

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 ♡ JAZZ EXERCISES [VL1]</p> <p>11:00 ♡ GET YOUR WALK ON [LO]</p> <p>11:30 🦋 CHAMPAGNE BRUNCH [MDR]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>1:30 ♡ SPA MANICURES [VL1]</p> <p>3:00 📺 SWEETS BINGO [VL1]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ SHOPPING SAFEWAY [VL1]</p> <p>10:00 ♡ THERAPEUTIC YOGA EXERCISES WITH PAM [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>1:30 📺 TOBY'S MAH JONGG GAMES [5th]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ CHAIR YOGA WITH KARUNA</p> <p>11:00 📺 CIRCLE OF FRIENDS: COME JOIN US [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:00 📺 FREE HAND WRITING POETRY [VL1]</p> <p>1:30 📺 CUISINE MEETING WITH CHEF FABIO [MDR]</p> <p>2:00 🌟 BE CREATIVE [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>7:30 ♡ TRICHANA'S OMELETS &amp; DONUTS STATION [MDR]</p> <p>10:30 ♡ GET YOUR WALK ON [LO]</p> <p>11:00 📺 BRAIN FITNESS GAMES WITH TERRI [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:30 📺 ACTIVITY PLANNING MEETING WITH ASHLEE &amp; DENISE [VL1]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>2:00 📺 NEW YORK TIMES CROSSWORD PUZZLE [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ EXERCISES WITH ZIV [VL1]</p> <p>11:00 📺 FREE HAND ART HOUR [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:00 ♡ CONVENIENCE STORE WITH BERNARD [EL]</p> <p>1:30 📺 SWEETS BINGO GAMES [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ TAI CHI EXERCISES WITH JEFFERY [VL1]</p> <p>11:00 🦋 MORNING CINEMA: "THE SOLOIST" [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:00 📺 PUZZLE MADNESS [VL1]</p> <p>2:00 📺 WORLD EVENTS DISCUSSION WITH JOHN [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ EXERCISES WITH DENISE [VL1]</p> <p>10:00 ♡ SENIOR EXERCISES [VL1]</p> <p>11:15 🦋 SING-ALONG [VL1]</p> <p>1:30 📺 \$\$BINGO\$\$ &amp; SWEETS [VL1]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>4:00 🦋 HAPPY HOUR BEER &amp; WINES SOCIAL [MDR]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>
<p>DAYLIGHT SAVINGS TIME BEGINS</p> <p>9:30 🦋 FLOWER ARRANGING [VL1]</p> <p>10:30 ♡ JAZZ EXERCISES [VL1]</p> <p>11:00 ♡ GET YOUR WALK ON [LO]</p> <p>11:30 🦋 CHAMPAGNE BRUNCH [MDR]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>1:30 ♡ SPA MANICURES [VL1]</p> <p>3:00 📺 SWEETS BINGO [VL1]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ SHOPPING SAFEWAY [VL1]</p> <p>10:00 ♡ THERAPEUTIC YOGA EXERCISES WITH PAM [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>1:30 📺 TOBY'S MAH JONGG GAMES [5th]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ CHAIR YOGA WITH KARUNA</p> <p>11:00 📺 CIRCLE OF FRIENDS: COME JOIN US [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:30 📺 RESIDENTS COUNCIL MEETING [VL1]</p> <p>2:00 ♡ GET YOUR WALK ON [LO]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>7:30 ♡ TRICHANA'S OMELETS &amp; DONUTS STATION [MDR]</p> <p>10:00 EXERCISES BOOGIEING [VL1]</p> <p>10:30 ♡ GET YOUR WALK ON [LO]</p> <p>11:00 📺 BRAIN FITNESS GAMES WITH TERRI [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>2:00 📺 NEW YORK TIMES CROSSWORD PUZZLE [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ EXERCISES WITH ZIV [VL1]</p> <p>11:00 📺 FREE HAND ART HOUR [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:00 ♡ CONVENIENCE STORE WITH BERNARD [EL]</p> <p>1:30 📺 SWEETS BINGO GAMES [VL1]</p> <p>2:00 ♡ ADULT BEREAVEMENT SUPPORT GROUP FACILITATED BY: ACE HOME HEALTH &amp; HOSPICE [5th]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ TAI CHI EXERCISES WITH JEFFERY [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:00 📺 PUZZLE MADNESS [VL1]</p> <p>2:00 📺 WORLD EVENTS DISCUSSION WITH JOHN [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ EXERCISES WITH DENISE [VL1]</p> <p>10:00 ♡ SENIOR EXERCISES [VL1]</p> <p>11:15 🦋 SING-ALONG [VL1]</p> <p>1:30 📺 \$\$BINGO\$\$ &amp; SWEETS [VL1]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>4:00 🦋 HAPPY HOUR BEER &amp; WINES SOCIAL [MDR]</p> <p>4:30 🦋 HAPPY HOUR SOCIAL BRADY'S/PIANO &amp; VOCALS [MDR]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>
<p>10:30 ♡ JAZZ EXERCISES [VL1]</p> <p>11:00 ♡ GET YOUR WALK ON [LO]</p> <p>11:30 🦋 CHAMPAGNE BRUNCH [MDR]</p> <p>12:30 🦋 CLASSICAL MUSIC OUTING: CALIFORNIA YOUTH SYMPHONY ORCHESTRA CONCERT WITH JOE [LO]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>1:30 ♡ SPA MANICURES [VL1]</p> <p>3:00 📺 SWEETS BINGO [VL1]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ SHOPPING SAFEWAY [VL1]</p> <p>10:00 ♡ THERAPEUTIC YOGA EXERCISES WITH PAM [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>1:30 📺 TOBY'S MAH JONGG GAMES [5th]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>SAINT PATRICK'S DAY</p> <p>10:00 ♡ CHAIR YOGA WITH KARUNA</p> <p>11:00 📺 CIRCLE OF FRIENDS: COME JOIN US [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:00 📺 FREE HAND WRITING POETRY [VL1]</p> <p>2:00 🌟 BE CREATIVE [VL1]</p> <p>3:30 🦋 ST. PATRICK'S DAY HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>7:30 ♡ TRICHANA'S OMELETS &amp; DONUTS STATION [MDR]</p> <p>10:00 EXERCISES BOOGIEING [VL1]</p> <p>10:30 ♡ GET YOUR WALK ON [LO]</p> <p>11:00 📺 BRAIN FITNESS GAMES WITH TERRI [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>2:00 📺 NEW YORK TIMES CROSSWORD PUZZLE [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ EXERCISES WITH ZIV [VL1]</p> <p>11:00 📺 FREE HAND ART HOUR [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:30 📺 AMBASSADORS CLUB LUNCHEON WITH ALLISON &amp; DENISE [PDR]</p> <p>1:00 ♡ CONVENIENCE STORE WITH BERNARD [EL]</p> <p>1:30 📺 SWEETS BINGO GAMES [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ TAI CHI EXERCISES WITH JEFFERY [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:00 📺 PUZZLE MADNESS [VL1]</p> <p>2:00 📺 WORLD EVENTS DISCUSSION WITH JOHN [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ EXERCISES WITH DENISE [VL1]</p> <p>10:00 ♡ SENIOR EXERCISES [VL1]</p> <p>11:15 🦋 SING-ALONG [VL1]</p> <p>1:30 📺 \$\$BINGO\$\$ &amp; SWEETS [VL1]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>3:00 📺 BRING OUT YOUR INNER ARTIST WITH MANUELA [VL1]</p> <p>4:00 🦋 HAPPY HOUR BEER &amp; WINES SOCIAL [MDR]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>
<p>9:30 🦋 FLOWER ARRANGING [VL1]</p> <p>10:30 ♡ JAZZ EXERCISES [VL1]</p> <p>11:00 ♡ GET YOUR WALK ON [LO]</p> <p>11:30 🦋 CHAMPAGNE BRUNCH [MDR]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>1:30 ♡ SPA MANICURES [VL1]</p> <p>3:00 🦋 PIANO AT THE POINT [MDR]</p> <p>3:00 📺 SWEETS BINGO [VL1]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ SHOPPING SAFEWAY [VL1]</p> <p>10:00 ♡ THERAPEUTIC YOGA EXERCISES WITH PAM [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:30 📺 CREATIVE ART EXPRESSIONS WITH BRIANA [VL1]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>1:30 📺 TOBY'S MAH JONGG GAMES [5th]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ CHAIR YOGA WITH KARUNA</p> <p>11:00 📺 CIRCLE OF FRIENDS: COME JOIN US [5th]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:00 📺 FREE HAND WRITING POETRY [VL1]</p> <p>2:00 NEW RESIDENT MEET AND GREET SOCIAL [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:00 ♡ PET THERAPY DOGS VISIT [1st]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>7:30 ♡ TRICHANA'S OMELETS &amp; DONUTS STATION [MDR]</p> <p>10:00 EXERCISES BOOGIEING [VL1]</p> <p>10:30 ♡ GET YOUR WALK ON [LO]</p> <p>11:00 📺 BRAIN FITNESS GAMES WITH TERRI [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:30 📺 DOMINOES WITH LOU [6th]</p> <p>2:00 📺 NEW YORK TIMES CROSSWORD PUZZLE [VL1]</p> <p>3:30 🦋 RESIDENTS HAPPY HOUR BIRTHDAY'S SOCIAL WITH TODD/GUITAR &amp; VOCALS [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>9:30 ♡ EXERCISES WITH ZIV [VL1]</p> <p>11:00 📺 FREE HAND ART HOUR [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>1:00 ♡ CONVENIENCE STORE WITH BERNARD [EL]</p> <p>1:30 📺 SWEETS BINGO GAMES [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ TAI CHI EXERCISES WITH JEFFERY [VL1]</p> <p>11:00 🦋 MORNING CINEMA: [3rd]</p> <p>11:00 🦋 SPIRIT DRUMMING &amp; DANCING CIRCLE WITH LIOR [VL1]</p> <p>1:00 📺 PUZZLE MADNESS [VL1]</p> <p>2:00 📺 WORLD EVENTS DISCUSSION WITH JOHN [VL1]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL [6th]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>	<p>10:00 ♡ EXERCISES WITH DENISE [VL1]</p> <p>10:00 ♡ SENIOR EXERCISES [VL1]</p> <p>11:15 🦋 SING-ALONG [VL1]</p> <p>1:30 📺 \$\$BINGO\$\$ &amp; SWEETS [VL1]</p> <p>1:30 📺 MATINEE CINEMA: FILM TALK WITH RICK &amp; AMY [3rd]</p> <p>3:00 📺 BRING OUT YOUR INNER ARTIST WITH MANUELA [VL1]</p> <p>4:00 🦋 HAPPY HOUR BEER &amp; WINES SOCIAL [MDR]</p> <p>4:30 🦋 HAPPY HOUR SOCIAL BRADY'S/PIANO &amp; VOCALS [MDR]</p> <p>6:30 🦋 EVENING CINEMA: [3rd]</p>
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4500 GILBERT STREET  
OAKLAND, CALIFORNIA  
94611  
510-658-9266

Location Keys	
1st Fl	1st
3rd Floor	3rd
5th Floor	5th
6th Floor	6th
By Elevators	EL
Lobby	LO
Main Dining Room	MDR
Private Dining Room	PDR
Vibrant Life Center 1st Floor	VL1

  

	Be Adventurous
	Be Challenged
	Be Connected
	Be Inspired
	Be Social
	Be Well