



JULY 2024

| | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|----|-------------------|----|-------------------------|----|------------------|---|-----------------|----|----------------------------|--|
| | 1 | | 2 | Caregiver Support Group | 3 | Memory Café | 4 | PROGRAM CLOSED | 5 | | |
| Adult Day Services, San Mateo County 787 Walnut Street, San Carlos, CA 94070 650.592.9325 | | Pictionary | | News and Views | | Mad Gabs |  <p>Happy Fourth of July Our office will be closed July 4th in observance of Independence Day.</p> | | | 20 Questions | |
| | | Horseshoes | | Pickleball | | Abstract Arts | | | | Basketball | |
| | | Table Top Bowling | | Floor Bowling | | Tic Tac Golf | | | | Ping Pong | |
| | | Trivia | | 80's Music | | July 4th TRIVIA | | | | Puzzle Games | |
| | | Exercise Bands | | Chair Yoga | | Aromatherapy | | | | Sing Along | |
|  | 8 | | 9 | | 10 | | 11 | | 12 | | |
| | | Mad Gabs | | Name That Tune | | Price is Right | | Family Feud | | American Trivia | |
| | | Shuffle Board | | Trivia | | Outburst | | Ring Toss | | Horseshoes | |
| | | Cornhole | | Target Games | | Cornhole | | Basketball | | Target Games | |
| Basic Daily Program Structure | | Proverbs | | Dance to 60's Music | | Horseshoes | | Proverbs | | Balloon Toss | |
| 9:30 - 10:00 Morning Snack | | Chair Yoga | | Exercise Bands | | Chair Zumba | | Aromatherapy | | Weights Exercise | |
| 10:00 - 10:15 Mindful Check-in | 15 | | 16 | | 17 | | 18 | | 19 | | |
| 10:15 - 11:15 Exercise Group | | Word Puzzles | | News and Views | | Word Puzzles | | Hangman | | Guestures | |
| 11:15 - 11:45 Physical Activity | | Ring Toss | | Putt Putt Golf | | Volleyball | | Shuffle Board | | Fun Facts | |
| 11:45 - 12:30 Lunch | | Shuffle Board | | Bocce Ball | | Cornhole | | Floor Bowling | | Volleyball | |
| 12:30 - 1:00 Walking Club/Music | | Bowling | | Word Game | | Creative Arts | | Pickleball | | Poetry Group | |
| 1:00 - 1:30 Entertainment | | Chair Zumba | | Aromatherapy | | Weights Exercise | | Chair Yoga | | Aromatherapy | |
| 2:00 - 2:30 Sing-Along/Pictionary | 22 | | 23 | | 24 | | 25 | | 26 | Golden Tones Senior Chorus | |
| 2:30 - 2:45 Afternoon Snack | | News and Views | | Charades | | Sports Trivia | | Fun Facts | | Name 5 | |
| 2:45 - 3:00 Escort clients to buses | | Pictionary | | Tic Tac Toe | | Horseshoes | | Ring Toss | | Family Feud | |
|  | | Hot Potato | | Bocce Ball | | Shuffle Board | | Soccer | | Movie Day | |
| | | Soccer | | Water Coloring | | Sewing Group | | Volleyball | | Giant Tic Tac Toe | |
| | | Exercise Bands | | Drum Circle | | Sing Along | | Mandala Arts | | Aromatherapy | |
| "V" Jo C. 7/4 | 29 | | 30 | | 31 | | | | | | |
| "V" Kaitlin 7/5 | | Price is Right | | Truth or Myth | | Trivia | | | | | |
| Ignacio "Tito" F. 7/11 | | Pickleball | | Shuffle Board | | Kick Ball | | | | | |
| Manuel G. 7/14 | | Target Games | | Bowling Tournament | | Target Games | | | | | |
| "V" Jake K. 7/15 | | Science Club | | Pickleball | | Drum Circle | | | | | |
| Dirla N. "S" 7/30 | | Mandala Arts | | Chair Zumba | | Chair Yoga | | | | | |

Activities at the 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 preferences. We schedule activities that encourage our seniors to create, communicate, reminisce, and celebrate as well as special activities to stimulate our younger population.