November 2026

Aldersly
Independent Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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)	**2** 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) 3:30 Mah Jongg (SAR) 5:45 Dinner (MDR)	**3** 8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 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 & Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour in the Cafe (Cafe) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR)	**4** 8:00 Breakfast (MDR) 9:30 "The Choosen" 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)	**5** 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 1:30 Stretch & Breathe w/ Amy Exercise Class (HH) 3:00 A Musical Afternoon w/ Mads Tolling (HH) 3:30 Mah Jongg Play! (SAR) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR)	**6** 8:00 Breakfast (MDR) 9:30 Catholic Communion Service St. Raphael's Church (HH) 10:00 Friday 5-Mile Shopping 10:00 HUR FITNESS ORIENTATION & INTRODUCTION 12:00 Lunch (MDR) 1:30 Fitness & Afternoon Shopping Shuttle (Target) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR)	**7** 8:00 Breakfast (MDR) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (MDR) 1:30 Bridge (3FL) 3:30 Marin Men's Chorus Musical Performance (HH) 5:45 Dinner (MDR)
8 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)	**9** 8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 Lunch (MDR) 1:30 Fitness Shuttle 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 3:30 Mah Jongg (SAR) 5:45 Dinner (MDR)	**10** 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 & Library Shuttle 1:30 Rummikub (3FL) 4:00 A Musical Afternoon w/ Ian Scarfe (HH) 5:00 Happy Hour in the Cafe (Cafe) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR)	**11** Veterans Day 8:00 Breakfast (MDR) 9:30 "The Choosen" viewing gathering (Cafe) 11:00 Buck Institute LIVE: Learn To Be Your Own Advocate (HH) 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)	**12** 8:00 Breakfast (MDR) 10:30 SilverTech Consulting Presents (HH) 12:00 Lunch (MDR) 1:30 Fitness Shuttle 3:00 Stretch & Breathe w/ Amy Exercise Class (HH) 3:30 Mah Jongg Play! (SAR) 5:00 Mortans Aften Dinner (MDR)	**13** 8:00 Breakfast (MDR) 10:00 Friday 5-Mile Shopping 10:00 HUR FITNESS ORIENTATION INTRODUCTION 12:00 Lunch (MDR) 1:30 Fitness & Friday Afternoon Shopping (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)	**14** 8:00 Breakfast (MDR) 10:00 Power of Music Presents Music from The Wizard of Oz performed by Students. (HH) 12:00 Lunch (MDR) 1:00 Library Beyond Walls Book Discussion (SIGN UP REQUIRED) (SAR) 1:30 Bridge (3FL) 2:00 Rhythm & Balance w/ Torri (HH) 3:00 Messiah Musical Performance Outing 5:45 Dinner (MDR)
15 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)	**16** 8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 Lunch (MDR) 1:30 Fitness Shuttle 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 3:30 Mah Jongg (SAR) 5:45 Dinner (MDR)	**17** 8:00 Breakfast (MDR) 10:00 Guided Outdoor Walks w/ Activities Team 10:00 Monthly Health & Wellness Meeting (HH) 11:00 Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00 IL Lunch Outing TAVOLA RUSTICA Italian Restaurant in Larkspur 12:00 Lunch (MDR) 1:30 Fitness & Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour in the Cafe (Cafe) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR)	**18** 8:00 Breakfast (MDR) 9:30 "The Choosen" viewing gathering (Cafe) 11:00 Book Club (3FL) 11:00 Coffee w/ Mike & Friends (HH) 12:00 Lunch (MDR) 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR)	**19** 8:00 Breakfast (MDR) 10:30 Aldersly Resident Council Meeting 12:00 Lunch (MDR) 1:30 Art Class w/ Katya (3FL) 1:30 Fitness Shuttle 3:00 Stretch & Breathe w/ Amy Exercise Class (HH) 3:30 Mah Jongg Play! (SAR) 5:45 Dinner (MDR) 7:00 Thursday Cinema (CMPR)	**20** 8:00 Breakfast (MDR) 10:00 Friday 5-Mile Shopping 10:00 HUR FITNESS ORIENTATION & INTRODUCTION 12:00 Lunch (MDR) 1:30 Fitness & Friday Afternoon Shopping Shuttle (North Gate Mall) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 4:00 San Domenico Plant Club (SAR) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR)	**21** 8:00 Breakfast (MDR) 11:00 Rhythm & Balance w/ Torri (HH) 12:00 Lunch (MDR) 1:30 Bridge (3FL) 1:30 Gustavo Romero Classical Piano Performance (HH) 5:45 Dinner (MDR)
22 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)	**23** 8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 Lunch (MDR) 1:30 Fitness Shuttle 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 3:30 Mah Jongg (SAR) 5:45 Dinner (MDR)	**24** 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 & Library Shuttle 1:30 Rummikub (3FL) 5:00 Happy Hour in the Cafe (Cafe) 5:45 Dinner (MDR) 7:00 Tuesday Cinema (CMPR)	**25** 8:00 Breakfast (MDR) 9:30 "The Choosen" viewing gathering (Cafe) 11:00 Buck Institute LIVE: Learn to be your own Advocate (HH) 12:00 Lunch (MDR) 2:00 Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30 Sing w/ Gerry (HH) 5:45 Dinner (MDR)	**26** Thanksgiving Day 8:00 Breakfast (MDR) 10:30 Exercise w/ Activities Team (HH) 12:00 Thanksgiving Lunch Celebration (MDR) 3:30 Mah Jongg Play! (SAR)	**27** 8:00 Breakfast (MDR) 10:00 Friday 5-Mile Shopping 12:00 Lunch (MDR) 1:30 Fitness & Friday Afternoon Shopping Shuttle (Target) 2:00 Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00 Happy Hour (MDR) 5:45 Dinner (MDR)	**28** 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)
29 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)	**30** 8:00 Breakfast (MDR) 10:30 Fresh Flower Arrangements Class (SAR) 12:00 Lunch (MDR) 1:30 Fitness Shuttle 2:00 Power Punch- No Contact Boxing Fitness Exercise Class (HH) 3:30 Mah Jongg (SAR) 5:45 Dinner (MDR)					

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!

