May 2020 Assisted Living	Activities					created with
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Catholic Mass [LR1] 10:00 Thoughts of Gratitude [LR1] 10:30 Sit & Be Fit [LR1] 11:00 Current Events [LR1] 1:00 Historical Video [LR1] 2:00 Trivia [LR1] 3:00 Sing a Long [LR1] 4:00 Bowling [LR1]	Villa at Castro Valley Assisted Living & Memory	Connected Emotional Intellectual Physical Purposeful Social Spiritual	Location Keys Garden G Living Room 1st Floor LR1 Living Room 2nd Floor LR2		9:00	9:00 Sit & Be Fit [LR1] 10:00 Current Events [LR1] 11:00 Conversations [LR1] 1:00 Nature Video 1:30 Famous American Composers & Their Music [LR1] 2:30 Gardening [G] 3:00 Saturday Matinee [LR1]
9:00 Catholic Mass [LR1] 10:00 Thoughts of Gratitude [LR1] 10:30 Sit & Be Fit [LR1] 11:00 Current Events [LR1] 1:00 Historical Video [LR1] 2:00 Trivia [LR1] 3:00 Sing a Long [LR1] 4:00 Bowling [LR1]	9:00 ⊗ Sit & Be Fit [LR1] 9:30	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 H- Current Events [LR1] 11:00 Resident Room Visits 11:00 Sing a Long [LR1] 12:00 Cinco De Mayo Lunch Celebration 1:00 Walking Group ~ Meet in Reception Area 1:30 Linked/Senior W/ iPads [LR1] 2:30 H- Where in the World? [LR1] 3:00 Resident Room Visits 3:30 Games [LR1] 4:00 H- History of the Bay Area ~ Meet Rm 101 4:30 Music ~ Resident Choice [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 L Current Events [LR1] 11:00 GArts & Grafts [LR1] 1:30 Arts & Crafts [LR1] 2:30 Bingo 3:00 Gardening [G] 3:30 Yoga [LR1] 4:00 Book Club ~ Meet in Room 101 4:00 Music of Benny Goodman [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Large Chat [LR1] 11:00 Funny Pet Videos [LR1] 11:00 Resident Room Visits 1:00 Walking Group ~ Meet in Reception Area 1:30 Bowling [LR1] 2:30 Yoga [LR1] 3:00 Resident Room Visits 3:00 Resident Room Visits 3:00 Sing Fit 4:00 New Young Forum ~ Meet in Room 101 4:00 Where Should We Go? [LR1] 5:00 Evening Movie [LR1]	9:00	9:00 Sit & Be Fit [LR1] 10:00 Current Events [LR1] 11:00 Conversations [LR1] 1:00 Nature Video 1:30 Music from the Musical "West Side Story" [LR1] 2:30 Cardening [G] 3:00 Saturday Matinee [LR1]
Mother's Day 9:00 So Catholic Mass [LR1] 10:00 Thoughts of Gratitude [LR1] 10:30 Sit & Be Fit [LR1] 11:00 Chromother's Day Luncheon 1:00 Methodolic Mideo [LR1] 2:00 Trivia [LR1] 3:00 Sing a Long [LR1] 4:00 Bowling [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Learner Events [LR1] 11:00 Net Finish the Phrase [LR1] 1:00 Sit Bingo [LR1] 2:00 Sit Bingo [LR1] 3:00 Yoga [LR1] 3:30 Games of Your Choice [LR1] 4:30 Music of Your Choice [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Language Chat [LR1] 11:00 Resident Room Visits 11:00 Sing a Long [LR1] 1:00 Making Group ~ Meet in Reception Area 1:30 Linked/Senior W/ iPads [LR1] 2:30 Linked/Senior W/ iPads [LR1] 3:00 Resident Room Visits 3:30 Games [LR1] 4:00 Linked/Senior Misits 3:30 Making Group ~ Meet Room Visits	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Current Events [LR1] 11:00 Bingo [LR1] 2:30 Bingo [LR1] 2:30 Bingo 3:00 Sy Yoga [LR1] 4:00 Book Club ~ Meet in Room 101 4:00 Music of Bing Crosby [LR1]		9:00 Sit & Be Fit [LR1] 10:00 Current Events [LR1] 11:00 Trivia [LR1] 11:00 Trivia [LR1] 11:00 Sing Fit [LR1] 1:30 Sing Fit [LR1] 04:00 Telling Stories [LR1] 05:00 Evening Movie [LR1]	9:00 Sit & Be Fit [LR1] 10:00 Current Events [LR1] 11:00 Conversations [LR1] 1:00 Nature Video 1:30 Music from the Musical "My Fair Lady" [LR1] 2:30 Cardening [G] 3:00 Saturday Matinee [LR1]
9:00 Catholic Mass [LR1] 10:00 Thoughts of Gratitude [LR1] 10:30 Sit & Be Fit [LR1] 11:00 Houghts of Gratitude [LR1] 1:00 Historical Video [LR1] 2:00 Trivia [LR1] 3:00 Sing a Long [LR1] 4:00 Bowling [LR1]	9:00 ⊗ Sit & Be Fit [LR1] 9:30 ⊗ Juice & Chat [LR1] 10:00 ♣ Current Events [LR1] 11:00 ♣ Finish the Phrase [LR1] 1:00 ▶ Nature Video [LR1] 2:00 ॐ Bingo [LR1] 3:00 ❤ Yoga [LR1] 3:30 ⊗ Games of Your Choice [LR1] 4:30 ❤ Music of Your Choice [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Current Events [LR1] 11:00 Sesident Room Visits 11:00 Sing a Long [LR1] 1:00 Walking Group ~ Meet in Reception Area 1:30 Linked/Senior W/ iPads [LR1] 2:30 Where in the World? [LR1] 3:00 Sesident Room Visits 3:30 Sames [LR1] 4:00 History of the Bay Area ~ Meet Rm 101 4:30 Music ~ Resident Choice [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Current Events [LR1] 11:00 Games of Your Choice [LR1] 1:30 Arts & Crafts [LR1] 2:30 Bingo [LR1] 2:30 Bingo [LR1] 3:30 Yoga [LR1] 4:00 Book Club ~ Meet in Room 101 4:00 Music of Nat King Cole [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Current Events [LR1] 11:00 Funny Pet Videos [LR1] 11:00 Resident Room Visits 1:00 Malking Group ~ Meet in Reception Area 1:30 Bowling [LR1] 2:30 Yoga [LR1] 3:00 Resident Room Visits 3:00 Sing Fit 4:00 New Yoga Fit 4:00 New Yoga Fit 5:00 Evening Movie [LR1]	9:00 Sit & Be Fit [LR1] 10:00 Land Current Events [LR1] 11:00 Land Trivia [LR1] 11:00 Trivia [LR1] 1:30 Sing Fit [LR1] 3:00 Land Happy Hour [LR1] 04:00 Land Telling Stories [LR1] 05:00 Evening Movie [LR1]	9:00 Sit & Be Fit [LR1] 10:00 Large Current Events [LR1] 11:00 Conversations [LR1] 1:00 Nature Video 1:30 Music from the Musical "Music Man" [LR1] 2:30 Gardening [G] 3:00 Saturday Matinee [LR1]
9:00 Catholic Mass [LR1] 10:00 Sit & Be Fit [LR1] 11:00 Current Events [LR1] 11:00 Historical Video [LR1] 2:00 Trivia [LR1] 3:00 Sing a Long [LR1] 4:00 Bowling [LR1]	Memorial Day 9:00	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Local Current Events [LR1] 11:00 Resident Room Visits 11:00 Walking Group ~ Meet in Reception Area 1:30 Linked/Senior W/ iPads [LR1] 2:30 Linked/Senior W/ iPads [LR1] 3:00 Resident Room Visits 3:30 Games [LR1] 4:00 Local History of the Bay Area ~ Meet Rm 101 4:30 Music ~ Resident Choice [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 LOurrent Events [LR1] 11:00 Games of Your Choice [LR1] 1:30 Arts & Crafts [LR1] 2:30 Bingo [LR1] 2:30 Bingo 3:00 Gardening [G] 3:30 Yoga [LR1] 4:00 Book Club ~ Meet in Room 101 4:00 Music of Doris Day [LR1]	9:00 Sit & Be Fit [LR1] 9:30 Juice & Chat [LR1] 10:00 Current Events [LR1] 11:00 Funny Pet Videos [LR1] 11:00 Resident Room Visits 1:00 Walking Group ~ Meet in Reception Area 1:30 Bowling [LR1] 1:30 Resident Council Meeting [LR2] 2:30 Yoga [LR1] 3:00 Resident Room Visits 3:00 Sing Fit 4:00 NHEW" Open Forum ~ Meet in Room 101 4:00 Where Should We Go? [LR1] 5:00 Evening Movie [LR1]	9:00 Sit & Be Fit [LR1] 10:00 Land Current Events [LR1] 11:00 Land Trivia [LR1] 11:00 Sing Fit [LR1] 1:30 Sing Fit [LR1] 3:00 Happy Hour [LR1] 04:00 Land Telling Stories [LR1] 05:00 Land Evening Movie [LR1]	9:00 Sit & Be Fit [LR1] 10:00 Current Events [LR1] 11:00 Conversations [LR1] 1:00 Nature Video 1:30 Music from the Musical "Sound of Music" [LR1] 2:30 Gardening [G] 3:00 Saturday Matinee [LR1]

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