

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>10:30 Sunday Morning Stretches 1</p> <p>11:00 Pianist & Vocalist with Aaron Hammerman</p> <p>1:30 Culinary Creations: Baking Fun [2FDR]</p> <p>3:30 Trivia Q & A</p> <p>4:30 Bulls-Eye Challenge</p> <p>6:30 Evening Movie</p>	<p>Labor Day 2</p> <p>10:00 Lior's Music & Drum Circle [2FDR]</p> <p>11:00 Coffee & Reminiscing [2nd]</p> <p>1:30 Nail Spa With Starr [2nd]</p> <p>3:00 Free Art</p> <p>6:15 Walking Club [2nd]</p>	<p>10:30 Gen-Narrations [2nd] 3</p> <p>11:00 YOGA EXERCISES WITH KARUNA</p> <p>1:30 Culinary Creations [2FDR]</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:30 Afternoon Chocolate Bingo</p> <p>6:00 Daily Chronicles</p>	<p>10:30 Chair Zumba [2FDR] 4</p> <p>11:00 SCENIC DRIVE: LAKE CHABOT WITH JOE [LO]</p> <p>1:30 Tea & Art</p> <p>3:30 Happy hour social</p> <p>4:30 Daily Dose Of Laughter</p> <p>6:30 Evening Movie</p>	<p>10:00 Oakland Athletics VS. Los Angeles Angels w/Joe 5</p> <p>10:30 Sit & Fit [2FDR]</p> <p>11:00 Daily Chronicles [2FDR]</p> <p>1:00 Gen-Narrations</p> <p>2:30 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>4:15 Poets Corner</p>	<p>10:00 SPIRIT DRUMS & DANCE CIRCLE WITH CHRIS [2FDR] 6</p> <p>11:00 Gen-Narrations & Coffee [2nd]</p> <p>2:00 Culinary Creations [2FDR]</p> <p>3:00 Relaxation Station</p> <p>4:00 Ice Tea & Sun [2FP]</p> <p>6:15 Walking Club [2nd]</p>	<p>10:15 Nature walk 7</p> <p>11:00 Art Expressions: Card Making</p> <p>1:30 Aromatherapy [2nd]</p> <p>2:00 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>3:30 Happy hour social [2FDR]</p> <p>6:00 Evening Matinee & Popcorn</p>	
<p>10:30 Sunday Morning Stretches 8</p> <p>11:00 Pianist & Vocalist with Aaron Hammerman</p> <p>1:30 Culinary Creations [2FDR]</p> <p>3:00 Gen-Narrations</p> <p>4:00 Evening Tea & Daily Chronicles [2nd]</p> <p>6:30 Evening Movie</p>	<p>10:00 Lior's Music & Drum Circle [2FDR] 9</p> <p>11:00 Coffee Social [2nd]</p> <p>1:30 Nail Spa With Starr [2nd]</p> <p>3:30 GARDENING CLUB [2FP]</p> <p>6:15 Walking Club [2nd]</p>	<p>10:30 Culinary Creations: Baking Cakes [2FDR] 10</p> <p>11:00 YOGA EXERCISES WITH KARUNA</p> <p>1:15 Cranium Crunches</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:00 BALLOON VOLLEYBALL [2nd]</p>	<p>10:30 Chair Zumba [2FDR] 11</p> <p>11:00 SCENIC DRIVE: STRAWBERRY CREEK WITH JOE [LO]</p> <p>1:30 Reflections</p> <p>3:30 Happy hour social</p> <p>6:30 I Love Lucy & Popcorn! [2FDR]</p>	<p>10:00 Chair Zumba [2FDR] 12</p> <p>11:00 Daily Chronicles [2FDR]</p> <p>1:00 Art Therapy</p> <p>2:30 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>4:00 From OUR Generations to YOURS!</p>	<p>10:00 SPIRIT DRUMS & DANCE CIRCLE WITH CHRIS [2FDR] 13</p> <p>11:00 Therapy Dog Visit W/ Magic [2FDR]</p> <p>1:30 Culinary Creations [2FDR]</p> <p>3:00 Afternoon Tea Social [2FP]</p> <p>4:00 "Through Their Eyes"</p> <p>6:15 Walking Club [2nd]</p>	<p>10:15 Nature walk 14</p> <p>11:15 Squirrel Watching [2FP]</p> <p>1:30 Aromatherapy [2nd]</p> <p>2:00 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>3:30 Happy hour social [2FDR]</p>	
<p>10:30 Sunday Morning Stretches 15</p> <p>11:00 Pianist & Vocalist with Aaron Hammerman</p> <p>1:30 Art : Scrap Booking</p> <p>3:15 Afternoon Stroll [2FP]</p> <p>6:30 Evening Movie</p>	<p>10:00 Lior's Music & Drum Circle [2FDR] 16</p> <p>11:00 Crossword Puzzle Challenge [2nd]</p> <p>1:30 Nail Spa With Starr [2nd]</p> <p>3:30 Afternoon Bingo [2FP]</p> <p>4:00 Evening Movie</p> <p>6:15 Walking Club [2nd]</p>	<p>10:30 Baking Cookies [2FDR] 17</p> <p>11:00 YOGA EXERCISES WITH KARUNA</p> <p>1:30 Jewelry Making</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:00 "Guess Who" [2nd]</p>	<p>10:30 Chair Zumba [2FDR] 18</p> <p>11:00 SCENIC DRIVE: TILDEN PARK WITH JOE [LO]</p> <p>1:30 Word Puzzle Challenges [2nd]</p> <p>3:30 Happy hour social</p> <p>5:00 Resident Birthday's party/ Todd Haemmerle Guitarist & Vocalist [1st]</p>	<p>10:30 Chair Yoga [2FDR] 19</p> <p>11:00 Daily Chronicles [2FDR]</p> <p>1:00 Nail Spa with Jessica [2nd]</p> <p>2:30 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>4:15 Poets Corner</p>	<p>10:00 SPIRIT DRUMS & DANCE CIRCLE WITH CHRIS [2FDR] 20</p> <p>11:15 Trivia Teasers</p> <p>1:30 National Pepperoni Pizza Day! Create Your Own Pizza! [2FDR]</p> <p>3:00 Poets Corner</p> <p>4:00 Glamour Hour</p> <p>6:15 Walking Club [2nd]</p>	<p>10:15 Nature walk 21</p> <p>1:30 Aromatherapy [2nd]</p> <p>2:00 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>3:30 Happy hour social [2FDR]</p> <p>4:30 National Dance Day! Lets Dance!! [2nd]</p> <p>6:30 Evening Matinee & Popcorn</p>	
<p>10:30 Sunday Morning Stretches 22</p> <p>11:00 Pianist & Vocalist with Aaron Hammerman</p> <p>1:30 National Ice cream Cone day! Ice Cream On The patio! [2FP]</p> <p>3:00 Free Art</p> <p>4:00 GARDENING CLUB [2FP]</p> <p>6:30 Evening Movie</p>	<p>10:00 Lior's Music & Drum Circle [2FDR] 23</p> <p>11:00 Culinary Creations [2nd]</p> <p>1:30 Nail Spa With Starr [2nd]</p> <p>3:30 Gen-Narrations [2nd]</p> <p>4:00 Evening Chronicles</p> <p>6:15 Walking Club [2nd]</p>	<p>10:30 Newspaper & Coffee [2FDR] 24</p> <p>11:00 YOGA EXERCISES WITH KARUNA</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:00 Art Expressions: Scrap Booking [2nd]</p> <p>6:30 Bulls-Eye Challenge</p>	<p>10:30 Chair Zumba [2FDR] 25</p> <p>11:00 SCENIC DRIVE: ROBERT PARK WITH JOE [LO]</p> <p>1:30 Aromatherapy & Massages [2nd]</p> <p>3:30 Happy hour social</p> <p>4:30 Gen-Narrations</p> <p>6:00 Daily Chronicles [2nd]</p>	<p>10:30 Chair Yoga [2FDR] 26</p> <p>11:00 Daily Chronicles [2FDR]</p> <p>1:30 Southern Ice Teas & Cookies [2FP]</p> <p>2:30 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>4:00 Culinary Creations</p>	<p>10:00 SPIRIT DRUMS & DANCE CIRCLE WITH CHRIS [2FDR] 27</p> <p>11:00 Therapy Dog Visit W/ Magic [2FDR]</p> <p>1:30 Relaxation Station & Glamour Hour</p> <p>4:30 Raise the curtain</p> <p>6:15 Walking Club [2nd]</p> <p>6:30 Therapy Dog Visit</p>	<p>10:15 Nature walk 28</p> <p>11:15 Baking Cookies [2FDR]</p> <p>1:30 Aromatherapy [2nd]</p> <p>2:00 Sing Fit Music Sing A Long Program With Jessica [2FDR]</p> <p>3:30 Happy hour social [2FDR]</p> <p>6:30 Evening Matinee</p>	
<p>10:00 National Coffee Day! Enjoy us for Coffee & Conversation [2FDR] 29</p> <p>10:30 Sunday Morning Stretches</p> <p>11:00 Pianist & Vocalist with Aaron Hammerman</p> <p>1:30 Word Puzzle Challenges [2nd]</p> <p>3:30 Gen-Narrations</p> <p>6:30 Evening Movie</p>	<p>10:00 Lior's Music & Drum Circle [2FDR] 30</p> <p>11:00 Coffee & Reminiscing [2nd]</p> <p>1:30 Nail Spa With Starr [2nd]</p> <p>3:00 Jewelry Making [2nd]</p> <p>4:30 Evening Chronicles</p> <p>6:15 Walking Club [2nd]</p>	<p> THE POINTE at ROCKRIDGE Senior Living</p> <p>4500 Gilbert Street Oakland, California 94611 510-658-9266</p>				<p>Location Keys</p> <p>1st Fl 2nd Floor 2nd Floor Dining Room 2nd Floor Patio Lobby</p> <p>1st 2nd 2FDR 2FP LO</p>	<p> Be Challenged</p> <p> Be Connected</p> <p> Be Family</p> <p> Be Inspired</p> <p> Be Social</p> <p> Be Well</p>