





Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Bean Bag Toss 2:30 Afternoon Snack 3:00 Departure	4 9:30 Morning Social & Snack 10:30 Bowling & Desserts A-Z 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Pictionary & Snack 3:00 Departure	5 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Table Ball Drop 2:00 Father's Boutonnieres & Snack 3:00 Departure	6 9:30 Morning Social & Snack 10:30 Horse Racing & Word in a Word 12:00 Hot Lunch 1:00 Mussel Rock Beach Field Trip 2:30 Afternoon Snack 3:00 Departure	7 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Simon Says! 2:30 Afternoon Snack 3:00 Departure
10 9:30 Morning Social & Snack 10:30 Putt-Putt Golf & First & Last Game 12:00 Hot Lunch 1:00 Chair Exercises 1:45 Summer Centerpieces & Snack 3:00 Departure	11 9:30 Morning Social & Snack 10:30 Knock Down Cans & Word Chain 12:00 Hot Lunch 1:00 Chair Exercises & Town Hall 2:30 Afternoon Snack 3:00 Departure	12 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Ping Pong Fun 2:30 Afternoon Snack 3:00 Departure	13 9:30 Morning Social & Snack 10:30 Catch! & Day in History 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	14 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Balloon Volleyball 2:00 Amazing Dad's & Snack 3:00 Departure
17 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Lands' End Field Trip 2:30 Afternoon Snack 3:00 Departure	18 9:30 Morning Social & Snack 10:30 Ring Toss & Name Five 12:00 Hot Lunch 1:15 Peter on the Guitar! 2:00 Juneteenth Story & Snack 3:00 Departure	19 JUNETEENTH ~ CENTER CLOSED ~	20 9:30 Morning Social & Snack 10:30 Balloon Swat & News 12:00 Hot Lunch 1:00 On Lok Nutrition Education 1:30 Chair Exercises & Snack 3:00 Departure	21 9:30 Morning Social & Snack 11:00 SPCA with Ranger! 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Sing-along! & Snack 3:00 Departure
24 9:30 Morning Social & Snack 10:30 Dart Ball & Trivia Fun 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	25 9:30 Morning Social & Snack 10:30 Tabletop Bowling 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Bingo! 3:00 Departure	26 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:15 Jeff the Crooner! 2:30 Popcorn Snack 3:00 Departure	27 9:30 Morning Social & Snack 10:30 Rolling Ball Game, States & Capitals 12:00 Hot Lunch 1:00 Pacifica Beach Field Trip 2:30 Afternoon Snack 3:00 Departure	28 9:30 Morning Social & Snack 10:30 Chair Exercises & Town Hall 12:00 Hot Lunch 1:00 Movie Matinee: <i>Kiss Me Kate</i> 2:30 Afternoon Snack 3:00 Departure
				Happy Birthday Pauline!

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.