



May 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



**Valor
(Volunteer)**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Target Bull's Eye States & Capitals
4 Balloon Circle Spot the Difference	5 Celebrating Older Americans Month	6 Conservatory of Music Performance! Town Hall	7 Rockaway Beach Field Trip	8 SPCA with Ranger Mother's Day Party!
11 Kickball Trivia Time	12 Ladder Golf Afternoon in Paris!	13 Basketball Name Five	14 Balloon Volleyball Bingo!	15 Marian & Mike Entertain!
18 Bean Bag Toss Jewelry-making	19 Bowling Pantomimes	20 Glitter Ball Pitch Pictionary	21 Ring Toss Karaoke	22 Twin Peaks Field Trip
25 MEMORIAL DAY CENTER CLOSED	26 Peter on the Guitar!	27 Movie Matinee: "Bride & Prejudice"	28 Knock Down Cans Town Hall	29 Dart Ball Sing-along!
This program serving the community is funded by:  SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services				

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.