


October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Morning Social + Snack 10:30 Bean Bag Toss 12:00 Hot Lunch 1:00 Paul Entertains! 2:30 Afternoon Snack 3:00 Departure	2 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	3 9:30 Morning Social + Snack 10:30 Bowling + Names A-Z 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	4 9:30 Morning Social + Snack 10:30 SPCA with Sukha! 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure
7 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Balloon Volleyball 2:00 Afternoon Snack 3:00 Departure	8 9:30 Morning Social + Snack 10:30 Knock Down Cans + Riddles 12:00 Hot Lunch 1:00 Chair Exercises + Town Hall 2:30 Card Deck Bingo + Snack 3:00 Departure	9 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	10 9:30 Morning Social + Snack 10:30 Let's Play Catch + Pictionary 12:00 Hot Lunch 1:00 Montara Beach Field Trip 2:30 Afternoon Snack 3:00 Departure	11 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Matinee: <i>7 Brides for 7 Brothers</i> 2:30 Popcorn Snack 3:00 Departure
14 ~Staff Training~ CENTER CLOSED	15 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	16 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	17 9:30 Morning Social + Snack 10:30 Balloon Swat + Reminiscing '40-'50's 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Armchair Travel to Africa + Snack 3:00 Departure	18 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
21 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 3-Hole Golf 2:30 Afternoon Snack 3:00 Departure	22 9:30 Morning Social + Snack 10:30 Tabletop Bowling 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Bingo + Snack 3:00 Departure	23 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Mussel Beach Field Trip 2:30 Afternoon Snack 3:00 Departure	24 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	25 9:30 Morning Social + Snack 10:30 Chair Exercises + Town Hall 12:00 Hot Lunch 1:00 Horse Racing 2:30 Afternoon Snack 3:00 Departure
28 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	29 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	30 9:30 Morning Social + Snack 10:30 Chair Exercises + News 12:00 Hot Lunch 1:00 Kickball 2:30 Afternoon Snack 3:00 Departure	31 9:30 Morning Social + Snack 10:30 Glitter Ball Pitch 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Halloween Party + Snack 3:00 Departure	Happy Birthday ~ Mary Lou!

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.