

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Aldersly LIFE IN BLOOM Activity Types ● Arts and Crafts ● Emotional ● Entertainment ● Intellectual ● Outing ● Physical ● Presentation ● Social ● Spiritual Locations MDR = Main Dining Room HH = Hendrix Hall BFL = 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! AUGUST RESIDENT BIRTHDAYS! Jane Reynolds IL 8/1 Nancy Lewis MC 8/2 Mary Jo Simon IL 8/5 Yvonne Brown AL 8/5 Victoria DeMasi MC 8/15 Richard Klein IL 8/17 William Moore IL 8/25 Albert Brewster IL 8/27
August 2026 ASSISTED LIVING COMMUNITY							● 8:00am Breakfast (AL) ● 10:00am AM Walking Group ● 10:00am Sing w/ Gerry (MC) ● 11:00am Rhythm & Balance w/ Torri (HH) ● 12:00pm Lunch (AL) ● 2:00pm Bingo (ALRA) ● 3:15pm Afternoon Snacks and Chats (ALRA) ● 4:00pm Mindful Masterpieces w/ Gracie (ALRA) ● 5:00pm Dinner (AL) 1
● 8:00am Breakfast (AL) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (AL) ● 2:15pm Dominoes (ALRA) ● 2:30pm Art Class w/ Katya (HH) ● 3:30pm Sunday Afternoon Snacks and Chat (ALRA) ● 5:00pm Dinner (AL) 2	● 8:00am Breakfast (AL) ● 10:30am Exercise w/ Ruth (ALRA) ● 10:30am Music w/ Leslie (MC) ● 12:00pm Lunch (AL) ● 1:30pm Story Time with Janelle (AL) ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 3:30pm Monthly Activity Forum (HH) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) 3	● 8:00am Breakfast (AL) ● 11:15am Exercise w/ the Activity Team (ALRA) ● 12:00pm Lunch (AL) ● 1:15pm Laura Shefler Art Talk (SAR) ● 2:00pm Bingo! (MCRA) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour in the Cafe ● 7:00pm Tuesday Cinema (CMPR) 4	● 8:00am Breakfast (AL) ● 10:00am Morning Scenic Drive ● 11:00am Monthly Health & Wellness Meeting (HH) ● 12:00pm Lunch (AL) ● 2:00pm Afternoon Scenic Drive ● 3:30pm Sing w/ Gerry (HH) ● 4:15pm Wednesday Movie (AL) ● 5:00pm Dinner (AL) 5	● 8:00am Breakfast (AL) ● 10:00am Music W/Peter ● 12:00pm Creative Lunch (MDR) ● 12:00pm Lunch (AL) ● 1:15pm Tai Chi w/ AL (ALRA) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 7:00pm Thursday Cinema (CMPR) 6	● 8:00am Breakfast (AL) ● 9:30am Catholic Communion Service St. Raphael's Church (HH) ● 10:00am Andrew's Community Corner (Open Office Hours) ● 10:00am Fresh Flower Arrangements Class (ALRA) ● 10:30am Suncrest Presents Arts & Crafts Class (MC) ● 11:15am Exercise w/ the Activity Team (MCRA) ● 12:00pm Lunch (AL) ● 1:30pm Manicures w/ Gracie (ALRA) ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour (MDR) 7	● 8:00am Breakfast (AL) ● 10:00am AM Walking Group ● 11:00am Rhythm & Balance w/ Torri (HH) ● 12:00pm Lunch (AL) ● 2:00pm Bingo (ALRA) ● 3:15pm Afternoon Snacks and Chats (ALRA) ● 4:00pm Mindful Masterpieces w/ Gracie (ALRA) ● 5:00pm Dinner (AL) 8	
● 8:00am Breakfast (AL) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (AL) ● 2:15pm Dominoes (ALRA) ● 2:30pm Art Class w/ Katya (HH) ● 3:30pm Sunday Afternoon Snacks and Chat (ALRA) ● 5:00pm Dinner (AL) 9	● 8:00am Breakfast (AL) ● 10:30am Exercise w/ Ruth (ALRA) ● 10:30am Music w/ Leslie (MC) ● 12:00pm Lunch (AL) ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 2:30pm Sing w/ Spense (AL) ● 4:00pm Golden Hour Outside Gathering Time ● 4:15pm Bingo! (HH) ● 5:00pm Dinner (AL) 10	● 8:00am Breakfast (AL) ● 11:15am Exercise w/ the Activity Team (ALRA) ● 12:00pm Lunch (AL) ● 2:00pm Bingo! (MCRA) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour on the Roof Top (RT) ● 6:00pm Fitz & Pieces Music Trio (MDR) ● 7:00pm Tuesday Cinema (CMPR) 11	● 8:00am Breakfast (AL) ● 11:00am AL Picnic outing ● 11:00am Captioned Phones for Hearing Impaired Resodents Presentation (HH) ● 12:00pm Lunch (AL) ● 2:00pm Afternoon Scenic Drive ● 3:30pm Sing w/ Gerry (HH) ● 4:15pm Wednesday Movie (AL) ● 5:00pm Dinner (AL) 12	● 8:00am Breakfast (AL) ● 10:00am Music W/Peter ● 12:00pm Lunch (AL) ● 1:15pm Tai Chi w/ AL (ALRA) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 7:00pm Thursday Cinema (CMPR) 13	● 8:00am Breakfast (AL) ● 10:00am Andrew's Community Corner (Open Office Hours) ● 10:00am Fresh Flower Arrangements Class (ALRA) ● 11:15am Exercise w/ the Activity Team (MCRA) ● 12:00pm Lunch (AL) ● 1:30pm Manicures w/ Gracie (ALRA) ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour (MDR) 14	● 8:00am Breakfast (AL) ● 10:00am AM Walking Group ● 10:00am Sing w/ Gerry (MC) ● 11:00am Rhythm & Balance w/ Torri (HH) ● 12:00pm Lunch (AL) ● 2:00pm Bingo (ALRA) ● 3:15pm Afternoon Snacks and Chats (ALRA) ● 4:00pm Mindful Masterpieces w/ Gracie (ALRA) ● 5:00pm Dinner (AL) 15	
● 8:00am Breakfast (AL) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (AL) ● 2:15pm Dominoes (ALRA) ● 2:30pm Art Class w/ Katya (HH) ● 3:30pm Sunday Afternoon Snacks and Chat (ALRA) ● 5:00pm Dinner (AL) 16	● 8:00am Breakfast (AL) ● 10:00am SFMOMA Outing ● 10:30am Exercise w/ Ruth (ALRA) ● 10:30am Music w/ Leslie (MC) ● 12:00pm Lunch (AL) ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) 17	● 8:00am Breakfast (AL) ● 11:15am Exercise w/ the Activity Team (ALRA) ● 11:30am MuttVille Dog Visit (AL) ● 12:00pm Lunch (AL) ● 2:00pm Bingo! (MCRA) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour in Cafe! (Cafe) ● 7:00pm Tuesday Cinema (CMPR) 18	● 8:00am Breakfast (AL) ● 10:00am Morning Scenic Drive ● 12:00pm Lunch (AL) ● 12:00pm Mike Sharkey's Captain Tables Lunch (BR) ● 2:00pm Afternoon Scenic Drive ● 3:30pm Sing w/ Gerry (HH) ● 4:15pm Wednesday Movie (AL) ● 5:00pm Dinner (AL) 19	● 8:00am Breakfast (AL) ● 10:00am Music W/Peter ● 11:00am Coffee w/ Mike & Friends (HH) ● 12:00pm Creative Lunch (MDR) ● 12:00pm Lunch (AL) ● 12:00pm Lunch BBQ in the Cafe (Cafe) ● 1:30pm Art Class w/ Katya (3FL) ● 3:00pm AL,MC,EC Birthday Celebrations ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 7:00pm Thursday Cinema (CMPR) 20	● 8:00am Breakfast (AL) ● 10:00am Andrew's Community Corner (Open Office Hours) ● 10:00am Fresh Flower Arrangements Class (ALRA) ● 10:00am Library Beyond Walls (HH) ● 11:15am Exercise w/ the Activity Team (MCRA) ● 12:00pm Lunch (AL) ● 1:30pm Manicures w/ Gracie (ALRA) ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour (MDR) 21	● 8:00am Breakfast (AL) ● 10:00am AM Walking Group ● 11:00am Rhythm & Balance w/ Torri (HH) ● 12:00pm Lunch (AL) ● 2:00pm Bingo (ALRA) ● 3:15pm Afternoon Snacks and Chats (ALRA) ● 4:00pm Mindful Masterpieces w/ Gracie (ALRA) ● 5:00pm Dinner (AL) 22	
● 8:00am Breakfast (AL) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (AL) ● 2:15pm Dominoes (ALRA) ● 2:30pm Art Class w/ Katya (HH) ● 2:30pm Sing w/ Spense (MC) ● 3:30pm Sunday Afternoon Snacks and Chat (ALRA) ● 5:00pm Dinner (AL) 23	● 8:00am Breakfast (AL) ● 10:30am Exercise w/ Ruth (ALRA) ● 10:30am Music w/ Leslie (MC) ● 12:00pm Lunch (AL) ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 4:00pm Golden Hour Outside Gathering Time ● 4:15pm Bingo! (HH) ● 5:00pm Dinner (AL) 24	● 8:00am Breakfast (AL) ● 11:15am Exercise w/ the Activity Team (ALRA) ● 12:00pm Lunch (AL) ● 2:00pm Bingo! (MCRA) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour on the Roof Top (RT) ● 7:00pm Tuesday Cinema (CMPR) 25	● 8:00am Breakfast (AL) ● 12:00pm Lunch (AL) ● 2:00pm Afternoon Scenic Drive ● 3:30pm Sing w/ Gerry (HH) ● 4:15pm Wednesday Movie (AL) ● 5:00pm Dinner (AL) 26	● 8:00am Breakfast (AL) ● 10:00am Music W/Peter ● 11:00am Tivoli Meeting (HH) ● 12:00pm Lunch (AL) ● 1:15pm Tai Chi w/ AL (ALRA) ● 2:00pm Yvonne's Fearless Painters Class ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) ● 7:00pm Thursday Cinema (CMPR) 27	● 8:00am Breakfast (AL) ● 10:00am Andrew's Community Corner (Open Office Hours) ● 10:00am Fresh Flower Arrangements Class (ALRA) ● 11:15am Exercise w/ the Activity Team (MCRA) ● 12:00pm Lunch (AL) ● 1:30pm Manicures w/ Gracie (ALRA) ● 4:00pm Trinity Alps Trio Musical Performance feat Ian Scarfe (HH) ● 5:00pm Dinner (AL) ● 5:00pm Happy Hour (MDR) 28	● 8:00am Breakfast (AL) ● 10:00am AM Walking Group ● 10:00am Sing w/ Gerry (MC) ● 11:00am Rhythm & Balance w/ Torri (HH) ● 12:00pm Lunch (AL) ● 2:00pm Bingo (ALRA) ● 3:15pm Afternoon Snacks and Chats (ALRA) ● 4:00pm Mindful Masterpieces w/ Gracie (ALRA) ● 4:00pm Ross Valley Players Music Perfromance (HH) ● 5:00pm Dinner (AL) 29	
● 8:00am Breakfast (AL) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (AL) ● 2:15pm Dominoes (ALRA) ● 2:30pm Art Class w/ Katya (HH) ● 3:30pm Sunday Afternoon Snacks and Chat (ALRA) ● 5:00pm Dinner (AL) 30	● 8:00am Breakfast (AL) ● 10:30am Exercise w/ Ruth (ALRA) ● 10:30am Music w/ Leslie (MC) ● 12:00pm Lunch (AL) ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 4:00pm Golden Hour Outside Gathering Time ● 5:00pm Dinner (AL) 31	ALDERSLY Senior Community Life in Bloom (All activities are scheduled to change)					