

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2026 ASSISTED LIVING COMMUNITY				8:00 Breakfast (AL) 10:00 Music W/Peter 11:00 Monthly Activity Forum (HH) 12:00 Lunch (AL) 1:15 Tai Chi w/ AL (ALRA) 1:30 Art Class w/ Katya (3FL) 4:00 Golden Hour Outside Gathering Time 5:00 Dinner (AL) 7:00 Thursday Cinema (CMPR) 1	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) 5:00 Dinner (AL) 5:00 Happy Hour (MDR) 2	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) 3
8:00 Breakfast (AL) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (AL) 2:00 Pumpkin Decorating w/ Wubi (SAR) 3:30 Sunday Afternoon Snacks and Chat (ALRA) 5:00 Dinner (AL) 4	8:00 Breakfast (AL) 10:30 Exercise 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) 5	8:00 Breakfast (AL) 11:15 Exercise w/ the Activity Team (ALRA) 12:00 Lunch (AL) 2:00 Bingo! (MCRA) 4:00 A Musical Afternoon w/ Ian Scarfe (HH) 5:00 Dinner (AL) 5:00 Happy Hour on the Roof Top (RT) 7:00 Tuesday Cinema (CMPR) 6	8:00 Breakfast (AL) 10:00 Morning Scenic Drive 11:30 AL Lunch Outing Gotts Roadside 12:00 Lunch (AL) 2:00 Afternoon Scenic Drive 3:30 Sing w/ Gerry (HH) 4:15 Wednesday Movie (AL) 5:00 Dinner (AL) 7	8:00 Breakfast (AL) 10:00 Music W/Peter 10:30 SilverTech Consulting Presents iPhone Camera & Photos Tricks & Tips (HH) 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) 8	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) 2:00 Manicures w/ Gracie (ALRA) 5:00 Dinner (AL) 5:00 Happy Hour (MDR) 9	8:00 Breakfast (AL) 10:00 AM Walking Group 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (AL) 1:30 Marin Music Chest Performance (HH) 3:15 Afternoon Snacks and Chats (ALRA) 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (AL) 10
8:00 Breakfast (AL) 10:00 Tech Time w/ Anthony (San Domenico Volunteer) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (AL) 2:15 Dominoes (ALRA) 2:30 Crafting Circle Hosted by Katya (HH) 3:30 Sunday Afternoon Snacks and Chat (ALRA) 5:00 Dinner (AL) 11	8:00 Breakfast (AL) 10:30 Exercise 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) 12	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 the Cafe (Cafe) 6:00 Fitz, Webber & Hobson Trion Music Performance (MDR) 13	8:00 Breakfast (AL) 11:00 AL Picnic Outing Lagoon Park San Rafael 12:00 Lunch (AL) 2:00 Afternoon Scenic Drive 3:30 Sing w/ Gerry (HH) 4:15 Wednesday Movie (AL) 5:00 Dinner (AL) 14	8:00 Breakfast (AL) 10:00 Music W/Peter 11:00 Coffee w/ Mike & Friends (HH) 12:00 Lunch (AL) 1:15 Tai Chi w/ AL (ALRA) 1:30 Art Class w/ Katya (3FL) 3:00 A Spooky Birthday Celebration AL & MC 4:00 Golden Hour Outside Gathering Time 5:00 Dinner (AL) 7:00 Thursday Cinema (CMPR) 15	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) 2:00 Yvonne'es Fearless Painters Class (ALRA) 5:00 Dinner (AL) 5:00 Happy Hour (MDR) 16	8:00 Breakfast (AL) 10:00 AM Walking Group 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (AL) 1:30 Celebration of Life : Nancy Douglass (HH) 2:00 Bingo (ALRA) 3:15 Afternoon Snacks and Chats (ALRA) 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (AL) 17
8:00 Breakfast (AL) 10:00 Tech Time w/ Anthony (San Domenico Volunteer) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (AL) 2:30 Our Art Club (HH) 3:30 Sunday Afternoon Snacks and Chat (ALRA) 5:00 Dinner (AL) 18	8:00 Breakfast (AL) 10:30 Exercise 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) 5:30 Monday Night Football 49ers vs Falcons (CMPR) 19	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) 20	8:00 Breakfast (AL) 10:00 Morning Scenic Drive 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) 21	8:00 Breakfast (AL) 10:00 Music W/Peter 11:00 MuttVille Dog Visits (ALRA) 11:00 The Buck Institute for Research on Aging Presents LIVE Programming at Aldersly (HH) 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) 22	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) 2:00 Manicures w/ Gracie (MCRA) 5:00 Dinner (AL) 5:00 Happy Hour (MDR) 23	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) 24
8:00 Breakfast (AL) 10:00 Tech Time w/ Anthony (San Domenico Volunteer) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (AL) 2:00 Marin Symphony Outing: Fall Pops Hollywood Spectacular 2:15 Dominoes (ALRA) 2:30 Sing w/ Spense (MCRA) 3:30 Sunday Afternoon Snacks and Chat (ALRA) 5:00 Dinner (AL) 25	8:00 Breakfast (AL) 10:30 Exercise 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) 26	8:00 Breakfast (AL) 10:30 San Domenico Students Trick or Treat Visit (ALRA) 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) 27	8:00 Breakfast (AL) 12:00 Lunch (AL) 2:00 Afternoon Scenic Drive 3:30 Sing w/ Gerry (HH) 4:15 Wednesday Movie (AL) 5:00 Dinner (AL) 28	8:00 Breakfast (AL) 10:00 Music W/Peter 11:00 Monthly Health & Wellness Meeting (HH) 12:00 Lunch (AL) 1:15 Tai Chi w/ AL (ALRA) 1:30 Art Class w/ Katya (3FL) 4:00 Golden Hour Outside Gathering Time 5:00 Dinner (AL) 7:00 Thursday Cinema (CMPR) 29	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) 2:00 Yvonne'es Fearless Painters Class (ALRA) 4:45 Spooky Halloween Hapy Hour (MDR) 5:00 Dinner (AL) 30	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) 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
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!

OCTOBER

Resident Birthdays

Johnson, Ray

 AL 10/18

Staley, Carol

 IL 10/30

Schwier, Marjorie J

 IL 10/19 Hunter, Ripley White, Lynn

Happy October!