

May 2020  
Assisted Living Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>May cont'd</div> <div>31</div> <div><div>9:00 🦋 Catholic Mass [LR1]</div><div>10:00 🦋 Thoughts of Gratitude [LR1]</div><div>10:30 ☀️ Sit &amp; Be Fit [LR1]</div><div>11:00 🎲 Current Events [LR1]</div><div>1:00 🕒 Historical Video..... [LR1]</div><div>2:00 ☀️ Trivia [LR1]</div><div>3:00 🎵 Sing a Long [LR1]</div><div>4:00 ☀️ Bowling [LR1]</div></div>	<div><div>Villa at Castro Valley</div><div>Assisted Living &amp; Memory Care</div><div></div></div> <div>4</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Finish the Phrase [LR1]</div><div>1:00 📺 Nature Video [LR1]</div><div>2:00 🎲 Bingo [LR1]</div><div>3:00 🦋 Yoga [LR1]</div><div>3:30 ☀️ Games of Your Choice [LR1]</div><div>4:30 ❤️ Music of Your Choice [LR1]</div></div>	<div>5</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Resident Room Visits</div><div>11:00 🎵 Sing a Long [LR1]</div><div>12:00 🎵 Cinco De Mayo Lunch Celebration</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Linked/Senior W/ iPads [LR1]</div><div>2:30 🎲 Where in the World? [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:30 🕒 Games [LR1]</div><div>4:00 🎲 History of the Bay Area ~ Meet Rm 101</div><div>4:30 🎲 Music ~ Resident Choice [LR1]</div></div>	<div>6</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Games of Your Choice [LR1]</div><div>1:30 🎲 Arts &amp; Crafts [LR1]</div><div>2:30 🕒 Bingo</div><div>3:00 📺 Gardening [G]</div><div>3:30 🦋 Yoga [LR1]</div><div>4:00 🦋 Book Club ~ Meet in Room 101</div><div>4:00 🎲 Music of Benny Goodman [LR1]</div></div>	<div>7</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Funny Pet Videos [LR1]</div><div>11:00 🕒 Resident Room Visits</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Bowling [LR1]</div><div>2:30 ☀️ Yoga [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:00 Sing Fit</div><div>4:00 🎲 "NEW" Open Forum ~ Meet in Room 101</div><div>4:00 📺 Where Should We Go? [LR1]</div><div>5:00 🎲 Evening Movie [LR1]</div></div>	<div>8</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>1:30 🎲 Sing Fit [LR1]</div><div>3:00 🎲 Happy Hour [LR1]</div><div>04:00 🎲 Telling Stories [LR1]</div><div>05:00 🎲 Evening Movie [LR1]</div></div>	<div>9</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🕒 Conversations [LR1]</div><div>1:00 Nature Video</div><div>1:30 🕒 Music from the Musical "West Side Story" [LR1]</div><div>2:30 🎲 Gardening [G]</div><div>3:00 🎲 Saturday Matinee [LR1]</div></div>
<div>Mother's Day</div> <div>10</div> <div><div>9:00 🦋 Catholic Mass [LR1]</div><div>10:00 🦋 Thoughts of Gratitude [LR1]</div><div>10:30 ☀️ Sit &amp; Be Fit [LR1]</div><div>11:00 🎲 Current Events [LR1]</div><div>12:00 🎲 Mother's Day Luncheon</div><div>1:00 🕒 Historical Video..... [LR1]</div><div>2:00 ☀️ Trivia [LR1]</div><div>3:00 🎵 Sing a Long [LR1]</div><div>4:00 ☀️ Bowling [LR1]</div></div>	<div>11</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Finish the Phrase [LR1]</div><div>1:00 📺 Nature Video [LR1]</div><div>2:00 🎲 Bingo [LR1]</div><div>3:00 🦋 Yoga [LR1]</div><div>3:30 ☀️ Games of Your Choice [LR1]</div><div>4:30 ❤️ Music of Your Choice [LR1]</div></div>	<div>12</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Resident Room Visits</div><div>11:00 🎵 Sing a Long [LR1]</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Linked/Senior W/ iPads [LR1]</div><div>2:30 🎲 Where in the World? [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:30 🕒 Games [LR1]</div><div>4:00 🎲 History of the Bay Area ~ Meet Rm 101</div><div>4:30 🎲 Music ~ Resident Choice [LR1]</div></div>	<div>13</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Games of Your Choice [LR1]</div><div>1:30 🎲 Arts &amp; Crafts [LR1]</div><div>2:30 🎲 Bingo [LR1]</div><div>2:30 🕒 Bingo</div><div>3:00 📺 Gardening [G]</div><div>3:30 🦋 Yoga [LR1]</div><div>4:00 🦋 Book Club ~ Meet in Room 101</div><div>4:00 🎲 Music of Bing Crosby [LR1]</div></div>	<div>14</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Funny Pet Videos [LR1]</div><div>11:00 🎲 Pet Funny Videos [LR1]</div><div>11:00 🕒 Resident Room Visits</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Bowling [LR1]</div><div>2:30 ☀️ Yoga [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:00 Sing Fit</div><div>4:00 🎲 "NEW" Open Forum ~ Meet in Room 101</div><div>4:00 📺 Where Should We Go? [LR1]</div><div>5:00 🎲 Evening Movie [LR1]</div></div>	<div>15</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>1:30 🎲 Sing Fit [LR1]</div><div>3:00 🎲 Happy Hour [LR1]</div><div>04:00 🎲 Telling Stories [LR1]</div><div>05:00 🎲 Evening Movie [LR1]</div></div>	<div>16</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🕒 Conversations [LR1]</div><div>1:00 Nature Video</div><div>1:30 🕒 Music from the Musical "My Fair Lady" [LR1]</div><div>2:30 🎲 Gardening [G]</div><div>3:00 🎲 Saturday Matinee [LR1]</div></div>
<div>17</div> <div><div>9:00 🦋 Catholic Mass [LR1]</div><div>10:00 🦋 Thoughts of Gratitude [LR1]</div><div>10:30 ☀️ Sit &amp; Be Fit [LR1]</div><div>11:00 🎲 Current Events [LR1]</div><div>1:00 🕒 Historical Video..... [LR1]</div><div>2:00 ☀️ Trivia [LR1]</div><div>3:00 🎵 Sing a Long [LR1]</div><div>4:00 ☀️ Bowling [LR1]</div></div>	<div>18</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Finish the Phrase [LR1]</div><div>1:00 📺 Nature Video [LR1]</div><div>2:00 🎲 Bingo [LR1]</div><div>3:00 🦋 Yoga [LR1]</div><div>3:30 ☀️ Games of Your Choice [LR1]</div><div>4:30 ❤️ Music of Your Choice [LR1]</div></div>	<div>19</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Resident Room Visits</div><div>11:00 🎵 Sing a Long [LR1]</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Linked/Senior W/ iPads [LR1]</div><div>2:30 🎲 Where in the World? [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:30 🕒 Games [LR1]</div><div>4:00 🎲 History of the Bay Area ~ Meet Rm 101</div><div>4:30 🎲 Music ~ Resident Choice [LR1]</div></div>	<div>20</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Games of Your Choice [LR1]</div><div>1:30 🎲 Arts &amp; Crafts [LR1]</div><div>2:30 🎲 Bingo [LR1]</div><div>2:30 🕒 Bingo</div><div>3:00 📺 Gardening [G]</div><div>3:30 🦋 Yoga [LR1]</div><div>4:00 🦋 Book Club ~ Meet in Room 101</div><div>4:00 🎲 Music of Nat King Cole [LR1]</div></div>	<div>21</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Funny Pet Videos [LR1]</div><div>11:00 🕒 Resident Room Visits</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Bowling [LR1]</div><div>2:30 ☀️ Yoga [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:00 Sing Fit</div><div>4:00 🎲 "NEW" Open Forum ~ Meet in Room 101</div><div>4:00 📺 Where Should We Go? [LR1]</div><div>5:00 🎲 Evening Movie [LR1]</div></div>	<div>22</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>1:30 🎲 Sing Fit [LR1]</div><div>3:00 🎲 Happy Hour [LR1]</div><div>04:00 🎲 Telling Stories [LR1]</div><div>05:00 🎲 Evening Movie [LR1]</div></div>	<div>23</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🕒 Conversations [LR1]</div><div>1:00 Nature Video</div><div>1:30 🕒 Music from the Musical "Music Man" [LR1]</div><div>2:30 🎲 Gardening [G]</div><div>3:00 🎲 Saturday Matinee [LR1]</div></div>
<div>24</div> <div><div>9:00 🦋 Catholic Mass [LR1]</div><div>10:00 🦋 Thoughts of Gratitude [LR1]</div><div>10:30 ☀️ Sit &amp; Be Fit [LR1]</div><div>11:00 🎲 Current Events [LR1]</div><div>1:00 🕒 Historical Video..... [LR1]</div><div>2:00 ☀️ Trivia [LR1]</div><div>3:00 🎵 Sing a Long [LR1]</div><div>4:00 ☀️ Bowling [LR1]</div></div>	<div>25</div> <div><div>Memorial Day</div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Finish the Phrase [LR1]</div><div>12:00 🎵 Memorial Day BBQ</div><div>1:00 📺 Nature Video [LR1]</div><div>2:00 🎲 Bingo [LR1]</div><div>3:00 🦋 Yoga [LR1]</div><div>3:30 ☀️ Games of Your Choice [LR1]</div><div>4:30 ❤️ Music of Your Choice [LR1]</div></div>	<div>26</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🕒 Resident Room Visits</div><div>11:00 🎵 Sing a Long [LR1]</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Linked/Senior W/ iPads [LR1]</div><div>2:30 🎲 Where in the World? [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:30 🕒 Games [LR1]</div><div>4:00 🎲 History of the Bay Area ~ Meet Rm 101</div><div>4:30 🎲 Music ~ Resident Choice [LR1]</div></div>	<div>27</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Games of Your Choice [LR1]</div><div>1:30 🎲 Arts &amp; Crafts [LR1]</div><div>2:30 🎲 Bingo [LR1]</div><div>2:30 🕒 Bingo</div><div>3:00 📺 Gardening [G]</div><div>3:30 🦋 Yoga [LR1]</div><div>4:00 🦋 Book Club ~ Meet in Room 101</div><div>4:00 🎲 Music of Doris Day [LR1]</div></div>	<div>28</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>9:30 🕒 Juice &amp; Chat [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🕒 Funny Pet Videos [LR1]</div><div>11:00 🎲 Pet Funny Videos [LR1]</div><div>11:00 🕒 Resident Room Visits</div><div>1:00 ☀️ Walking Group ~ Meet in Reception Area</div><div>1:30 🎲 Bowling [LR1]</div><div>1:30 🎲 Resident Council Meeting [LR2]</div><div>2:30 ☀️ Yoga [LR1]</div><div>3:00 🕒 Resident Room Visits</div><div>3:00 Sing Fit</div><div>4:00 🎲 "NEW" Open Forum ~ Meet in Room 101</div><div>4:00 📺 Where Should We Go? [LR1]</div><div>5:00 🎲 Evening Movie [LR1]</div></div>	<div>29</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>11:00 🎲 Trivia [LR1]</div><div>1:30 🎲 Sing Fit [LR1]</div><div>3:00 🎲 Happy Hour [LR1]</div><div>04:00 🎲 Telling Stories [LR1]</div><div>05:00 🎲 Evening Movie [LR1]</div></div>	<div>30</div> <div><div>9:00 ☀️ Sit &amp; Be Fit [LR1]</div><div>10:00 🎲 Current Events [LR1]</div><div>11:00 🕒 Conversations [LR1]</div><div>1:00 Nature Video</div><div>1:30 🕒 Music from the Musical "Sound of Music" [LR1]</div><div>2:30 🎲 Gardening [G]</div><div>3:00 🎲 Saturday Matinee [LR1]</div></div>

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