

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Glitter Ball Pitch 2:30 Afternoon Snack 3:00 Departure	2 9:30 Morning Social + Snack 10:30 Horse Racing + Word in a Word 12:00 Hot Lunch 1:00 Chair Exercises 2:00 All About Marlon Brando + Snack 3:00 Departure	3 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Bean Bag Toss 2:00 Afternoon Snack 3:00 Departure	4 9:30 Morning Social + Snack 10:30 Bowling + Animals A-Z 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	5 9:30 Morning Social + Snack 11:00 SPCA with George! 12:00 Hot Lunch 1:00 Chair Exercises + News 2:00 See Nebraska + Snack 3:00 Departure
8 9:30 Morning Social + Snack 10:30 Putt-Putt Golf + News 12:00 Hot Lunch 1:00 Paul on the Piano! 2:30 Afternoon Snack 3:00 Departure	9 9:30 Morning Social + Snack 10:30 Knock Down Cans + Town Hall 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Card Deck Bingo + Afternoon Snack 3:00 Departure	10 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Dart Ball 2:30 Afternoon Snack 3:00 Departure	11 9:30 Morning Social + Snack 10:30 Let's Play Catch + News 12:00 Hot Lunch 1:00 McNab Lake Field Trip 2:30 Afternoon Snack 3:00 Departure	12 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Knock Down Cans 1:45 Decoupage Art + Snack 3:00 Departure
15 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Balloon Volleyball 2:30 Afternoon Snack 3:00 Departure	16 9:30 Morning Social + Snack 10:30 Ring Toss + Name Five 12:00 Hot Lunch 1:00 Rockaway Beach Field Trip 2:30 Afternoon Snack 3:00 Departure	17 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Table Ball Drop 2:30 Afternoon Snack 3:00 Departure	18 9:30 Morning Social + Snack 10:30 Balloon Swat + News 12:00 Hot Lunch 1:00 Chair Exercises 2:00 SF 1908 Earthquake + Snack 3:00 Departure	19 9:30 Morning Social + Snack 11:00 SPCA with Ranger! 12:00 Hot Lunch 1:00 Chair Exercises 1:45 Bead-working + Snack 3:00 Departure
22 9:30 Morning Social + Snack 10:30 Ping Pong Fun + Earth Day! 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	23 9:30 Morning Social + Snack 10:30 Tabletop Bowling + News 12:00 Hot Lunch 1:00 Movie Matinee: <i>Singing in the Rain</i> 2:30 Popcorn Snack 3:00 Departure	24 9:30 Morning Social + Snack 10:30 Exercises + Bake Zucchini Bread 12:00 Hot Lunch 1:00 Beach Ball Fun 2:00 Afternoon Snack 3:00 Departure	25 9:30 Morning Social + Snack 10:30 Rolling Ball Game + News 12:00 Hot Lunch 1:00 Twin Peaks Field Trip 2:30 Afternoon Snack 3:00 Departure	26 9:30 Morning Social + Snack 10:30 Chair Exercises + Town Hall 12:00 Hot Lunch 1:00 Mini-Basketball 2:30 Watercolor Painting + Snack 3:00 Departure
29 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Pop Out Balloons 2:30 Afternoon Snack 3:00 Departure	30 9:30 Morning Social + Snack 10:30 Ladder Golf + Bake Pretzel Bites 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Celebrating Ella Fitzgerald + Snack 3:00 Departure	<p style="text-align: center;">Happy Birthday ~ Wendy, Frank, Diane + Fanny!</p>		

Activities at Catholic Charities Adult Day Services are provided five (5) days a week. We offer a variety of activities that spark excitement into the lives of our seniors. They are based on our senior's capabilities, physical health, and behavioral status and of course, personal preference. We present activities that encourage our seniors to create, communicate, reminisce, and celebrate as well as special activities to stimulate our younger population. All activities are subject to change.