

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2026		8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 11:00 Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour in the Cafe (Cafe) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR) 1	8:00 Breakfast (MDR) 9:30 "The Chooosen" viewing gathering (Cafe) 11:00 Tech Time w/ Andrew 12:00 Lunch (MDR) 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR) 2	8:00 Breakfast (MDR) 10:00 Monthly Activity Forum (HH) 12:00 Lunch (MDR) 1:30 Art Class w/ Katya (3FL) 1:30 Fitness Shuttle- JCC/YMCA 2:00 Stretch & Breathe w/ Amy Exercise Class (HH) 3:30 Mah Jongg Play! (SAR) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR) 3	8:00 Breakfast (MDR) 9:30 Catholic Communion Service St. Raphael's Church (HH) 10:00 Andrew's Community Corner (Open Office Hours) 10:00 Friday 5-Mile Shopping 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Friday Afternoon Shopping Run (NORTHGATE MALL) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR) 4	8:00 Breakfast (MDR) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (MDR) 1:30 Bridge (3FL) 2:30 Ping Pong on the Weekend (HH) 5:45 Dinner (MDR) 5
8:00 Breakfast (MDR) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:30 Art is For Fun Class Hosted By Katya (HH) 5:45 Dinner (MDR) 6	Labor Day 8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 Labor Day BBQ (Cafe) 1:30 Fitness Shuttle- JCC/YMCA 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 2:30 Mah Jongg (SAR) 7	8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 11:00 Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00 Lunch (MDR) 12:30 IL Birthday Celebration (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour on the Roof Top (RT) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR) 8	8:00 Breakfast (MDR) 9:30 "The Chooosen" viewing gathering (Cafe) 11:00 Fall Prevention Talk presented by Home Helpers Home Care (HH) 11:00 Tech Time w/ Andrew 12:00 Lunch (MDR) 1:00 Chef Chat (MDR) 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR) 9	8:00 Breakfast (MDR) 10:30 SilverTech Consulting Presents Session 5 Tech Series (HH) 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 3:30 Mah Jongg Play! (SAR) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR) 10	8:00 Breakfast (MDR) 10:00 Friday 5-Mile Shopping 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Friday Afternoon Shopping Run (BON AIR PLAZA) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR) 11	8:00 Breakfast (MDR) 11:00 TIVOLI FESTIVAL 5:45 Dinner (MDR) 12
8:00 Breakfast (MDR) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:30 Art is For Fun Class Hosted By Katya (HH) 5:45 Dinner (MDR) 13	8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 2:30 Mah Jongg (SAR) 5:45 Dinner (MDR) 14	8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 11:00 Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00 Lunch (MDR) 1:15 Laura Shefler Art Talk (SAR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour in Cafe! (Cafe) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR) 15	8:00 Breakfast (MDR) 9:00 Marin Senior Fair Shuttle 9:30 "The Chooosen" viewing gathering (Cafe) 11:00 Book Club (3FL) 12:00 Lunch (MDR) 1:00 Marin Senior Fair Shuttle 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR) 16	8:00 Breakfast (MDR) 10:30 Aldersly Resident Council Meeting (HH) 12:00 Lunch (MDR) 1:30 Art Class w/ Katya (3FL) 1:30 Fitness Shuttle- JCC/YMCA 3:30 Mah Jongg Play! (SAR) 4:00 A Musical Afternoon w/ Ian Scarfe (HH) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR) 17	8:00 Breakfast (MDR) 10:00 Friday 5-Mile Shopping 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Friday Afternoon Shopping Run (TARGET) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR) 18	8:00 Breakfast (MDR) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (MDR) 1:30 Bridge (3FL) 2:30 Ping Pong on the Weekend (HH) 5:45 Dinner (MDR) 19
8:00 Breakfast (MDR) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:30 Our Art Club (HH) 5:45 Dinner (MDR) 20	8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 IL Picnic Lunch Outing China Camp State Beach 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 2:30 Mah Jongg (SAR) 5:45 Dinner (MDR) 21	8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 11:00 Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Library Shuttle 1:30 Rummikub (3FL) 3:00 Marin History Presentation Hosted by local author Scott Fletcher (HH) 5:00 Happy Hour on the Roof Top (RT) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR) 22	8:00 Breakfast (MDR) 9:30 "The Chooosen" viewing gathering (Cafe) 11:00 Coffee w/ Mike & Friends (HH) 12:00 Lunch (MDR) 12:00 Mike Sharkey's Captain Tables Lunch (BR) 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR) 23	8:00 Breakfast (MDR) 11:00 Zero Waste Marin Presentation (HH) 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 2:00 Stretch & Breathe w/ Amy Exercise Class (HH) 3:30 Mah Jongg Play! (SAR) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR) 24	8:00 Breakfast (MDR) 10:00 Andrew's Community Corner (Open Office Hours) 10:00 Friday 5-Mile Shopping 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Friday Afternoon Shopping Run (Vintage Oaks Plaza-Costco) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR) 25	8:00 Breakfast (MDR) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (MDR) 1:30 Bridge (3FL) 2:30 Ping Pong on the Weekend (HH) 5:45 Dinner (MDR) 26
8:00 Breakfast (MDR) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:30 Art is For Fun Class Hosted By Katya (HH) 5:45 Dinner (MDR) 27	8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 IL Lunch Outing HIMALAYAN KITCHEN 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 2:30 Mah Jongg (SAR) 5:45 Dinner (MDR) 28	8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 10:30 Buck Institute for Research on Aging Outing 11:00 Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00 Lunch (MDR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour in the Cafe (Cafe) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR) 29	8:00 Breakfast (MDR) 9:30 "The Chooosen" viewing gathering (Cafe) 10:00 Monthly Health & Wellness Meeting (HH) 11:00 Tech Time w/ Andrew 12:00 Lunch (MDR) 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR) 30	Aldersly 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!

SEPTEMBER

Resident Birthdays!

★ DIANE RICHARD

★ ED COURDERC

★ JANICE MORGAN

★ BARABARA VAN MEURS

★ BRIGID RICHARDS

★ LEENI BALOGH

★ SANDRA HENDERSON

★ EIKE LINKWITZ

★ GWEN PORCARO

★ MARIANNE STEFANCIC

★ PATI AKAY

MC 9/1

IL 9/6

IL 9/10

AL 9/15

IL 9/17

MC 9/18

IL 9/18

AL 9/18

IL 9/21

IL 9/25

IL 9/30