

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> ● 10:00 Mass- GR 1 ● 11:00 Harmony Collective- GR ● 1:00 Whack-O-Balloon- GR ● 1:00 Creative Writing- AR ● 2 - 4 Drop-In Chocolate & Chat- PDR ● 3:00 Antonyms & Synonyms- GR ● 4:00 Spa Day- PT ● 6:00 Comedy Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Chair Yoga Exercises- GR 2 ● 10:00 Westlake Shopping- LB ● 10:30 Book To Brush: Storybook Inspired Art Making- AR ● 1:00 Flower Arranging- PT ● 1:00 Kindred Spirits Support Group- LR ● 1:45 Sweet Scoops Social- LR ● 2:00 Book Club: Movie Theatre Stage Play: Hiding Place-GR ● 2:00 Scenic Drive: Tiburon- LB ● 4:00 Charades- LB ● 6:00 Dramatic Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Aerobics Exercises- GR 3 ● 10:30 Mass w. Father Rick- GR ● 1:00 Sweets Bingo- AR ● 2:00 Cooking Club w. Chef Luz & Maggie- AR ● 2:00 Bible Study- LR ● 3:00 First Light Coco Bar & Music Social- PT ● 4:00 Sunny Good News- LB ● 4:00 History of Purim- LB ● 6:00 Thriller Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Stretching Exercises-GR 4 ● 11:00 One Foot In Front of The Other Support Group-GR ● 1:30 Together Not Alone Support Group- LR ● 2:15 Crossword Puzzle- GR ● 3:00 Wine Down Social- LB ● 3:30 Activities Meeting- LB ● 4:00 Let's Get Creative- LB ● 6:00 Games Night- AR ● 6:00 Sci-Fi Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Gentle Stretch Exercises- GR 5 ● 10:30 Mass w. Father Rick- GR ● 1:00 Book to Brush Storybook Inspired Art Making- AR ● 1:00 Walking Club- PL ● 2:30 Fresh Ideas Journaling Club- GR ● 3:45 Smoothies & Karaoke-GR ● 6:00 Games Night- AR ● 6:00 Musical Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Weight Lifting Exercises-GR 6 ● 10:15 What's In A Word?- GR ● 11:00 Repeat After Me- GR ● 1:00 Rosary- St. Francis Room ● 1:00 Resistance Bands Exercises- GR ● 2:15 Antonyms & Synonyms- LR ● 3:00 Irish Foods Social- PT ● 3:30 Guess The Sound?- LB ● 4:00 Shabbat Service with Rabbi Chayva- GR ● 6:00 Bingo Night- GR 	<ul style="list-style-type: none"> ● 9:30 Range of Motion Exercises- GR 7 ● 10:00 Bean Bag Toss- GR ● 11:00 Crossword Puzzle- GR ● 1:00 Sweets Bingo- GR ● 2:00 Saint Patrick's Party! United Irish Society Singers, Dancers, Musicians- DR ● 3:30 Virtual World Tour Google ● 4:00 Celtic Music- GR ● 6:00 Fantasy Movie- GR 	
<ul style="list-style-type: none"> ● 10:00 Mass- GR 8 ● 11:00 Harmony Collective- GR ● 1:00 Whack-O-Balloon- GR ● 1:00 Creative Writing- AR ● 2:00 Outing: Saint Francis Dolores Mission- GR ● 3:00 Antonyms & Synonyms- GR ● 4:00 Spa Day- LR ● 6:00 Comedy Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Chair Yoga Exercises-GR 9 ● 10:00 Westlake Shopping- LB ● 10:30 Book To Brush: Storybook Inspired Art Making- AR ● 1:00 Kindred Spirits Support Group- LR ● 2:00 Scenic Drive: Painted Ladies Houses- LB ● 3:00 Sweet Scoops Social- LR ● 4:00 Book Club- LR ● 6:00 Dramatic Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Aerobics Exercises- GR 10 ● 10:30 Mass/Father Rick- GR ● 1:00 Sweets Bingo- AR ● 2:00 Cooking Club w. Chef Luz & Maggie- AR ● 2:00 Bible Study- LR ● 3:00 Irish Drinks Social- PT ● 4:00 Sunny Good News- LB ● 6:00 Thriller Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Stretching Exercises- GR 11 ● 11:00 One Foot In Front The Other Support Group- GR ● 1:00 Together Not Alone Support Group- LR ● 2:15 Crossword Puzzle- GR ● 2:30 Food Forum w. Chef Luz- AR ● 3:00 Ramadan Social & Doc.- GR ● 4:00 Let's Get Creative-LB ● 6:00 Games Night- AR ● 6:00 Sci-Fi Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Gentle Stretch Exercise-GR 12 ● 10:30 Mass w. Father Rick- GR ● 11:30 Lunch Outing: Fiddler's Green Irish Cuisine- LB ● 1:00 Book to Brush Storybook Inspired Art Making- AR ● 1:00 Walking Club- PL ● 2:30 Fresh Ideas Journaling Club- GR ● 3:45 Smoothies & Karaoke- GR ● 6:00 Games Night- AR ● 6:00 Musical Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Weight Lifting Exercises- GR 13 ● 10:15 What's In A Word?- GR ● 11:00 Repeat After Me- GR ● 1:00 Rosary- Saint Francis Room ● 1:00 MEET & GREET NEW RESIDENTS- PT ● 2:00 Town Hall Meeting- GR ● 3:30 Happy Birthday James H. & Irish Foods Social- LB ● 4:00 Guess The Sound?- LB ● 6:00 Bingo Night- GR 	<ul style="list-style-type: none"> ● 9:30 Range of Motion Exercises- GR 14 ● 10:00 Bean Bag Toss- GR ● 11:00 Crossword Puzzle- GR ● 1:00 Sweets Bingo- GR ● 2:00 Religious Doc.- GR ● 2:45 Wii Games- GR ● 3:30 Instrumix Music Program w. Ki' Shae-GR ● 6:00 Fantasy Movie- GR 	
<ul style="list-style-type: none"> ● 10:00 Mass- GR 15 ● 11:00 Harmony Collective- GR ● 12:30 Outing: Presidio Theatre Performing Arts Center: Flying High Still Soaring- LB ● 1:00 Whack-O-Balloon- GR ● 1:00 Creative Writing- AR ● 2 - 4 Drop-In Chocolate/Chat-PDR ● 3:00 Antonyms & Synonyms- GR ● 4:00 98th Oscars Academy Awards Party- GR ● 6:00 Comedy Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Chair Yoga Exercises- GR 16 ● 10:00 Westlake Shopping- LB ● 10:30 Book To Brush: Storybook Inspired Art Making- AR ● 1:00 Gardening Club- PT ● 1:30 Kindred Spirits Support Group- LR ● 2:00 Scenic Drive: Streets Of San Francisco- LB ● 3:00 Sweet Scoops Social- LR ● 4:00 Book Club- LR ● 6:00 Dramatic Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Aerobics Exercises-GR 17 ● 10:30 Mass w. Father Rick- GR ● 10:30 Mass w. Father Rick- GR St. Francis Sanctuary ● 1:00 Sweets Bingo- AR ● 2:00 Cooking Club w. Chef Luz & Maggie- AR ● 2:00 Bible Study- LR ● 3:00 St. Pat's Day Party- PT ● 4:30 St. Pat's Day Dinner- DR ● 6:00 Thriller Movie- GR <p style="text-align: center;">Saint Patrick's Day</p>	<ul style="list-style-type: none"> ● 9:30 Stretching Exercises- GR 18 ● 11:00 One Foot In Front Of The Other Support Group-GR ● 1:30 Together Not Alone Support Group- LR ● 2:15 Crossword Puzzle- GR ● 3:00 Wine Down Social- PT ● 4:00 Let's Get Creative- LB ● 6:00 Games Night- AR ● 6:00 Sci-Fi Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Gentle Stretch Exercises- GR 19 ● 10:30 Mass w. Father Rick- GR ● 1:00 Book to Brush Storybook Inspired Art Making- AR ● 1:00 Walking Club- PL ● 2:30 Fresh Ideas Journaling Club- GR ● 3:45 Smoothies & Karaoke-GR ● 6:00 Games Night- AR ● 6:00 Musical Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Weight Lifting Exercises- GR 20 ● 11:00 Repeat After Me- GR ● 1:00 Rosary-St. Francis Room ● 1:00 Resistance Bands Exercises- GR ● 2:00 Religious Movie- GR ● 2:15 Antonym/Synonym- LR ● 3:00 Irish Foods Social- PT ● 4:00 Guess The Sound?- LB ● 6:00 Bingo Night- GR 	<ul style="list-style-type: none"> ● 9:30 Range of Motion Exercises- GR 21 ● 10:00 Bean Bag Toss- GR ● 11:00 Crossword Puzzle-GR ● 1:00 Sweets Bingo- GR ● 2:00 Religious Doc.- GR ● 2:45 Wii Games- GR ● 3:30 Virtual World Tour Google- GR ● 6:00 Fantasy Movie- GR 	
<ul style="list-style-type: none"> ● 10:00 Mass- GR 22 ● 11:00 Harmony Collective- GR ● 11:30 Outing: California Youth Symphony Strings & Ensembles Festival- LB ● 1:00 Whack-O-Balloon- GR ● 1:00 Creative Writing- AR ● 2-4 Drop-In Coco/Chat- PDR ● 3:00 Antonym/Synonym- GR ● 4:00 Spa Day- LR ● 6:00 Comedy Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Chair Yoga Exercises- GR 23 ● 10:00 Westlake Shopping- LB ● 10:30 Book To Brush: Storybook Inspired Art Making- AR ● 1:00 Gardening Club- PT ● 1:00 Kindred Spirits Support Group- LR ● 2:00 Scenic Drive: Marin- LB ● 3:00 Sweet Scoops Social- LR ● 4:00 Book Club- LR ● 6:00 Dramatic Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Aerobics Exercises-GR 24 ● 10:30 Mass w. Father Rick- GR ● 1:00 Sweets Bingo- AR ● 2:00 Cooking Club w. Chef Luz & Maggie- AR ● 2:00 Bible Study- LR ● 3:00 Irish Music Social- PT ● 4:00 Sunny Good News- LB ● 6:00 Doc. Out Of Ireland Story Of Emigration Into America- GR 	<ul style="list-style-type: none"> ● 6:30 Can You Weight?- AR 25 ● 9:30 Stretching Exercises- GR ● 11:00 One Foot In Front Of The Other Support Group-GR ● 1:30 Together Not Alone Support Group- LR ● 2:15 Crossword Puzzle- GR ● 3:00 Wine Down Social- PT ● 4:00 Let's Get Creative- LB ● 6:00 Games Night- AR ● 6:00 Sci-Fi Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Outing Graton Casino-LB 26 ● 9:30 Gentle Stretch Exercises- GR ● 10:30 Mass w. Father Rick- GR ● 1:00 Book to Brush Storybook Inspired Art Making- AR ● 1:00 Walking Club- PL ● 2:30 Fresh Ideas Journaling Club- GR ● 3:45 Smoothies & Karaoke- GR ● 6:00 Games Night- AR ● 6:00 Musical Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Weight Lifting Exercises- GR 27 ● 10:15 What's In A Word?- GR ● 11:00 Repeat After Me- GR ● 1:00 Rosary- Saint Francis Room ● 1:00 MEET & GREET NEW RESIDENTS- PT ● 2:00 Religious Movie- GR ● 2:15 Antonyms & Synonyms- LR ● 3:00 Resident Birthdays Party-LB ● 4:00 Guess The Sound?- LB ● 6:00 Bingo Night- GR 	<ul style="list-style-type: none"> ● 9:30 Range of Motion Exer. 28 ● 10:00 Bean Bag Toss- GR ● 11:00 Crossword Puzzle- GR ● 12:45 Pacifica Spindrift Players: "Cabaret"- LB ● 1:00 Sweets Bingo- GR ● 2:00 Religious Doc.- GR ● 2:45 Wii Games- GR ● 3:30 Virtual World Tour Google- GR ● 6:00 Fantasy Movie- GR 	
<ul style="list-style-type: none"> ● 10:00 Mass- GR 29 ● 11:00 Harmony Collective- GR ● 1:00 Whack-O-Balloon- GR ● 1:00 Creative Writing- AR ● 2 - 4 Drop-In Chocolate & Chat- PDR ● 3:00 Antonyms & Synonyms- GR ● 4:00 Spa Day- PT ● 6:00 Comedy Movie- GR <p style="text-align: center;">Happy Birthday Lydia M.</p>	<ul style="list-style-type: none"> ● 9:30 Chair Yoga Exer.- GR 30 ● 10:00 Westlake Shopping- LB ● 10:30 Book To Brush: Storybook Inspired Art Making- AR ● 1:00 Gardening Club- PT ● 1:00 Kindred Spirits Support Group- LR ● 2:00 Drive: Sausalito- LB ● 3:00 Sweet Scoops Social- LR ● 4:00 Book Club- LR ● 6:00 Dramatic Movie- GR 	<ul style="list-style-type: none"> ● 9:30 Aerobics Exercises- GR 31 ● 10:30 Mass/Father Rick- GR ● 1:00 Sweets Bingo- AR ● 2:00 Cooking Club w. Chef Luz & Maggie- AR ● 2:00 Bible Study- PT ● 3:00 Irish Music Social- LB ● 4:00 Sunny Good News- LB ● 6:00 Doc. Cesar Chavez-GR 					

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<ul style="list-style-type: none"> 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 1:30 Book Club 2:00 Art: Earth Expressions 3:00 Hot Choco with Friends 3:30 Eco Club: Botanical Bliss 4:00 Guess the Scent 6:00 Hymn Along 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 1:30 Flower Arranging 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane 40's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Irish Cuisine 4:00 Wagging Winter Friends 6:00 Travel Club: Ancient Irish 	<ul style="list-style-type: none"> 9:00 Faith Studies w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Wellness Motion/Karuna 1:30 Napkin Folding 2:00 Brighten With Hope 3:00 Scenic Drive: Tiburon 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 What's The Weight? 1:30 Spirituality Thru The Arts w. Bridget 2:00 Creative Expression 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Winter Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Shabbat w. Rabbi Chayva 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Arts & Culture of Ireland 11:30 Gentle Stretch 11:35 Serene Nature Moments 1:30 Hand Spa 2:00 Memory Scrapbook Making 2:00 Saint Patrick's Party! United Irish Society Singers, Dancers, Musicians- DR 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 		
<ul style="list-style-type: none"> 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 1:30 Book Club 2:00 Visual Art: Paper Mosaic 3:00 Hot Choco with Friends 3:30 Eco Club: Sublimation 4:00 Guess the Scent 6:00 Hymn Along 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane 50's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Herbs & Spices 4:00 Wagging Winter Friends 6:00 Travel: Traversing Ireland 	<ul style="list-style-type: none"> 9:00 Faith Studies w. Bridget 10:00 Morning Gathering 11:00 Gentle Stretch 1:30 Card Sorting 2:00 Brighten With Hope 3:00 Scenic Drive: Painted Ladies Houses 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 11:30 Outing: Fiddler's Green 1:30 Spirituality Thru The Arts w. Bridget 2:00 Creative Expression 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:00 Live Music w. The Billos 1:30 Walking Club 2:00 Winter Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Traditions of Ireland 11:30 Gentle Stretch 11:35 Serene Nature Moments 1:30 Instrumix Music Program w. Ki' Shae 2:00 Memory Scrapbook Making 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 		
Daylight Saving Time: 1 Hour Forward								
<ul style="list-style-type: none"> 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Range of Motion 12:30 Outing: Presidio Theatre Performing Arts Center: Flying High Still Soaring- LB 1:30 Book Club 2:00 Visual Art: Textured 3:00 Hot Choco with Friends 3:30 Eco Club: Paper Recycling 4:00 98th Oscars Academy Awards Party 6:00 Hymn Along 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 1:30 Flower Arranging 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane 60's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook 3:00 Saint Patrick's Day Party 3:30 Mind Gym: Irish Drinks 4:00 Wagging Winter Friends 4:45 St. Patrick's Day Dinner 6:00 Travel Club: Wonders of Ireland <p style="text-align: center;">Saint Patrick's Day</p>	<ul style="list-style-type: none"> 9:00 Faith Studies w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Soulful Stretch w. Karuna 1:30 Napkin Folding 2:00 Brighten With Hope 3:00 Scenic Drive: Streets Of San Francisco 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:30 Spirituality Thru The Arts w. Bridget 2:00 Creative Expression 3:00 Sweet Scoops Social 3:30 Word Games 4:00 Green Thumb Club 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Spring Arts & Crafts 3:00 Happy Hour Social 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night <p style="text-align: center;">Spring Begins</p>	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Music & Dances of Ireland 11:30 Gentle Stretch 11:35 Serene Nature Moments 1:30 Hand Spa 2:00 Memory Scrapbook Making 3:00 Afternoon Snack 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 		
<ul style="list-style-type: none"> 10:00 Sunday Mass 11:00 Morning Gathering 11:30 Outing: CYS Strings & Ensembles Festival 11:30 Range of Motion 1:30 Book Club 2:00 Visual Art: Applique 3:00 Hot Choco with Friends 3:30 Eco Club: Sublimation 4:00 Guess the Scent 6:00 Hymn Along 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane 70's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Irish Resto 4:00 Wagging Winter Friends 6:00 Travel: Restoring Nature 	<ul style="list-style-type: none"> 9:00 Faith Studies w. Bridget 10:00 Morning Gathering 10:30 Snack 11:00 Gentle Stretch 1:30 Card Reading 2:00 Brighten With Hope 3:00 Scenic Drive: Marin 3:00 Afternoon Snack 3:30 Chocolate Bingo! 4:00 Rhythm & Relax 6:00 Riddles & Rhymes 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Calming Chair Movement 1:30 Spirituality Thru The Arts w. Bridget 2:00 Residents & Family Event: Joy in Color & Texture 6:00 Evening Stories 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Daily Chronicle: Trivia 11:30 Sit & Be Fit 1:30 Walking Club 2:00 Spring Arts & Crafts 3:00 Residents' Birthday Party w. Paul Fontes 3:30 Reminiscing 4:00 Together In Spirit 6:00 Movie Night 	<ul style="list-style-type: none"> 10:00 Morning Gathering 11:00 Architecture of Ireland 11:30 Gentle Stretch 11:35 Serene Nature Moments 12:45 Pacifica Spindrift Player Theatre Outing: Cabaret 1:30 Hand Spa 2:00 Memory Scrapbook Making 3:00 Afternoon Snack 3:30 Joyful Jams 4:00 Movement Break 6:00 Spiritual Coloring 		
<ul style="list-style-type: none"> 10:00 Sunday Mass 10:30 Snack 11:00 Morning Gathering 11:30 Range of Motion 1:30 Book Club 2:00 Visual Art: Textured 3:00 Hot Choco with Friends 3:30 Eco Club: Paper Mosaic 4:00 Guess the Scent 6:00 Hymn Along 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Chair Fitness 11:30 Pace with Grace 1:30 Aromatherapy 2:00 Collaborative Art Project 3:00 Coffee & Tea Social 3:30 Daily Chronicle: Spelling 4:00 Drumming & Percussion 6:00 Music Memory Lane 80's 	<ul style="list-style-type: none"> 10:00 Let's Groove 10:30 Snack 10:45 Morning Gathering 11:00 Bible Stories 1:30 Book To Brush: Storybook Inspired Art Making 2:30 Music Through the Years 3:00 Afternoon Snack 3:30 Mind Gym: Irish Economy 4:00 Wagging Winter Friends 6:00 Ireland's Secret Gem 						

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 11:45 Lunch 1:30 Layers/Textures Club 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 60s 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 11:45 Lunch 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Ireland: Emerald Isle Happy Birthday Haydee H. 	<ul style="list-style-type: none"> 10:00 Yoga with Karuna 10:30 Snack 11:00 Morning Gathering 1:00 Spirituality Thru The Arts 2:00 Scenic Drive: Tiburon- LB 2:00 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 4:45 Dinner 6:00 Childhood Stories 	<ul style="list-style-type: none"> 9:30 Faith Studies w. Bridget 10:00 What's the Weight? 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Spring 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Collaborative Art Project 2:30 Trivia Game 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Winter Art Project 2:00 Chocolate Bingo! 2:00 Saint Patrick's Party! United Irish Society Singers, Dancers, Musicians- DR 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 11:45 Lunch 1:30 Art/Design Collective 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 40s 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 11:45 Lunch 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Wonders of Ireland Happy Birthday Deborah S. 	<ul style="list-style-type: none"> 10:00 Range of Motion 10:30 Snack 11:00 Morning Gathering 1:00 Spirituality Thru The Arts 2:00 Scenic Drive: Painted Ladies Houses- LB 2:00 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 4:45 Dinner 6:00 Childhood Stories 	<ul style="list-style-type: none"> 9:30 Faith Studies w. Bridget 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:30 Outing: Fiddler's Green-LB 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Gardening 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 11:45 Lunch 1:30 Circle of Love Reflections 2:00 Collaborative Art Project 2:30 Trivia Game 3:00 Live Music w. The Billos 4:00 Movement Break 4:45 Dinner 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Winter Art Project 2:00 Chocolate Bingo! 2:30 Instrumental Music Program w. Ki' Shae 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
Daylight Saving Time: 1 Hour Forward							
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 11:45 Lunch 12:30 Outing: Presidio Theatre Performing Arts Center: Flying High Still Soaring 1:30 Watercolor Art Painting 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 98th Oscars Academy Awards Party 4:00 Movement Break 6:00 Table Games 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 50s 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 1:30 St. Patrick's Day Trivia 2:00 Let's Play Bingo! 2:30 Creative Arts Club 3:00 Saint Patrick's Day Party 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 4:30 Saint Patrick's Day Dinner 6:00 Ireland's River Shannon Saint Patrick's Day Dinner 	<ul style="list-style-type: none"> 10:00 Ease & Release w. Karuna 10:30 Snack 11:00 Morning Gathering 1:00 Spirituality Thru The Arts 1:30 Lets Get Crafty! 2:00 Scenic Drive: Streets of San Francisco- LB 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Childhood Stories 	<ul style="list-style-type: none"> 9:30 Faith Studies w. Bridget 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: First Job 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Collaborative Art Project 2:30 Trivia Game 3:00 Happy Hour Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 1:30 Spring Art Project 2:00 Chocolate Bingo! 2:30 Welcome Spring 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
					Spring Begins	Happy Birthday Larry M.	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Outing: California Youth Symphony Strings & Ensembles Festival- LB 11:30 Relaxing Hymns 11:45 Lunch 1:30 Layers/Textures Club 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 60s Happy Birthday Patricia B. 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 11:45 Lunch 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Wild Ireland 	<ul style="list-style-type: none"> 10:00 Range of Motion 10:30 Snack 11:00 Morning Gathering 1:00 Spirituality Thru The Arts 2:00 Scenic Drive: Marin- LB 2:00 Lets Get Crafty! 2:30 What's in a Word? 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 4:45 Dinner 6:00 Childhood Stories 	<ul style="list-style-type: none"> 9:30 Faith Studies w. Bridget 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Nature Club 11:45 Lunch 1:30 Mindful Art 2:30 Word Games 3:00 Afternoon Snack 3:30 Daily Chronicle 4:00 Movement Break 6:00 Reminiscing: Best Friends 	<ul style="list-style-type: none"> 10:00 Morning Gathering 10:30 Snack 11:00 Walking Club 11:00 Sing-Along 1:30 Circle of Love Reflections 2:00 Live Music w. Paul Fontes 2:30 Trivia Game 3:00 Residents Birthday Party 3:30 Daily Chronicle 4:00 Movement Break 6:00 Rest & Relax Coloring 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Green Earth Club 12:45 Pacifica Spindrift Players Theatre Outing: Cabaret- LB 1:30 Spring Art Project 2:00 Chocolate Bingo! 3:00 Afternoon Coffee 3:30 Daily Chronicle 4:00 Yoga & Meditation 6:00 Aroma Therapy 	
<ul style="list-style-type: none"> 10:00 Sunday Mass (GR) 10:30 Snack 11:00 Morning Gathering 11:30 Relaxing Hymns 11:45 Lunch 1:30 Art & Design Collective 2:30 Nature Club 3:00 Ice Cream Social 3:30 Daily Chronicle 4:00 Movement Break 6:00 Table Games 	<ul style="list-style-type: none"> 10:00 Rise & Shine Exercise 10:30 Snack 11:00 Morning Gathering 11:30 Bird Watching (Patio) 1:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Praying with the Psalms 2:30 Crossword Puzzle 3:00 Afternoon Tea & Coffee 3:30 Daily Chronicle 4:00 Movement Break 6:00 Music Memory Lane: 70s 	<ul style="list-style-type: none"> 10:00 Gentle Stretch 10:30 Snack 11:00 Morning Gathering 11:30 Music Appreciation 11:45 Lunch 1:30 Let's Play Bingo! 2:00 Bible Study 2:30 Creative Arts Club 3:00 Coffee & Tea Social 3:30 Daily Chronicle 4:00 Move Break/Dog Walking 6:00 Ireland: Natural History 					

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie: 	<ul style="list-style-type: none"> 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking Club: 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Memory Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 10:00 Snack Time 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 5:45 Movie: 	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:30 Refresh & Reflect 11:00 Catching Up w Friends 2:00 Daily Chronicle 3:00 Scenic Drive: Presidio- LB 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 Honeymooners 10:30 Mass w. Father Rick 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:45 Movie 	<ul style="list-style-type: none"> 9:00 George Burns & Gracie Allen Show 10:00 Shoot your Shot 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Shabbat w. Rabbi Chayva 4:00 Hand Massage 6:00 Hollywood Squares 	<ul style="list-style-type: none"> 9:00 Dick Van Dyke Show 10:30 Baking Club: 11:00 Gentle Stretch 2:00 Mindfulness 2:00 St. Patrick's Party United Irish Society Singers, Dancers, Musicians- DR 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Movie 	
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking With Friends 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Memory Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 10:00 Snack Time 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 5:45 Movie 	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:30 Yoga w. Karuna 11:00 Catching Up w Friends 2:00 Daily Chronicle 3:00 Scenic Drive: Twin Peaks- LB 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 Honeymooners 10:30 Mass w. Father Rick 11:30 Lunch Outing: Fiddler's Green Irish Cuisine- LB 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:45 Movie 	<ul style="list-style-type: none"> 9:00 George Burns & Gracie Allen Show 10:00 Shoot your Shot 11:00 Sing-Along 1:00 Live Music The Billos 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares 	<ul style="list-style-type: none"> 9:00 Dick Van Dyke Show 10:30 Baking Club: 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc. 	
Daylight Saving Time: 1 Hour Forward							
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 12:30 Outing: Presidio Theatre Performing Arts Center: Flying High Still Soaring- LB 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking Club: 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Memory Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 10:00 Snack Time 10:30 Book to Brush: Storybook Inspired Art Making 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 3:00 Saint Patrick's Day Party 4:00 Hand Massage 4:30 Saint Patrick's Day Dinner 6:00 Movie: <p style="text-align: center;">Saint Patrick's Day</p>	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:30 Refresh & Reflect 11:00 Catching Up w Friends 2:00 Daily Chronicle 3:00 Scenic Drive: Half Moon Bay- LB 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 Honeymooners 10:30 Mass w. Father Rick 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:45 Movie 	<ul style="list-style-type: none"> 9:00 George Burns & Gracie Allen Show 10:00 Shoot your Shot 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares <p style="text-align: center;">Spring Begins</p>	<ul style="list-style-type: none"> 9:00 Dick Van Dyke Show 10:30 Baking Club: w. Ice Cream 11:00 Gentle Stretch 2:00 Mindfulness 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Movie <p style="text-align: center;">Spring Begins</p>	
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 11:30 Outing: California Youth Symphony Strings & Ensembles Festival- LB 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking Club: 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Memory Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 10:00 Snack Time 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 5:30 Movie: 	<ul style="list-style-type: none"> 9:00 Amos & Andy 10:30 Yoga with Karuna 11:00 Catching Up w Friend 3:00 Scenic Drive: Pacifica- LB 2:00 Daily Chronicle 3:00 Faith Studies w. Bridget 4:00 Hand Massage 6:00 Music Lane 	<ul style="list-style-type: none"> 9:00 Honeymooners 10:30 Mass w. Father Rick 1:00 Baking Club: 2:00 Daily Chronicle 3:00 Afternoon Social 4:00 Hand Massage 5:45 Movie 	<ul style="list-style-type: none"> 9:00 George Burns & Gracie Allen Show 10:00 Shoot your Shot 11:00 Sing-Along 2:00 What's That Sound? 3:00 Happy Hour 4:00 Hand Massage 6:00 Hollywood Squares 	<ul style="list-style-type: none"> 9:00 Dick Van Dyke Show 10:30 Baking Club: 11:00 Gentle Stretch Exercises 12:45 Pacifica Spindrift Player Theatre Outing Cabaret Musical- LB 2:00 Chocolate Bingo! 3:00 Sing-Along w. Joe 4:00 Hand Massage 6:00 Mindful Meditation 6:00 Doc. 	
<ul style="list-style-type: none"> 10:00 Holy Mass 11:00 Gentle Stretch 2:00 Daily Chronicle 3:00 Happy Hour 4:00 Hand Massage 6:00 Movie <p style="text-align: center;">Palm Sunday</p>	<ul style="list-style-type: none"> 9:00 Show Of Show 10:00 Daily Chronicle 11:00 Spirituality Thru The Arts w. Bridget 1:00 Baking Club: 2:00 Connect Four 3:00 Afternoon Social 3:30 Gentle Stretch 4:00 Hand Massage 6:00 Music Memory Lane 	<ul style="list-style-type: none"> 9:00 I Love Lucy 10:00 Snack Time 10:30 Book To Brush: Storybook Inspired Art Making w. Janae 2:00 Daily Chronicle 3:00 Hot Coco Social 4:00 Hand Massage 5:30 Movie: 	 <p style="text-align: center;">March 2026</p> <p style="text-align: center;">Oasis Memory Care Neighborhood</p> <p style="text-align: center;">Life Enrichment Activities Calendar</p>				

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative