



Catholic Charities Adult Day Services
50 Broad Street * San Francisco, CA * 94112
Phone: (415) 452-3500



Daily Schedule:

9:30-10:30 --- Morning Social & Snack
10:45-11:30 --- Chair Exercises
11:30-12:00 --- History, News & Mind Games
12:00-1:00 --- Hot Lunch
1:00-1:45 --- Physical Games
1:45-2:30 --- Creative Arts, Bingo, Trivia
2:30-2:40 --- Afternoon Social & Snack



**Merlina
&
Mary Lou!**

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		¹ Glitter Ball Pitch Garden Walk	² Bowling Double EE Words	³ Balloon Volleyball Name That Tune
⁶ Peter on the Guitar!	⁷ Ring Toss Spot the Difference	⁸ Lands End Field Trip	⁹ Dart Ball Town Hall	¹⁰ SPCA with Ranger Sing-Along!
¹³ ~Staff Training~ CENTER CLOSED Indigenous People's Day	¹⁴ Knock Down Cans Pictionary	¹⁵ Beach Ball Fun Afternoon in Venice	¹⁶ Balloon Swat Word in a Word	¹⁷ Ping Pong Fun Bingo
²⁰ Mini-basketball Jewelry-making	²¹ Ladder Golf Pantomimes	²² Paul on the Piano!	²³ Rolling Ball Game Riddle Time	²⁴ Bean Bag Toss Town Hall
²⁷ Putt-Putt Golf States & Capitals	²⁸ Movie Matinee: <i>"Big"</i>	²⁹ Tabletop Bowling You Be the Judge	³⁰ Target Bull's Eye Name Five	³¹ Halloween Party! Karaoke!

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.