

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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 IL 10/24 White, Lynn IL 10/23 Happy October!
October 2026				MEMORY CARE COMMUNITY			
				● 8:00 Breakfast (MC) ● 10:00 Music W/Peter ● 12:00 Lunch ● 1:15 Tai Chi w/ AL (ALRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 1	● 8:00 Breakfast (MC) ● 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) ● 10:45 Story Time w/ Molly (MC) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 2	● 8:00 Breakfast (MC) ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner 3	
● 8:00 Breakfast (MC) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 3:30 Afternoon Walks w/ Wubi ● 5:00 Dinner 4	● 8:00 Breakfast (MC) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 5	● 8:00 Breakfast (MC) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch ● 2:00 Bingo! (MCRA) ● 3:00 The Happiness Hour (MCRA) ● 4:00 A Musical Afternoon w/ Ian Scarfe (HH) ● 5:00 Dinner 6	● 8:00 Breakfast (MC) ● 10:00 Morning Scenic Drive ● 10:45 Story Time w/ Molly (MC) ● 12:00 Lunch ● 2:00 Afternoon Scenic Drive ● 3:00 The Happiness Hour (MCRA) ● 3:30 Sing w/ Gerry (HH) ● 5:00 Dinner 7	● 8:00 Breakfast (MC) ● 10:00 Music W/Peter ● 12:00 Creative Lunch (MDR) ● 12:00 Lunch ● 1:15 Tai Chi w/ AL (ALRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 8	● 8:00 Breakfast (MC) ● 10:00 Andrew's Community Corner (Open Office Hours) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 10:45 Story Time w/ Molly (MC) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch ● 2:00 Manicures w/ Gracie (ALRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 9	● 8:00 Breakfast (MC) ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch ● 1:30 Marin Music Chest Performance (HH) ● 3:00 The Happiness Hour (MCRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner 10	
● 8:00 Breakfast (MC) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 3:30 Afternoon Walks w/ Wubi ● 5:00 Dinner 11	● Indigenous Peoples' Day ● 8:00 Breakfast (MC) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Lunch ● 1:30 Sing w/ Spense (MCRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 12	● 8:00 Breakfast (MC) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch ● 2:00 Bingo! (MCRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner ● 6:00 Fitz, Webber & Hobson Trion Music Performance (MDR) 13	● 8:00 Breakfast (MC) ● 10:45 Story Time w/ Molly (MC) ● 12:00 Lunch ● 2:00 Afternoon Scenic Drive ● 3:00 The Happiness Hour (MCRA) ● 3:30 Sing w/ Gerry (HH) ● 5:00 Dinner 14	● 8:00 Breakfast (MC) ● 10:00 Music W/Peter ● 11:00 Coffee w/ Mike & Friends (HH) ● 12:00 Lunch ● 1:15 Tai Chi w/ AL (ALRA) ● 3:00 A Spooky Birthday Celebration AL & MC ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 15	● 8:00 Breakfast (MC) ● 10:00 Andrew's Community Corner (Open Office Hours) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 10:45 Story Time w/ Molly (MC) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 16	● 8:00 Breakfast (MC) ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch ● 1:30 Celebration of Life : Nancy Douglass (HH) ● 3:00 The Happiness Hour (MCRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner 17	
● 8:00 Breakfast (MC) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 3:30 Afternoon Walks w/ Wubi ● 5:00 Dinner 18	● 8:00 Breakfast (MC) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 19	● 8:00 Breakfast (MC) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch ● 2:00 Bingo! (MCRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 20	● 8:00 Breakfast (MC) ● 10:00 Morning Scenic Drive ● 10:45 Story Time w/ Molly (MC) ● 12:00 Lunch ● 2:00 Afternoon Scenic Drive ● 3:00 The Happiness Hour (MCRA) ● 3:30 Sing w/ Gerry (HH) ● 5:00 Dinner 21	● 8:00 Breakfast (MC) ● 10:00 Music W/Peter ● 11:00 MuttVille Dog Visits (ALRA) ● 12:00 Creative Lunch (MDR) ● 12:00 Lunch ● 1:15 Tai Chi w/ AL (ALRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 22	● 8:00 Breakfast (MC) ● 10:00 Andrew's Community Corner (Open Office Hours) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 10:45 Story Time w/ Molly (MC) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch ● 2:00 Manicures w/ Gracie (MCRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 23	● 8:00 Breakfast (MC) ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner 24	
● 8:00 Breakfast (MC) ● 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) ● 12:00 Lunch ● 2:30 Sing w/ Spense (MCRA) ● 3:00 The Happiness Hour (MCRA) ● 3:30 Afternoon Walks w/ Wubi ● 5:00 Dinner 25	● 8:00 Breakfast (MC) ● 10:30 Excercise w/ Ruth (ALRA) ● 10:30 Music w/ Leslie (MC) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 26	● 8:00 Breakfast (MC) ● 10:30 San Domenico Students Trick or Treat Visit (ALRA) ● 11:15 Exercise w/ the Activity Team (ALRA) ● 12:00 Lunch ● 2:00 Bingo! (MCRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 27	● 8:00 Breakfast (MC) ● 10:45 Story Time w/ Molly (MC) ● 11:00 MC Picnic Outing Lagoon Park San Rafael ● 12:00 Lunch ● 2:00 Afternoon Scenic Drive ● 3:00 The Happiness Hour (MCRA) ● 3:30 Sing w/ Gerry (HH) ● 5:00 Dinner 28	● 8:00 Breakfast (MC) ● 10:00 Music W/Peter ● 11:00 Monthly Health & Wellness Meeting (HH) ● 12:00 Lunch ● 1:15 Tai Chi w/ AL (ALRA) ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 29	● 8:00 Breakfast (MC) ● 10:00 Andrew's Community Corner (Open Office Hours) ● 10:00 Fresh Flower Arrangements Class (ALRA) ● 10:45 Story Time w/ Molly (MC) ● 11:15 Exercise w/ the Activity Team (MCRA) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 5:00 Dinner 30	● 8:00 Breakfast (MC) ● 11:00 Rhythm & Balance w/ Torri (HH) ● 12:00 Lunch ● 3:00 The Happiness Hour (MCRA) ● 4:00 Mindful Masterpieces w/ Gracie (ALRA) ● 5:00 Dinner 31	