

# May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>12:00 Lunch</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>3:30 Afternoon Walks w/ Wubi</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:30 Exercise w/ Ruth (ALRA)</li> <li>10:30 Music w/ Leslie (MC)</li> <li>12:00 Lunch</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>11:15 Exercise w/ the Activity Team (ALRA)</li> <li>12:00 Lunch</li> <li>2:00 Bingo! (MCRA)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>3:00 Visits w/ Rubidoo the Dog</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:45 Story Time w/ Molly (MC)</li> <li>11:00 AL/EC/MC Picnic Outing</li> <li>12:00 Lunch</li> <li>2:00 Afternoon Scenic Drive</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>3:30 Sing w/ Gerry (HH)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:00 Music W/Peter</li> <li>11:45 Creative Lunch (MDR)</li> <li>12:00 Lunch</li> <li>1:15 Tai Chi w/ AL (ALRA)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>9:30 Catholic Communion Service St. Raphael's Church (HH)</li> <li>10:00 Fresh Flower Arrangements Class (ALRA)</li> <li>10:45 Story Time w/ Molly (MC)</li> <li>11:15 Exercise w/ the Activity Team (MCRA)</li> <li>12:00 Lunch</li> <li>1:30 Manicures w/ Gracie (ALRA)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>12:00 Lunch</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>4:00 Mindful Masterpieces w/ Gracie (ALRA)</li> <li>5:00 Dinner</li> </ul>
<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:30 Toni Dee Senior Fitness &amp; Care Exercise Class (HH)</li> <li>12:00 Lunch</li> <li>2:00 Mother's Day Tea &amp; Cookies Art Party (MC)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>3:30 Afternoon Walks w/ Wubi</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:30 Exercise w/ Ruth (ALRA)</li> <li>10:30 Music w/ Leslie (MC)</li> <li>12:00 Lunch</li> <li>1:30 Sing w/ Spense (MCRA)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>11:15 Exercise w/ the Activity Team (ALRA)</li> <li>12:00 Lunch</li> <li>2:00 Bingo! (MCRA)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>3:30 A Musical Afternoon w/ Mads Tolling (HH)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:00 Morning Scenic Drive</li> <li>10:45 Story Time w/ Molly (MC)</li> <li>12:00 Lunch</li> <li>2:00 Afternoon Scenic Drive</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>3:30 Sing w/ Gerry (HH)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:00 Music W/Peter</li> <li>11:45 Creative Lunch (MDR)</li> <li>12:00 Lunch</li> <li>1:15 Tai Chi w/ AL (ALRA)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>10:00 Andrew's Community Corner (Open Office Hours)</li> <li>10:00 Fresh Flower Arrangements Class (ALRA)</li> <li>10:45 Story Time w/ Molly (MC)</li> <li>11:15 Exercise w/ the Activity Team (MCRA)</li> <li>12:00 Lunch</li> <li>1:30 Manicures w/ Gracie (ALRA)</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>5:00 Dinner</li> </ul>	<ul style="list-style-type: none"> <li>8:00 Breakfast (MC)</li> <li>11:00 Rhythm &amp; Balance w/ Torri (HH)</li> <li>12:00 Lunch</li> <li>3:00 The Happiness Hour (MCRA)</li> <li>4:00 Mindful Masterpieces w/ Gracie (ALRA)</li> <li>4:30 Marin Dance Theatre Performance (HH)</li> <li>5:00 Dinner</li> </ul>
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## 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

# MEMORY CARE COMMUNITY ALDERSLY