

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Aldersly LIFE IN BLOOM
OCTOBER 2026 INDEPENDENT LIVING COMMUNITY				8:00 Breakfast (MDR) 11:00 Monthly Activity Forum (HH) 12:00 Lunch (MDR) 1:30 Art Class w/ Katya (3FL) 1:30 Fitness Shuttle- JCC/YMCA 3:00 Stretch & Breathe w/ Amy Exercise Class (HH) 3:30 Mah Jongg Play! (SAR) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR) 1	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) 2	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) 3	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 ● Staley, Carol ● Schwier, Marjorie J ● Hunter, Ripley ● White, Lynn AL IL IL IL IL 10/18 10/30 10/19 10/24 10/23 Happy October!
8:00 Breakfast (MDR) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:00 Pumpkin Decorating w/ Wubi! (SAR) 5:45 Dinner (MDR) 4	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) 5	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) 4:00 A Musical Afternoon w/ Ian Scarfe (HH) 5:00 Happy Hour on the Roof Top (RT) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR) 6	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) 7	8:00 Breakfast (MDR) 10:30 SilverTech Consulting Presents iPhone Camera & Photos Tricks & Tips (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) 8	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 (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) 9	8:00 Breakfast (MDR) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (MDR) 1:30 Bridge (3FL) 1:30 Marin Music Chest Performance (HH) 5:45 Dinner (MDR) 10	
8:00 Breakfast (MDR) 10:00 Tech Time w/ Anthony (San Domenico Volunteer) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:30 Crafting Circle Hosted by Katya (HH) 5:45 Dinner (MDR) 11	Indigenous Peoples' Day 8:00 Breakfast (MDR) 10:00 Kaiser Vaccination Shuttle 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) 12	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) 1:15 Laura Shefler Art Talk (SAR) 1:30 Fitness Shuttle- JCC/YMCA 1:30 Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour in the Cafe (Cafe) 5:45 Dinner (MDR) 6:00 Fitz, Webber & Hobson Trio Music Performance (MDR) 13	8:00 Breakfast (MDR) 9:30 "The Chooosen" viewing gathering (Cafe) 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) 14	8:00 Breakfast (MDR) 11:00 Coffee w/ Mike & Friends (HH) 12:00 Lunch (MDR) 1:30 Art Class w/ Katya (3FL) 1:30 Fitness Shuttle- JCC/YMCA 3:00 Stretch & Breathe w/ Amy Exercise Class (HH) 3:30 Mah Jongg Play! (SAR) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR) 15	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 (TARGET) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR) 16	8:00 Breakfast (MDR) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (MDR) 1:30 Bridge (3FL) 1:30 Celebration of Life : Nancy Douglass (HH) 5:45 Dinner (MDR) 17	
8:00 Breakfast (MDR) 10:00 Tech Time w/ Anthony (San Domenico Volunteer) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:30 Our Art Club (HH) 5:45 Dinner (MDR) 18	8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 IL Picnic Outing Lagoon Park San Rafael 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) 5:30 Monday Night Football 49ers vs Falcons (CMPR) 5:45 Dinner (MDR) 19	8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 10:00 San Domenico School Tour & Lunch 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 on the Roof Top (RT) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR) 20	8:00 Breakfast (MDR) 9:30 "The Chooosen" viewing gathering (Cafe) 11:00 Book Club (3FL) 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) 21	8:00 Breakfast (MDR) 11:00 The Buck Institute for Research on Aging Presents LIVE Programming at Aldersly (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) 22	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) 23	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) 24	
8:00 Breakfast (MDR) 10:00 Tech Time w/ Anthony (San Domenico Volunteer) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (MDR) 2:00 Marin Symphony Outing: Fall Pops Hollywood Spectacular 5:45 Dinner (MDR) 25	8:00 Breakfast (MDR) 10:00 Kaiser Vaccination Shuttle 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) 26	8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 10:00 San Domenico Students Trick or Treat Visit (MDR) 11:00 Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00 IL Lunch Outing to The Half Day Cafe in Kentfield (Sign Up Required) 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) 27	8:00 Breakfast (MDR) 9:30 "The Chooosen" viewing gathering (Cafe) 12:00 Lunch (MDR) 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR) 28	8:00 Breakfast (MDR) 11:00 Monthly Health & Wellness 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) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR) 29	8:00 Breakfast (MDR) 8:00 San Domenico School Halloween Parade 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) 4:45 Spooky Halloween Hapy Hour (MDR) 5:45 Dinner (MDR) 30	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) 31	