

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY ALDERSLY Independent Living Community			8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Tech Time w/ Andrew 11:30am Marin County Fair Outing 12:00pm Lunch (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 1	8:00am Breakfast (MDR) 11:00am Monthly Activity Forum (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 2	Independence Day (substitute) 8:00am Breakfast (MDR) 9:30am Catholic Communion Service St. Raphael's Church (HH) 10:00am Andrew's Community Corner (Open Office Hours) 10:00am Bocce/ CornHole (3FL) 10:00am Friday 5-Mile Shopping 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Friday Afternoon Shopping Run (TARGET) 2:00pm Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 3	Independence Day 8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Independence Day BBQ (Cafe) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR) 4
8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Lunch (MDR) 2:30pm Ping Pong on the Weekend (HH) 3:00pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 5	8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Excercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 4:15pm Bingo! (HH) 5:45pm Dinner (MDR) 6	8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Library Shuttle 1:30pm Rummikub (3FL) 3:30pm A Musical Afternoon w/ Mads Tolling (HH) 5:00pm Happy Hour in Cafe! (Cafe) 5:45pm Dinner (MDR) 7:00pm Tuesday Cinema (CMPR) 7	8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Tech Time w/ Andrew 12:00pm Lunch (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 8	8:00am Breakfast (MDR) 10:30am SilverTech Consulting Presents iPhone Tricks & Tips Part 2 & Intro into AI (HH) 12:00pm Lunch (MDR) 1:30pm Art Class w/ Katya (3FL) 1:30pm Fitness Shuttle- JCC/YMCA 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 9	8:00am Breakfast (MDR) 10:00am Bocce/ CornHole (3FL) 10:00am Friday 5-Mile Shopping 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Friday Afternoon Shopping Run (BON AIR PLAZA) 2:30pm The Hula Dancers of Hale Aloha Pefromance (HH) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 10	8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Lunch (MDR) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR) 11
8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Lunch (MDR) 2:30pm Ping Pong on the Weekend (HH) 3:00pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 12	8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Excercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 13	8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 12:30pm IL Birthday Celebration (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Rummikub (3FL) 4:00pm A Musical Afternoon w/ Ian Scarfe (HH) 5:00pm Happy Hour on the Roof Top (RT) 5:45pm Dinner (MDR) 7:00pm Tuesday Cinema (CMPR) 14	8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Book Club (3FL) 11:00am Tech Time w/ Andrew 12:00pm Lunch (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 15	8:00am Breakfast (MDR) 10:30am Aldersly Resident Council Meeting (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 16	8:00am Breakfast (MDR) 10:00am Andrew's Community Corner (Open Office Hours) 10:00am Bocce/ CornHole (3FL) 10:00am Friday 5-Mile Shopping 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Friday Afternoon Shopping Run (NORTHGATE MALL) 2:00pm Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 17	8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Lunch (MDR) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR) 18
8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Lunch (MDR) 2:30pm Ping Pong on the Weekend (HH) 3:00pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 19	8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Excercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 4:15pm Bingo! (HH) 5:45pm Dinner (MDR) 20	8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Library Shuttle 1:30pm Rummikub (3FL) 5:00pm Happy Hour in Cafe! (Cafe) 5:45pm Dinner (MDR) 7:00pm Tuesday Cinema (CMPR) 21	8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Tech Time w/ Andrew 12:00pm Lunch (MDR) 12:00pm Mike Sharkey's Captain Tables Lunch (BR) 1:00pm Chef Chat (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 22	8:00am Breakfast (MDR) 11:00am Coffee w/ Mike & Friends (HH) 12:00pm Lunch (MDR) 1:30pm Art Class w/ Katya (3FL) 1:30pm Fitness Shuttle- JCC/YMCA 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 23	8:00am Breakfast (MDR) 10:00am Andrew's Community Corner (Open Office Hours) 10:00am Bocce/ CornHole (3FL) 10:00am Friday 5-Mile Shopping 12:00pm IL Lunch Outing Amelie French Restaurant in Fairfax 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Friday Afternoon Shopping Run (TARGET) 2:00pm Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 24	8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Lunch (MDR) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR) 25
8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Lunch (MDR) 2:30pm Ping Pong on the Weekend (HH) 3:00pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 26	8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 12:00pm IL Picnic Rodeo Beach 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Excercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 27	8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Rummikub (3FL) 5:00pm Happy Hour on the Roof Top (RT) 5:45pm Dinner (MDR) 7:00pm Tuesday Cinema (CMPR) 28	8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Tech Time w/ Andrew 12:00pm Lunch (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 29	8:00am Breakfast (MDR) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 30	8:00am Breakfast (MDR) 10:00am Andrew's Community Corner (Open Office Hours) 10:00am Bocce/ CornHole (3FL) 10:00am Friday 5-Mile Shopping 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Friday Afternoon Shopping Run (Vintage Oaks Plaza-Costco) 2:00pm Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 31	

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
3FL = 3 Floor Lounge
Cafe = Cafe
BR = Board Room
SAR = Skagen Activity Room
RT = Roof Top
MSS = Mission Street Sidewalk Area
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!

JULY

RESIDENT BIRTHDAYS

VIVIAN PODESTA

AL 7/03

DEREK FONG

IL 7/07

MARIA HAYNES

MC 7/8

HERDIS VOGL

IL 7/11

TONY PORCARO

IL 7/28

JUDITH HUNT

AL 7/28

MOLLY WILKINSON

IL 7/28