


# JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Glitter Ball Pitch 2:00 Placemat Art + Snack 3:00 Departure	<b>2</b> 9:30 Morning Social + Snack 10:30 3-Hole Golf + Word in a Word 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Pantomimes + Snack 3:00 Departure	<b>3</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Matinee: Yankee Doodle Dandy 2:30 Popcorn Snack 3:00 Departure	<b>4</b> Fourth of July ~CENTER CLOSED~	<b>5</b> 9:30 Morning Social + Snack 11:00 SPCA with Suzie! 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure
<b>8</b> 9:30 Morning Social + Snack 10:30 Bowling + Names A-Z 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Pictionary + Snack 3:00 Departure	<b>9</b> 9:30 Morning Social + Snack 10:30 Knock Down Cans + Riddles 12:00 Hot Lunch 1:00 Chair Exercises + Town Hall 2:30 Afternoon Snack 3:00 Departure	<b>10</b> 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	<b>11</b> 9:30 Morning Social + Snack 10:30 Let's Play Catch 12:00 Hot Lunch 1:00 McNab Lake Field Trip 2:30 Afternoon Snack 3:00 Departure	<b>12</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Paul on the Piano! 2:30 Afternoon Snack 3:00 Departure
<b>15</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Balloon Volleyball 2:00 Card Deck Bingo + Snack 3:00 Departure	<b>16</b> 9:30 Morning Social + Snack 10:30 Ring Toss + Name Five 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	<b>17</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Putt-Putt Golf 2:30 Afternoon Snack 3:00 Departure	<b>18</b> 9:30 Morning Social + Snack 10:30 Balloon Swat + Reminiscing '40-'50's 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Travel to France + Snack 3:00 Departure	<b>19</b> 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
<b>22</b> 9:30 Morning Social + Snack 10:30 Ping Pong Fun + Slingshot 12:00 Hot Lunch 1:00 Peter on the Guitar! 2:30 Afternoon Snack 3:00 Departure	<b>23</b> 9:30 Morning Social + Snack 10:30 Tabletop Bowling 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Bingo + Snack 3:00 Departure	<b>24</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Lake Merced Field Trip 2:30 Afternoon Snack 3:00 Departure	<b>25</b> 9:30 Morning Social + Snack 10:30 Rolling Ball Game + News 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	<b>26</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + Town Hall 12:00 Hot Lunch 1:00 Bean Bag Toss 2:30 Afternoon Snack 3:00 Departure
<b>29</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Beach Ball Fun 2:30 Afternoon Snack 3:00 Departure	<b>30</b> 9:30 Morning Social + Snack 10:30 Ladder Golf + Old Wives' Tales 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	<b>31</b> 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Kickball 1:45 Let's Bake Turon 3:00 Departure	<b>Happy Birthday ~ Adela + Carol !</b>	

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.