







<div><p>Catholic Charities MARIN • SAN FRANCISCO • SAN MATEO</p></div> <div>The Carl Gellert & Celia Berta Gellert Foundation Adult Day Services, San Mateo County 787 Walnut Street, San Carlos, CA 94070 650.592.9325</div> <div><p>Goodbye August. <i>Hello</i> <i>September!</i></p></div> <div>Basic Daily Program Structure 9:30 - 10:00 Morning Snack 10:00 - 10:15 Mindful Check-in 10:15 - 11:15 Exercise Group 11:15 - 11:45 Physical Activity 11:45 - 12:30 Lunch 12:30 - 1:00 Walking Club/Music 1:00 - 1:30 Entertainment 2:00 - 2:30 Sing-Along/Pictionary 2:30 - 2:45 Afternoon Snack 2:45 - 3:00 Usher clients to buses</div> <div><p>Let's Celebrate</p></div> <div>Wes T. 9/24 9/1 Labor Day Holiday 9/11 Patriot Day</div>		<h1>SEPTEMBER 2025</h1>									
		Monday		Tuesday		Wednesday		Thursday		Friday	
1	PROGRAM CLOSED	2	Caregiuer Support Group	3	Memory Café	4	Pet Therapy	5			
		News & Views Tic Tac Golf Bocceball Aromatherapy Scarves Exercise		Mindbenders Cup Bowling Pickleball Dominoes Water Bottle Exercise		Charades Soccer Tournament Corn Hole Aromatherapy Sing Along		Hangman 4 in A Row Basketball Word Games Exercise Bands			
8		9		10		11	Pet Therapy	12			
Mad Gabs Pickleball Spin The Arrow Poetry Group Chair Zumba		Crosswords Target Games Floor Bowling Pictionary Drumming Circle		Corn Hole Volleyball Outburst Sing Along Abstract Art Collage		Fun Facts Ring Toss Putt Putt Golf Aroma Therapy Exercise Bands		Word Scramble Shuffleboard Cup Bowling Parachute Sing Along			
15		16		17		18	Pet Therapy	19			
Senior Trivias Bocceball Corn Hole Water Coloring Bottle Exercise		Outburst Kickball Horseshoes Soccer Tournament Name That Tune		20 Questions Chair Volleyball Bocce ball Password Drumming Circle		Price Is Right Ring Toss Pickleball Find The Difference Scarves Exercise		Name 5 Things Kickball Tic Tac Toe Fun Facts Dance to 70's Music			
22		23		24		25	Pet Therapy	26	Golden Tone Chorus		
Deal Or No Deal Target Games Pickleball Poetry Group Chair Zumba		Truth or Myth Corn Hole Ring Toss Parachute Water Bottle Exercise		Trivia Pursuit Horseshoes Colored Pins Bowling Kickball Pool Noodle Exercise		Guesstures Tic Tac Golf Floor Bowling Bocce Ball Exercise Bands		What's Your Occupation Ring Toss Chair Volleyball Charades Scarves Exercise			
29		30									
Current Events Ring Toss Floor Bowling Aromatherapy Sing Along		News & Views Bocce Ball Chair Volleyball Pictionary Drumming Circle									
Activities at the Catholic Charities Adult Day Services are provided five (5) days per week. We offer a variety of activities that spark excitement in our senior's lives. They are based on our senior's capabilities, physical health and behavioral status - and of course, their personal preferences. We schedule activities that encourage our seniors to create, communicate, reminisce, and celebrate - as well as special activities to stimulate our younger population.											

REMINDERS:

Caregiuer Support Group - FIRST Tue each month

Memory Café - first Wed each month

Golden Tones Chorus - last FRI each month