



September 2024

This program serving the community is funded by:



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day ~CENTER CLOSED~	3 9:30 Morning Social + Snack 10:30 Bowling + Town Hall 12:30 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	4 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:30 Hot Lunch 1:00 Kickball 2:30 Afternoon Snack 3:00 Departure	5 9:30 Morning Social + Snack 10:30 Chair Exercises + Word in a Word 12:30 Hot Lunch 1:00 Twin Peaks Field Trip 2:30 Afternoon Snack 3:00 Departure	6 9:30 Morning Social + Snack 10:30 SPCA with Sukah! 12:30 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure
9 9:30 Morning Social + Snack 10:30 Putt-Putt Golf + Pictionary 12:30 Hot Lunch 1:15 Peter on the Guitar! 2:30 Afternoon Snack 3:00 Departure	10 9:30 Morning Social + Snack 10:30 Knock Down Cans + Word Chain 12:30 Hot Lunch 1:00 Chair Exercises + News 2:30 Afternoon Snack 3:00 Departure	11 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:30 Hot Lunch 1:00 Fort Funston Field Trip 2:30 Afternoon Snack 3:00 Departure	12 9:30 Morning Social + Snack 10:30 Glitter Ball + News 12:30 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	13 9:30 Morning Social + Snack 10:30 Chair Exercises + Town Hall 12:30 Hot Lunch 1:00 Dart Ball 2:30 Afternoon Snack 3:00 Departure
16 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:30 Hot Lunch 1:00 Rolling Ball Game 2:30 Afternoon Snack 3:00 Departure	17 9:30 Morning Social + Snack 10:30 Ring Toss + Name Five 12:30 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	18 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:30 Hot Lunch 1:00 Table Ball Drop 2:30 Afternoon Snack 3:00 Departure	19 9:30 Morning Social + Snack 10:30 Balloon Swat + Animals A-Z 12:30 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	20 9:30 Morning Social + Snack 11:00 SPCA with Ranger! 12:30 Hot Lunch 1:00 Chair Exercises 2:00 Sing-along + Afternoon Snack 3:00 Departure
23 9:30 Morning Social + Snack 10:30 Ladder Golf 12:30 Hot Lunch 1:00 Movie Matinee: South Pacific 1 2:00 Bingo + Afternoon Snack 3:00 Departure	24 9:30 Morning Social + Snack 10:30 Tabletop Bowling + News 12:30 Hot Lunch 1:00 The Billos Entertain! 2:30 Popcorn Snack 3:00 Departure	25 9:30 Morning Social + Snack 10:30 Chair Exercises + On Lok Nutrition 12:30 Hot Lunch 1:00 Movie Matinee: South Pacific 2 2:30 Afternoon Snack 3:00 Departure	26 9:30 Morning Social + Snack 10:30 3-hole Golf + News 12:30 Hot Lunch 1:00 Chair Exercises 2:30 Popcorn Snack 3:00 Departure	27 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:30 Hot Lunch 1:15 Beach Ball Fun 2:30 Afternoon Snack 3:00 Departure
30 9:30 Morning Social + Snack 10:30 Chair Exercises 12:30 Hot Lunch 1:15 Bean Bag Toss 2:30 Afternoon Snack 3:00 Departure				Happy Birthday ~ Adrienne + Nora our volunteers!

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.