

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# MAY 2026



### 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!

**RESIDENT BIRTHDAYS**

*May*

- Meredith Benz - IL 5/05
- Francis Strachwitz - AL 5/23
- Beverly Compagno - IL 5/28
- Virginia Saunders - IL 5/31
- Anneliese Rector - EC 5/31

					<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>12:00 LUNCH (MDR)</li> <li>1:30 FITNESS SHUTTLE- JCC/YMCA</li> <li>1:30 FRIDAY AFTERNOON SHOPPING RUN (TARGET)</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>	<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>
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<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>	<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 EXERCISE WITH ANDREW (HH)</li> <li>2:30 MAH JONGG (SAR)</li> <li>5:00 HAPPY HOUR (MDR)</li> <li>5:45 DINNER (MDR)</li> </ul>	<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 IN EXTENDED CARE LIVING ROOM</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!</li> <li>5:45 DINNER (MDR)</li> <li>7:00 TUESDAY CINEMA (CMPR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>9:30 "THE CHOOSER" 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>12:00 MIKE SHARKEY'S CAPTAIN TABLES LUNCH (BR)</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>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>11:00 MONTHLY ACTIVITY MEETING</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>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>10:00 ANDREW'S COMMUNITY CORNER (OPEN OFFICE HOURS)</li> <li>10:00 BOCCE/ CORNHOLE (3FL)</li> <li>10:00 FRIDAY 5-MILE SHOPPING</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>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>	<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>2:00 MARIN'S MEN'S CHORUS (HH)</li> <li>5:45 DINNER (MDR)</li> </ul>
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<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>3:00 MOTHER'S DAY TEA AND COOKIES (MDR)</li> <li>5:45 DINNER (MDR)</li> </ul>	<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 EXERCISE WITH ANDREW (HH)</li> <li>2:30 MAH JONGG (SAR)</li> <li>3:00 HAPPY HOUR IN CAFE! (THEMED) (CAFE)</li> <li>5:45 DINNER (MDR)</li> </ul>	<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>3:30 A MUSICAL AFTERNOON W/ MADS TOLLING (HH)</li> <li>5:45 DINNER (MDR)</li> <li>7:00 TUESDAY CINEMA (CMPR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>9:30 "THE CHOOSER" 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>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>10:30 SILVERTECH CONSULTING SENIOR LEARNING SERIES: SENIOR FRAUD PROTECTION (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>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>10:00 ANDREW'S COMMUNITY CORNER (OPEN OFFICE HOURS)</li> <li>10:00 BOCCE/ CORNHOLE (3FL)</li> <li>10:00 FRIDAY 5-MILE SHOPPING</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>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>	<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>4:30 MARIN DANCE THEATRE BALLET PERFORMANCE (HH)</li> <li>5:45 DINNER (MDR)</li> </ul>
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<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>5:45 DINNER (MDR)</li> </ul>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>10:00 SPRING VACCINATION CLINIC (HH)</li> <li>10:30 FRESH FLOWER ARRANGEMENTS CLASS (SAR)</li> <li>11:45 IL LUNCH OUTING SOL FOOD IN SAN RAFAEL</li> <li>12:00 LUNCH (MDR)</li> <li>1:30 FITNESS SHUTTLE- JCC/YMCA</li> <li>1:30 RUMMIKUB (3FL)</li> <li>2:00 EXERCISE WITH ANDREW (HH)</li> <li>2:30 MAH JONGG (SAR)</li> <li>5:00 HAPPY HOUR (MDR)</li> <li>5:45 DINNER (MDR)</li> </ul>	<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 SHEFFER 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>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>9:15 LEGION OF HONOR MUSEUM OUTING</li> <li>9:30 "THE CHOOSER" 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>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>9:00 ADVENTURE TIME W/ SAN DOMENICO STUDENTS (MDR)</li> <li>10:30 RESIDENT COUNCIL MEETING (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>	<ul style="list-style-type: none"> <li>8:00 BREAKFAST (MDR)</li> <li>10:00 ANDREW'S COMMUNITY CORNER (OPEN OFFICE HOURS)</li> <li>10:00 BOCCE/ CORNHOLE (3FL)</li> <li>10:00 FRIDAY 5-MILE SHOPPING</li> <li>12:00 LUNCH (MDR)</li> <li>1:30 FITNESS SHUTTLE- JCC/YMCA</li> <li>1:30 FRIDAY AFTERNOON SHOPPING RUN (VINTAGE OAKS PLAZA-COSTCO)</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>	<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>
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<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>3:00 MAH JONGG BEGINNERS CLASS TAUGHT BY SARA BREWSTER (SAR)</li> <li>5:45 DINNER (MDR)</li> </ul>	<h1>INDEPENDENT LIVING COMMUNITY</h1> <h1>ALDERSLY</h1>				
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