



October 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



Hugh,
Beverly &
Cerlina!

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ Bowling Name That Star!	² Ladder Golf Drumming Circle
⁵ Bean Bag Toss Puzzle Fun	⁶ Peter on the Guitar!	⁷ Rolling Ball Pictionary	⁸ Balloon Volleyball Name Five	⁹ SPCA with Ranger! Town Hall
¹² Staff Training ~Center Closed~	¹³ Balloon Swat Garden Walk	¹⁴ Kickball Spot the Difference	¹⁵ Movie Matinee: <i>Grumpy Old Men</i>	¹⁶ Dart Ball Sing-along!
¹⁹ Hawaiian Sit & Dance Halloween Art	²⁰ Target Bull's Eye Pantomimes	²¹ Balloon Circle Jewelry-making	²² Knock Down Cans Bingo!	²³ Lands End Field Trip
²⁶ Ring Toss Who Am I?	²⁷ Putt-Putt Golf States & Capitals	²⁸ Octoband Fun Town Hall	²⁹ Mini-Basketball Trivia Time	³⁰ Halloween Party with Paul on the Piano!
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.