



April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Morning Social & Snack 10:30 Glitter Ball Pitch & News 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	2 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	3 9:30 Morning Social & Snack 10:30 Bowling & News 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	4 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Mini-basketball 2:30 Afternoon Snack 3:00 Departure
7 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Peter Entertains! 2:30 Afternoon Snack 3:00 Departure	8 9:30 Morning Social & Snack 10:30 Knock Down Cans & News 12:00 Hot Lunch 1:00 Chair Exercises & Town Hall 2:30 Afternoon Snack 3:00 Departure	9 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	10 9:30 Morning Social & Snack 10:30 Kickball & News 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	11 9:30 Morning Social & Snack 10:30 SPCA with Ranger! 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure
14 9:30 Morning Social & Snack 10:30 Ping Pong Fun & News 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	15 9:30 Morning Social & Snack 10:30 Ring Toss & News 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	16 9:30 Morning Social & Snack 10:30 Conservatory of Music Concert 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	17 STAFF TRAINING CENTER CLOSED	18 GOOD FRIDAY CENTER CLOSED
21 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Rolling Ball Game 2:30 Afternoon Snack 3:00 Departure	22 9:30 Morning Social & Snack 10:30 Tabletop Bowling & News 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Bingo & Afternoon Snack 3:00 Departure	23 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	24 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Matinee: "Tiva Las Vegas!" 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 Bean Bag Toss 2:30 Afternoon Snack 3:00 Departure
28 9:30 Morning Social & Snack 10:30 Putt-Putt Golf & News 12:00 Hot Lunch 1:00 McNab Lake Field Trip 2:30 Afternoon Snack 3:00 Departure	29 9:30 Morning Social & Snack 10:30 Ladder Golf & News 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	30 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		Happy Birthday, Frank, Leff, Corine, Fanny & Diane!

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.