democracy (MSS)</li> <li>● 4:00 Plant Club w/ San Domenico Students (SAR)</li> <li>● 5:00 Happy Hour (MDR)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 9:30 Tech Time w/ Kyle</li> <li>● 11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Bridge (3FL)</li> <li>● 2:30 Ping Pong on the Weekend (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 2:30 Our Art Club (HH)</li> <li>● 2:30 Ping Pong on the Weekend (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Fresh Flower Arrangements Class (SAR)</li> <li>● 11:45 IL Lunch Outing (Le Garage)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Rummikub (3FL)</li> <li>● 2:00 Excercise with Andrew (HH)</li> <li>● 3:00 Mah Jong (SAR)</li> <li>● 5:00 Happy Hour (MDR)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:00 Guided Outdoor Walks w/ Andrew</li> <li>● 11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:15 Laura Shefler Art Talk (SAR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Library Shuttle</li> <li>● 1:30 Tuesday Dominoes (3FL)</li> <li>● 4:15 Bingo! (HH)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 7:00 Tuesday Cinema (CMPR)</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 9:30 "The Chosen" viewing gathering (Cafe)</li> <li>● 10:00 Bocce (BBL)</li> <li>● 11:00 Sleep Better Workshop w/ Dr. Flynn (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 2:00 Community Fire Drill (MDR)</li> <li>● 2:00 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 3:30 Sing w/ Gerry (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 11:00 Coffee w/ Mike &amp; Friends (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 3:00 Stretch &amp; Breathe w/ Amy Exercise Class (HH)</li> <li>● 4:00 Seniors for Democracy Sign Making Session (SAR)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 7:00 Thursday Cinema (CMPR)</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:00 Bocce/ CornHole (3FL)</li> <li>● 10:00 Friday 5-Mile Shopping</li> <li>● 10:00 Lifenloop Residents Sign Up and Set Up (SAR)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Friday Afternoon Shopping Run (Costco)</li> <li>● 1:30 Lets Navigate w/ Marie</li> <li>● 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH)</li> <li>● 3:00 Seniors for Democracy (MSS)</li> <li>● 4:00 Plant Club w/ San Domenico Students (SAR)</li> <li>● 5:00 Happy Hour (MDR)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Bridge (3FL)</li> <li>● 2:30 Ping Pong on the Weekend (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 2:30 Ping Pong on the Weekend (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Fresh Flower Arrangements Class (SAR)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Rummikub (3FL)</li> <li>● 2:00 Excercise with Andrew (HH)</li> <li>● 3:00 Happy Hour! (Themed) (Cafe)</li> <li>● 3:00 Mah Jong (SAR)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:00 Guided Outdoor Walks w/ Andrew</li> <li>● 11:00 Balance &amp; Rhythm w/ Brigid Exercise Class (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 1:30 Tuesday Dominoes (3FL)</li> <li>● 3:00 Trinity Alps Music Trio Performance Feat Ian Scarfe (HH)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 7:00 Tuesday Cinema (CMPR)</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 9:30 "The Chosen" viewing gathering (Cafe)</li> <li>● 10:00 Bocce (BBL)</li> <li>● 11:00 Marin Civic Center Tour Outing</li> <li>● 12:00 Lunch (MDR)</li> <li>● 2:00 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>● 3:30 Sing w/ Gerry (HH)</li> <li>● 5:45 Dinner (MDR)</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>● 8:00 Breakfast (MDR)</li> <li>● 10:30 Aldersly History Talk (HH)</li> <li>● 12:00 Lunch (MDR)</li> <li>● 1:30 Art Class w/ Katya (3FL)</li> <li>● 1:30 Fitness Shuttle- JCC/YMCA</li> <li>● 3:00 Stretch &amp; Breathe w/ Amy Exercise Class (HH)</li> <li>● 4:00 Seniors for Democracy Sign Making Session (SAR)</li> <li>● 5:45 Dinner (MDR)</li> <li>● 7:00 Thursday Cinema (CMPR)</li> </ul>	<p><b>IMPORTANT DATES</b></p> <ul style="list-style-type: none"> <li>4/2 Activity Meeting</li> <li>4/11 Marin Symphony Outing</li> <li>4/20 IL Lunch Outing (Le Garage)</li> <li>4/22 Sleep Better Workshop</li> <li>4/23 Coffee w/ Mike &amp; Friends</li> <li>4/28 Trinity Alps Music Performance</li> <li>4/29 Marin Civic Center Tour Outing</li> <li>4/30 Aldersly History Talk</li> </ul>	