



March 2026



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



Daily Schedule:

- 9:40-10:30 -- Morning Social & Snack
- 10:30-11:15 -- Exercise Group
- 11:15-12:00 -- This Day in History, Word Games, & Number Games
- 12:00-1:00 -- Lunch
- 1:00-1:25 -- Hand/Eye Coordination Game & Walking Group
- 1:25-1:50 -- Creative Arts Activity
- 1:50-2:15 -- News & Views
- 2:15-2:40 -- Afternoon Social & Snack



Ranger!
 (SPCA)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Balloon Circle Spot the Difference	3 Beach Ball Fun Town Hall	4 Putt-Putt Golf Name Five	5 Paul on the Guitar & Piano!	6 International Women's Day Celebration!
9 Rolling Ball Game Pictionary	10 Bowling Pantomimes	11 Target Bull's Eye Riddle Time	12 Pacifica Beach Field Trip	13 Knock Down Cans Trivia Fun
16 Kickball Travel to Ireland	17 St. Patrick's Day Party with Marian & Mike!	18 Basketball Name That Tune	19 Balloon Volleyball Bingo!	20 Glitter Ball Pitch Karaoke
23 Bean Bag Toss Jewelry-making	24 Movie Matinee: "Groundhog Day"	25 Wilhelmina's Garden Field Trip	26 Ring Toss Town Hall	27 Dart Ball Sing-along!
30 Ping Pong Fun Easter Egg Coloring	31 Ladder Golf States & Capitals			

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.