



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



Adrienne,
 Nelson, Bob,
 Nora & Virginia!

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 "Mind Games" with Sammy!	2 Basketball Town Hall	3 Bowling Name That Star!	4 Ladder Golf Drumming Circle
7 LABOR DAY ~ CENTER CLOSED ~	8 "Mind Games" with Sammy! Paul on the Piano!	9 Rolling Ball What Am I?	10 Balloon Volleyball Kristin's On Lok Nutrition Talk	11 SPCA with Ranger! Town Hall
14 Kickball Arts & Crafts	15 Balloon Swat Puzzle Fun	16 Bean Bag Toss Spot the Difference	17 Movie Matinee: <i>"Wedding Crashers"</i>	18 Dart Ball Sing-along!
21 Celebrate International Peace Day!	22 Target Bull's Eye Pantomimes	23 Balloon Circle Jewelry-making	24 Knock Down Cans Bingo!	25 Octoband Fun Karaoke
28 Garden Walk Pictionary	29 Marian & Mike Entertain! Town Hall	30 Pacifica Beach Field Trip		
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services This program serving the community is funded by:				

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.