

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday Anita, Hanan & Pura!		1 ~ Happy New Year! ~ CENTER CLOSED	2 9:30 Morning Social & Snack 10:30 Bowling & News 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	3 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
6 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Peter Entertains! 2:00 Afternoon Snack 3:00 Departure	7 9:30 Morning Social & Snack 10:30 Knock Down Cans 12:00 Hot Lunch 1:00 Twin Peaks Field Trip 2:30 Card Deck Bingo & Snack 3:00 Departure	8 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	9 9:30 Morning Social & Snack 10:30 Catch It! 12:00 Hot Lunch 1:00 Chair Exercises & Town Hall 2:30 Afternoon Snack 3:00 Departure	10 9:30 Morning Social & Snack 10:30 SPCA with Ranger! 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Popcorn Snack 3:00 Departure
13 9:30 Morning Social & Snack 10:30 Table Ball Drop 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	14 9:30 Morning Social & Snack 10:30 Ring Toss 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	15 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	16 9:30 Morning Social & Snack 10:30 Balloon Swat 12:00 Hot Lunch 1:00 Chair Exercises 2:00 ArmChair Travel to & Snack 3:00 Departure	17 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Movie Matinee: <i>Grease!</i> 2:00 Honoring MLK & Snack 3:00 Departure
20 Martin Luther King Day CENTER CLOSED	21 9:30 Morning Social & Snack 10:30 Tabletop Bowling 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Bingo & Snack 3:00 Departure	22 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Fort Funston Field Trip 2:30 Afternoon Snack 3:00 Departure	23 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	24 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
27 9:30 Morning Social & Snack 10:30 Ping Pong Fun 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	28 9:30 Morning Social & Snack 10:30 Ladder Golf 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	29 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Kickball 2:30 Celebrate Chinese New Year & Snack 3:00 Departure	30 9:30 Morning Social & Snack 10:30 Glitter Ball Pitch 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	31 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Paul Entertains! 2:30 Afternoon Snack 3:00 Departure

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.