

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

INDEPENDENT LIVING COMMUNITY

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

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

● 8:00am Breakfast (MDR) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (MDR) ● 2:30pm Art is For Fun Class Hosted By Katya (HH) ● 5:45pm Dinner (MDR) 2	● 8:00am Breakfast (MDR) ● 10:30am Fresh Flower Arrangements Class (SAR) ● 12:00pm Lunch (MDR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 2:30pm Mah Jongg (SAR) ● 3:30pm Monthly Activity Forum (HH) ● 5:45pm Dinner (MDR) 3	● 8:00am Breakfast (MDR) ● 10:00am Guided Outdoor Walks w/ Activities Team ● 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) ● 12:00pm Lunch (MDR) ● 1:15pm Laura Shefter Art Talk (SAR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 1:30pm Library Shuttle ● 1:30pm Rummikub (3FL) ● 5:00pm Happy Hour in the Cafe (Cafe) ● 5:45pm Dinner (MDR) ● 7:00pm Tuesday Cinema (CMPR) 4	● 8:00am Breakfast (MDR) ● 9:30am "The Chooosen" viewing gathering (Cafe) ● 11:00am Monthly Health & Wellness Meeting (HH) ● 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) 5	● 8:00am Breakfast (MDR) ● 10:30am SilverTech Consulting Presents Session 4 The Most Useful Tech Tips we've Learned and more! (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) 6	● 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 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) 7	● 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) 8
● 8:00am Breakfast (MDR) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (MDR) ● 2:30pm Art is For Fun Class Hosted By Katya (HH) ● 5:45pm Dinner (MDR) 9	● 8:00am Breakfast (MDR) ● 10:30am Fresh Flower Arrangements Class (SAR) ● 11:30am IL Picnic Outing Torpedo Wharf (Golden Gate Bridge View) ● 12:00pm Lunch (MDR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 2:30pm Mah Jongg (SAR) ● 4:15pm Bingo! (HH) ● 5:45pm Dinner (MDR) 10	● 8:00am Breakfast (MDR) ● 10:00am Guided Outdoor Walks w/ Activities Team ● 11:00am Balance & Rhythm w/ Brigid Exercise Class (ECA) ● 12:00pm Lunch (MDR) ● 12:30pm IL Birthday Celebration (MDR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 1:30pm Library Shuttle ● 1:30pm Rummikub (3FL) ● 5:00pm Happy Hour on the Roof Top (RT) ● 5:45pm Dinner (MDR) ● 6:00pm Fitz & Pieces Music Trio (MDR) 11	● 8:00am Breakfast (MDR) ● 9:30am "The Chooosen" viewing gathering (Cafe) ● 11:00am Captioned Phones for Hearing Impaired Resodents Presentation (HH) ● 11:00am Tech Time w/ Andrew ● 12:00pm Lunch (MDR) ● 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) 12	● 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) 13	● 8:00am Breakfast (MDR) ● 10:00am Andrew's Community Corner (Open Office Hours) ● 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) ● 2:00pm Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) ● 5:00pm Happy Hour (MDR) ● 5:45pm Dinner (MDR) 14	● 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) 15
● 8:00am Breakfast (MDR) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (MDR) ● 2:30pm Our Art Club (HH) ● 5:45pm Dinner (MDR) 16	● 8:00am Breakfast (MDR) ● 10:00am SFMOMA Outing ● 10:30am Fresh Flower Arrangements Class (SAR) ● 12:00pm Lunch (MDR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 2:30pm Mah Jongg (SAR) ● 5:45pm Dinner (MDR) 17	● 8:00am Breakfast (MDR) ● 10:00am Guided Outdoor Walks w/ Activities Team ● 11:00am Balance & Rhythm w/ Brigid Exercise Class (ECA) ● 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) 18	● 8:00am Breakfast (MDR) ● 9:30am "The Chooosen" viewing gathering (Cafe) ● 11:00am Book Club (3FL) ● 11:00am Tech Time w/ Andrew ● 12:00pm Lunch (MDR) ● 12:00pm Mike Sharkey's Captain Tables Lunch (BR) ● 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) ● 3:30pm Sing w/ Gerry (HH) ● 5:45pm Dinner (MDR) 19	● 8:00am Breakfast (MDR) ● 11:00am Coffee w/ Mike & Friends (HH) ● 12:00pm Lunch BBQ in the Cafe (Cafe) ● 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) 20	● 8:00am Breakfast (MDR) ● 10:00am Andrew's Community Corner (Open Office Hours) ● 10:00am Friday 5-Mile Shopping ● 10:00am Library Beyond Walls (HH) ● 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) 21	● 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) 22
● 8:00am Breakfast (MDR) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (MDR) ● 2:30pm Art is For Fun Class Hosted By Katya (HH) ● 5:45pm Dinner (MDR) 23	● 8:00am Breakfast (MDR) ● 10:30am Fresh Flower Arrangements Class (SAR) ● 12:00pm Lunch (MDR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 2:30pm Mah Jongg (SAR) ● 4:15pm Bingo! (HH) ● 5:45pm Dinner (MDR) 24	● 8:00am Breakfast (MDR) ● 10:00am Guided Outdoor Walks w/ Activities Team ● 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) ● 12:00pm IL Lunch Outing Burma Town in Corte Madera ● 12:00pm Lunch (MDR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 1:30pm Library Shuttle ● 1:30pm Rummikub (3FL) ● 5:00pm Happy Hour on the Roof Top (RT) ● 5:45pm Dinner (MDR) ● 7:00pm Tuesday Cinema (CMPR) 25	● 8:00am Breakfast (MDR) ● 9:30am "The Chooosen" viewing gathering (Cafe) ● 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) 26	● 8:00am Breakfast (MDR) ● 11:00am Tivoli 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) 27	● 8:00am Breakfast (MDR) ● 10:00am Andrew's Community Corner (Open Office Hours) ● 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) ● 4:00pm Trinity Alps Trio Musical Performance feat Ian Scarfe (HH) ● 5:00pm Happy Hour (MDR) ● 5:45pm Dinner (MDR) 28	● 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) ● 4:00pm Ross Valley Players Music Performance (HH) ● 5:45pm Dinner (MDR) 29
● 8:00am Breakfast (MDR) ● 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00pm Lunch (MDR) ● 2:30pm Art is For Fun Class Hosted By Katya (HH) ● 5:45pm Dinner (MDR) 30	● 8:00am Breakfast (MDR) ● 10:30am Fresh Flower Arrangements Class (SAR) ● 12:00pm Lunch (MDR) ● 1:30pm Fitness Shuttle- JCC/YMCA ● 2:00pm Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 2:30pm Mah Jongg (SAR) ● 5:45pm Dinner (MDR) 31	ALDERSLY Senior Community Life in Bloom (All activities are scheduled to change)				