



# May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday, Adriana!		 With Honor & Gratitude We Remember	1 9:30 Morning Social & Snack 10:30 <b>Glitter Ball Pitch</b> 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	2 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Balloon Volleyball</b> 2:30 Afternoon Snack 3:00 Departure
5 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Bowling</b> 2:30 Afternoon Snack 3:00 Departure	6 9:30 Morning Social & Snack 10:30 <b>Ladder Golf</b> 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	7 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Tic-Tac-Toe</b> 2:30 Afternoon Snack 3:00 Departure	8 9:30 Morning Social & Snack 10:30 <b>Knock Down Cans</b> 12:00 Hot Lunch 1:00 Chair Exercises 2:30 Afternoon Snack 3:00 Departure	9 9:30 Morning Social & Snack 10:30 <b>SPCA with Ranger!</b> 12:00 Hot Lunch 1:00 <b>Happy Mother's Day w/The Billos!</b> 2:30 Afternoon Snack 3:00 Departure
12 9:30 Morning Social & Snack 10:30 <b>Kickball</b> 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	13 9:30 Morning Social & Snack 10:30 <b>San Carlos Field Trip</b> 12:00 Hot Lunch 1:00 Fun in San Carlos! 2:30 Afternoon Snack 3:00 Departure	14 9:30 Morning Social & Snack 10:30 Chair Exercises & <b>Town Hall</b> 12:00 Hot Lunch 1:00 <b>Ballon Swat</b> 2:30 Afternoon Snack 3:00 Departure	15 9:30 Morning Social & Snack 10:30 <b>Ring Toss</b> 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	16 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Beach Ball Fun</b> 2:30 Afternoon Snack 3:00 Departure
19 9:30 Morning Social & Snack 10:30 Chair Exercises 12:00 Hot Lunch 1:00 <b>Bean Bag Toss</b> 2:30 Afternoon Snack 3:00 Departure	20 9:30 Morning Social & Snack 10:30 <b>Rolling Ball Game</b> 12:00 Hot Lunch 1:00 Chair Exercises & News 2:30 Afternoon Snack 3:00 Departure	21 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Garden Walk</b> 2:30 Afternoon Snack 3:00 Departure	22 9:30 Morning Social & Snack 10:30 <b>Tabletop Bowling</b> 12:00 Hot Lunch 1:00 Chair Exercises & News 2:00 <b>Bingo</b> & Afternoon Snack 3:00 Departure	23 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Matinee: "High Society"</b> 2:30 Popcorn Snack 3:00 Departure
26 MEMORIAL DAY ~ CENTER CLOSED ~	27 9:30 Morning Social & Snack 10:30 <b>Ping Pong Fun</b> 12:00 Hot Lunch 1:00 <b>Peter Entertains!</b> 2:30 Afternoon Snack 3:00 Departure	28 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Lake Merced Field Trip</b> 2:30 Afternoon Snack 3:00 Departure	29 9:30 Morning Social & Snack 10:30 <b>Putt-Putt Golf</b> 12:00 Hot Lunch 1:00 Chair Exercises & <b>Town Hall</b> 2:30 Afternoon Snack 3:00 Departure	30 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 <b>Dart Ball</b> 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.