November 2026

Catholic Charities
ADULT DAY SERVICES
SAN FRANCISCO

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



Teresa, Francesca & Rosa Lee!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Balloon Circle Color Cornucopias	3 Knock Down Cans Bingo!	4 Kickball Spot the Difference	5 Marian & Mike Entertain!	6 Mini-Basketball Pictionary
9 Bean Bag Toss Puzzle Fun	10 Todd & Friends Jazz!	11 Ring Toss Town Hall	12 Yoga with Fernanda!	13 SPCA with Ranger!
16 Ladder Golf Who Am I?	17 Movie Matinee: *"Annie"*	18 Target Bull's Eye Pantomimes	19 Yoga with Fernanda!	20 Octoband Fun Drumming Circle
23 Rolling Ball States & Capitals	24 Peter on the Guitar!	25 McNab Lake Field Trip	26 HAPPY THANKSGIVING! ~Center Closed~	27 HAPPY THANKSGIVING! ~Center Closed~
30 Dart Ball Town Hall				

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.