

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2026		● 8:00 Breakfast (AL) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch (AL) ● 2:00 Bingo! (MCRA) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 5:00 Happy Hour in the Cafe (Cafe) ● 7:00 Tuesday Cinema (CMPR) 1	● 8:00 Breakfast (AL) ● 10:00 Morning Scenic Drive ● 12:00 Lunch (AL) ● 2:00 Afternoon Scenic Drive ● 3:30 Sing w/ Gerry (HH) ● 4:15 Wednesday Movie (AL) ● 5:00 Dinner (AL) 2	● 8:00 Breakfast (AL) ● 10:00 Monthly Activity Forum (HH) ● 10:00 Music W/Peter ● 12:00 Creative Lunch (MDR) ● 12:00 Lunch (AL) ● 1:15 Tai Chi w/ AL (ALRA) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 7:00 Thursday Cinema (CMPR) 3	● 8:00 Breakfast (AL) ● 9:30 Catholic Communion Service St. Raphael's Church (HH) ● 10:00 Andrew's Community Corner (Open Office Hours) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch (AL) ● 1:30 Manicures w/ Gracie (ALRA) ● 5:00 Dinner (AL) ● 5:00 Happy Hour (MDR) 4	● 8:00 Breakfast (AL) ● 10:00 AM Walking Group ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch (AL) ● 2:00 Bingo (ALRA) ● 3:15 Afternoon Snacks and Chats (ALRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner (AL) 5
● 8:00 Breakfast (AL) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch (AL) ● 2:15 Dominoes (ALRA) ● 2:30 Art Class w/ Katya (HH) ● 3:30 Sunday Afternoon Snacks and Chat (ALRA) ● 5:00 Dinner (AL) 6	● 8:00 Breakfast (AL) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Labor Day BBQ (Cafe) ● 12:00 Lunch (AL) ● 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) 7	● 8:00 Breakfast (AL) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch (AL) ● 2:00 Bingo! (MCRA) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 5:00 Happy Hour on the Roof Top (RT) ● 7:00 Tuesday Cinema (CMPR) 8	● 8:00 Breakfast (AL) ● 11:00 Assisted Living Community Picnic China Camp State Beach ● 11:00 Fall Prevention Talk presented by Home Helpers Home Care (HH) ● 12:00 Lunch (AL) ● 2:00 Afternoon Scenic Drive ● 3:30 Sing w/ Gerry (HH) ● 4:15 Wednesday Movie (AL) ● 5:00 Dinner (AL) 9	● 8:00 Breakfast (AL) ● 10:00 Music W/Peter ● 10:30 SilverTech Consulting Presents Session 5 Tech Series (HH) ● 12:00 Lunch (AL) ● 1:15 Tai Chi w/ AL (ALRA) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 7:00 Thursday Cinema (CMPR) 10	● 8:00 Breakfast (AL) ● 10:00 Andrew's Community Corner (Open Office Hours) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch (AL) ● 1:30 Manicures w/ Gracie (ALRA) ● 5:00 Dinner (AL) ● 5:00 Happy Hour (MDR) 11	● 8:00 Breakfast (AL) ● 10:00 AM Walking Group ● 10:00 Sing w/ Gerry (MCRA) ● 11:00 Rhythm & Balance w/ Torri (HH) ● 11:00 TIVOLI FESTIVAL ● 12:00 Lunch (AL) ● 2:00 Bingo (ALRA) ● 3:15 Afternoon Snacks and Chats (ALRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner (AL) 12
● 8:00 Breakfast (AL) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch (AL) ● 2:15 Dominoes (ALRA) ● 2:30 Art Class w/ Katya (HH) ● 3:30 Sunday Afternoon Snacks and Chat (ALRA) ● 5:00 Dinner (AL) 13	● 8:00 Breakfast (AL) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Lunch (AL) ● 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 2:30 Sing w/ Spense (ALRA) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) 14	● 8:00 Breakfast (AL) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch (AL) ● 1:15 Laura Shefler Art Talk (SAR) ● 2:00 Bingo! (MCRA) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 5:00 Happy Hour in Cafe! (Cafe) ● 7:00 Tuesday Cinema (CMPR) 15	● 8:00 Breakfast (AL) ● 9:00 Marin Senior Fair Shuttle ● 10:00 Morning Scenic Drive ● 12:00 Lunch (AL) ● 1:00 Marin Senior Fair Shuttle ● 3:30 Sing w/ Gerry (HH) ● 4:15 Wednesday Movie (AL) ● 5:00 Dinner (AL) 16	● 8:00 Breakfast (AL) ● 10:00 Music W/Peter ● 12:00 Creative Lunch (MDR) ● 12:00 Lunch (AL) ● 1:15 Tai Chi w/ AL (ALRA) ● 1:30 Art Class w/ Katya (3FL) ● 4:00 A Musical Afternoon w/ Ian Scarfe (HH) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 7:00 Thursday Cinema (CMPR) 17	● 8:00 Breakfast (AL) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 10:00 Suncrest Presents Arts & Crafts Class (MC) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch (AL) ● 1:30 Manicures w/ Gracie (ALRA) ● 5:00 Dinner (AL) ● 5:00 Happy Hour (MDR) 18	● 8:00 Breakfast (AL) ● 10:00 AM Walking Group ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch (AL) ● 2:00 Bingo (ALRA) ● 3:15 Afternoon Snacks and Chats (ALRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner (AL) 19
● 8:00 Breakfast (AL) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch (AL) ● 2:15 Dominoes (ALRA) ● 2:30 Our Art Group Hosted by Pati Akai (HH) ● 3:30 Sunday Afternoon Snacks and Chat (ALRA) ● 5:00 Dinner (AL) 20	● 8:00 Breakfast (AL) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Lunch (AL) ● 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) 21	● 8:00 Breakfast (AL) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch (AL) ● 2:00 Bingo! (MCRA) ● 3:00 Marin History Presenatation Hosted by local author Scott Flethcher (HH) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 5:00 Happy Hour on the Roof Top (RT) ● 7:00 Tuesday Cinema (CMPR) 22	● 8:00 Breakfast (AL) ● 10:00 Morning Scenic Drive ● 11:00 Coffee w/ Mike & Friends (HH) ● 12:00 Lunch (AL) ● 12:00 Mike Sharkey's Captain Tables Lunch (BR) ● 2:00 Afternoon Scenic Drive ● 3:30 Sing w/ Gerry (HH) ● 4:15 Wednesday Movie (AL) ● 5:00 Dinner (AL) 23	● 8:00 Breakfast (AL) ● 10:00 Music W/Peter ● 11:00 Zero Waste Marin Presentation (HH) ● 12:00 Lunch (AL) ● 1:15 Tai Chi w/ AL (ALRA) ● 2:00 Yvonne's Fearless Painters Class (ALRA) ● 3:00 AL & MC LUA BDAY PARTY CELEBRATION (AL) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 7:00 Thursday Cinema (CMPR) 24	● 8:00 Breakfast (AL) ● 10:00 Andrew's Community Corner (Open Office Hours) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch (AL) ● 1:30 Manicures w/ Gracie (ALRA) ● 5:00 Dinner (AL) ● 5:00 Happy Hour (MDR) 25	● 8:00 Breakfast (AL) ● 10:00 AM Walking Group ● 10:00 Sing w/ Gerry (MCRA) ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch (AL) ● 2:00 Bingo (ALRA) ● 3:15 Afternoon Snacks and Chats (ALRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner (AL) 26
● 8:00 Breakfast (AL) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch (AL) ● 2:15 Dominoes (ALRA) ● 2:30 Art Class w/ Katya (HH) ● 2:30 Sing w/ Spense (MCRA) ● 3:30 Sunday Afternoon Snacks and Chat (ALRA) ● 5:00 Dinner (AL) 27	● 8:00 Breakfast (AL) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Lunch (AL) ● 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) 28	● 8:00 Breakfast (AL) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch (AL) ● 2:00 Bingo! (MCRA) ● 4:00 Golden Hour Outside Gathering Time ● 5:00 Dinner (AL) ● 5:00 Happy Hour in the Cafe (Cafe) ● 7:00 Tuesday Cinema (CMPR) 29	● 8:00 Breakfast (AL) ● 10:00 Monthly Health & Wellness Meeting (HH) ● 12:00 Lunch (AL) ● 2:00 Afternoon Scenic Drive ● 3:30 Sing w/ Gerry (HH) ● 4:15 Wednesday Movie (AL) ● 5:00 Dinner (AL) 30	Aldersly Assisted 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
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!

SEPTEMBER

Resident Birthdays!

★ DIANE RICHARD

MC 9/1

★ ED COURDERC

IL 9/6

★ JANICE MORGAN

IL 9/10

★ BARABARA VAN MEURS

AL 9/15

★ BRIGID RICHARDS

IL 9/17

★ LEENI BALOGH

MC 9/18

★ SANDRA HENDERSON

IL 9/18

★ EIKE LINKWITZ

AL 9/18

★ GWEN PORCARO

IL 9/21

★ MARIANNE STEFANCIC

IL 9/25

★ PATI AKAY

IL 9/30