




November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 Happy Thanksgiving			HAPPY BIRTHDAY! Beatriz, Frances, Nohemy & Teresa (our volunteer)	1 9:30 Morning Social & Snack 10:30 SPCA with Otis! 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure
4 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Balloon Volleyball 2:30 Afternoon Snack 3:00 Departure	5 9:30 Morning Social & Snack 10:30 Putt-Putt Golf & Town Hall 12:00 Hot Lunch 1:00 Lands End Field Trip 2:30 Card Deck Bingo & Snack 3:00 Departure	6 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	7 9:30 Morning Social & Snack 10:30 Bean Bag Toss & News 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	8 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Tabletop Bowling 2:30 Afternoon Snack 3:00 Departure
11 9:30 Morning Social & Snack 10:30 Knock Down Cans & News 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Honoring Our Veterans & Snack 3:00 Departure	12 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	13 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Kickball 2:30 Afternoon Snack 3:00 Departure	14 9:30 Morning Social & Snack 10:30 Balloon Swat & Reminiscing '40-'50's 12:00 Hot Lunch 1:00 Billos Entertain! 2:30 Afternoon Snack 3:00 Departure	15 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
18 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	19 9:30 Morning Social & Snack 10:30 Mini-basketball 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Bingo & Snack 3:00 Departure	20 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Pacifica Beach Field Trip 2:30 Afternoon Snack 3:00 Departure	21 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	22 9:30 Morning Social & Snack 10:30 Chair Exercises & Town Hall 12:00 Hot Lunch 1:00 Movie Matinee: <i>Meet Me in St. Louis</i> 2:30 Popcorn Snack 3:00 Departure
25 9:30 Morning Social & Snack 10:30 Ladder Golf & Silingshot 12:00 Hot Lunch 1:00 Peter on the Guitar! 2:30 Afternoon Snack 3:00 Departure	26 9:30 Morning Social & Snack 10:30 Bowling & Old Wives' Tales 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	27 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Celebrate Thanksgiving! 2:30 Afternoon Snack 3:00 Departure	28 Happy Thanksgiving! ~CENTER CLOSED~	29 Happy Thanksgiving! ~CENTER CLOSED~

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.