



JUNE 2026

	Mindfulness Monday	Togetherness Tuesday	Wisdom Wednesday	Throwback Thursday	Fitness Friday
1	2	3	4	5	
Facility License # 410 504 131	Caregiver Support Group	Burlingame Memory Café	Pet Therapy		
The Carl Gellert & Celia Berta Gellert Foundation Adult Day Services, San Mateo County 787 Walnut Street, San Carlos, CA 94070 650.592.9325	Current Events Ring Toss Floor Bowling Aromatherapy Sing Along Intro to Tai Chi Exercises	News & Views Tic Tac Golf Bocceball Corn Hole Scarves Exercise Intro to Tai Chi Exercises	Mindbenders Cup Bowling Pickleball Dominoes Water Bottle Exercise Intro to Tai Chi Exercises	Charades Soccer Tournament Card Games Aromatherapy Sing Along Intro to Tai Chi Exercises	Aromatherapy 4 in A Row Basketball Word Games Exercise Bands Intro to Tai Chi Exercises
	8	9	10	11	12
Fire Drill	Mad Gabs Pickleball Spin The Arrow Poetry Group Chair Zumba Intro to Tai Chi Exercises	Crosswords Target Games Floor Bowling Pictionary Drumming Circle Intro to Tai Chi Exercises	Corn Hole Volleyball Outbursts Sing Along Abstract Art Collage Intro to Tai Chi Exercises	Pet Therapy Fun Facts Ring Toss Putt Putt Golf Aromatherapy Cards and Dominoes Intro to Tai Chi Exercises	Word Scramble Shuffleboard Cup Bowling Parachute Sing Along Balloon Volleyball
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	15	16	17	18	19
	Hot Potato Mad Gabs Corn Hole Drumming Circle Exercise Bands Tai Chi Exercises	Outbursts Kickball Horseshoes Soccer Tournament Name That Tune Tai Chi Exercises	Belmont Memory Café 20 Questions Chair Volleyball Bocceball Password Drumming Circle Tai Chi Exercises	Pet Therapy Juneteenth Facts & Trivia Ring Toss Pickleball Find The Difference Scarf Exercise Father's Day Trivia	PROGRAM CLOSED
	22	23	24	25	26
	Deal Or No Deal Target Games Pickleball Poetry Group Chair Zumba Tai Chi Exercises	Truth or Myth Corn Hole Ring Toss Parachute Water Bottle Exercise Tai Chi Exercises	Pictionary Target Games Parachute Chair Zumba Chair Volleyball Tai Chi Exercises	Pet Therapy Parachute Bocceball Corn Hole Water Coloring Exercise Tai Chi Exercises	Golden Tones Chorus Trivial Pursuit Chair Yoga Colored Pins Bowling Kickball Pool Noodle Exercise Dance to 70's Music
Birthdays & Special Celebrations Paula O. 6/11 Madeleine H. 6/17 Summer Solstice 6/20 Korean War 6/25	29	30			
	Table Top Bowling Pickleball Find The Difference Parachute Dance to 80's Music Tai Chi Exercises	90's Trivia Corn Hole Horseshoes Exercise Bands Chair Yoga Tai Chi Exercises			

Activities at the Catholic Charities Adult Day Services are provided five (5) days per week. We offer a variety of activities to 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 engage, communicate, reminisce and celebrate - as well as special activities to stimulate our younger population.

Program partially funded by:



REMINDERS: Caregiver Support Group - FIRST Tue each month

Memory Café - first Wed each month
Golden Tones Chorus - last FRI each month