November 2026

Aldersly
Assisted Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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)	**2** 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)	**3** 8:00 Breakfast (AL) 11:15 Exercise w/ the Activity Team (ALRA) 12:00 Lunch (AL) 2:00 Bingo! (MCRA) 4:00 Buck Institute LIVE: Learn to be your Own Advocate (ALRA) 5:00 Dinner (AL) 5:00 Happy Hour in the Cafe (Cafe) 7:00 Tuesday Cinema (CMPR)	**4** 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)	**5** 8:00 Breakfast (AL) 10:00 Music W/Peter 11:00 Monthly Activity Forum (HH) 12:00 Creative Lunch (MDR) 12:00 Lunch (AL) 1:15 Tai Chi w/ AL (ALRA) 1:30 Art Class w/ Katya (3FL) 3:00 A Musical Afternoon w/ Mads Tolling (HH) 5:00 Dinner (AL) 7:00 Thursday Cinema (CMPR)	**6** 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)	**7** 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) 3:30 Marin Men's Chorus Musical Performance (HH) 5:00 Dinner (AL)
8 8:00 Breakfast (AL) 10:30 Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00 Lunch (AL) 2:15 Dominoes (ALRA) 3:30 Sunday Afternoon Snacks and Chat (ALRA) 5:00 Dinner (AL)	**9** 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)	**10** 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 A Musical Afternoon w/ Ian Scarfe (HH) 5:00 Dinner (AL) 5:00 Happy Hour in the Cafe (Cafe) 7:00 Tuesday Cinema (CMPR)	**11** Veterans Day 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)	**12** 8:00 Breakfast (AL) 10:00 Music W/Peter 10:30 SilverTech Consulting Presents (HH) 12:00 Lunch (AL) 1:15 Tai Chi w/ AL (ALRA) 4:00 Golden Hour Outside Gathering Time 5:00 Dinner (AL) 5:00 Mortans Aften Dinner (MDR) 7:00 Thursday Cinema (CMPR)	**13** 8:00 Breakfast (AL) 10:00 Fresh Flower Arrangements Class (ALRA) 10:00 HUR FITNESS ORIENTATION & INTRODUCTION 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)	**14** 8:00 Breakfast (AL) 10:00 Power of Music Presents Music from The Wizard of Oz performed by Students. (HH) 12:00 Lunch (AL) 1:00 Library Beyond Walls Book Discussion (SIGN UP REQUIRED) (SAR) 2:00 Bingo (ALRA) 2:00 Rhythm & Balance w/ Torri (HH) 3:00 Messiah Musical Performance Outing 3:15 Afternoon Snacks and Chats (ALRA) 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (AL)
15 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 Club (HH) 3:30 Sunday Afternoon Snacks and Chat (ALRA) 5:00 Dinner (AL)	**16** 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)	**17** 8:00 Breakfast (AL) 10:00 Monthly Health & Wellness Meeting (HH) 11:15 Exercise w/ the Activity Team (ALRA) 12:00 Lunch (AL) 2:00 Bingo! (MCRA) 4:00 Buck Institute LIVE: Learn to be your own Advocate (ALRA) 5:00 Dinner (AL) 5:00 Happy Hour in the Cafe (Cafe) 7:00 Tuesday Cinema (CMPR)	**18** 8:00 Breakfast (AL) 10:00 Morning Scenic Drive 11:00 Coffee w/ Mike & Friends (HH) 12:00 AL Lunch Outing Pizza Hacker in Mill Valley (SIGN UP REQUIRED) 12:00 Lunch (AL) 2:00 Afternoon Scenic Drive 3:30 Sing w/ Gerry (HH) 4:15 Wednesday Movie (AL) 5:00 Dinner (AL)	**19** 8:00 Breakfast (AL) 10:00 Music W/Peter 10:30 Aldersly Resident Council Meeting 12:00 Creative Lunch (MDR) 12:00 Lunch (AL) 1:15 Tai Chi w/ AL (ALRA) 1:30 Art Class w/ Katya (3FL) 3:00 AL,MC Birthday Celebrations 5:00 Dinner (AL) 7:00 Thursday Cinema (CMPR)	**20** 8:00 Breakfast (AL) 10:00 Fresh Flower Arrangements Class (ALRA) 10:00 HUR FITNESS INTRODUCTION AND ORIENTATION 11:15 Exercise w/ the Activity Team (MCRA) 12:00 Lunch (AL) 4:00 San Domenico Plant Club (SAR) 5:00 Dinner (AL) 5:00 Happy Hour (MDR)	**21** 8:00 Breakfast (AL) 10:00 AM Walking Group 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (AL) 1:30 Gustavo Romero Classical Piano Performance (HH) 3:15 Afternoon Snacks and Chats (ALRA) 4:00 Mindful Masterpieces w/ Gracie (ALRA) 5:00 Dinner (AL)
22 8:00 Breakfast (AL) 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) 2:30 Sing w/ Spense (MCRA) 3:30 Sunday Afternoon Snacks and Chat (ALRA) 5:00 Dinner (AL)	**23** 8:00 Breakfast (AL) 10:30 Excercise w/ Ruth (ALRA) 10:30 Music w/ Leslie (MC) 11:00 MuttVille Dog Visits 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)	**24** 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)	**25** 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)	**26** Thanksgiving Day 8:00 Breakfast (AL) 10:00 Exercise w/ Activities Team (HH) 10:00 Music W/Peter 12:00 Lunch (AL) 12:00 Thanksgiving Lunch Celebration (MDR) 1:15 Tai Chi w/ AL (ALRA) 4:00 Golden Hour Outside Gathering Time 5:00 Dinner (AL)	**27** 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) 2:00 Yvonne's Fearless Painters Class (ALRA) 5:00 Dinner (AL) 5:00 Happy Hour (MDR)	**28** 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)
29 8:00 Breakfast (AL) 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)	**30** 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)					

Aldersly
LIFE IN BLOOM

Activity Types

- Arts and Crafts
- Emotional
- Entertainment
- Intellectual
- Meal
- Outing
- Physical
- Presentation
- Snack
- 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!

