







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:30 ★ Flower Arranging [1st] <b>1</b></p> <p>10:00 ● Daily Chronicles</p> <p>10:00 ♥ <b>Sunday Morning Stretches</b></p> <p>11:00 🦋 <b>Pianist &amp; Vocalist with Aaron Hammerman</b></p> <p>1:15 🦋 Sweets Bingo</p> <p>2:30 🦋 Trivia Q&amp;A</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 Lior's Music &amp; Drum Circle [2FDR] <b>2</b></p> <p>11:15 ● Daily Chronicles</p> <p>1:30 ♥ Nail Spa With Starr [2nd]</p> <p>2:00 🏠 The Price is Right</p> <p>2:30 ★ Art Expression: Water Color Painting</p> <p>3:30 🏠 Puzzle Challenge</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 ● Daily Chronicles <b>3</b></p> <p>10:30 ● Table Talk</p> <p>11:00 ♥ Chair Yoga w/ Karuna</p> <p>1:30 🏠 Q-bitz Challenge</p> <p>2:00 🦋 Culinary Creations: Double Chocolate Brownies</p> <p>2:30 🦋 Afternoon Matinee</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:30 ♥ Chair Zumba [2FDR] <b>4</b></p> <p>11:00 ● Daily Chronicles</p> <p>11:20 🏠 Cross word Challenge</p> <p>1:15 ★ Raise the Curtain</p> <p>2:30 ★ Jewelry Making</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>8:30 🦋 OMELETTE &amp; DONUT STATION WITH TRICHANA [2FDR] <b>5</b></p> <p>10:30 ♥ Chair Zumba</p> <p>11:00 ● Daily Chronicles</p> <p>11:30 ● <b>Poets Corner</b></p> <p>1:30 🦋 Tea Social</p> <p>2:30 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 SPIRIT DRUMS &amp; DANCE CIRCLE WITH CHRIS [2FDR] <b>6</b></p> <p>11:00 ● Daily Chronicles</p> <p>11:20 🏠 Trivia Q &amp; A</p> <p>1:30 🦋 Culinary Creations: Lemon Cake</p> <p>2:30 🦋 Afternoon Matinee</p> <p>3:00 ● Relaxation Station</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:15 ♥ Nature walk <b>7</b></p> <p>11:00 ● Daily Chronicles</p> <p>11:20 ★ Art Expression: Clay Sculpting</p> <p>1:10 ● Aromatherapy [2nd]</p> <p>2:00 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	
<p><b>DAYLIGHT SAVINGS TIME BEGINS</b> <b>8</b></p> <p>9:30 ★ Flower Arranging [1st]</p> <p>10:00 ● Daily Chronicles</p> <p>10:30 ♥ <b>Sunday Morning Stretches</b></p> <p>11:00 🦋 <b>Pianist &amp; Vocalist with Aaron Hammerman</b></p> <p>1:15 🦋 Sweets Bingo</p> <p>2:30 🦋 Wishbone Toss</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 Lior's Music &amp; Drum Circle [2FDR] <b>9</b></p> <p>11:15 ● Daily Chronicles</p> <p>11:30 ♥ Chair Zumba</p> <p>1:30 ♥ Nail Spa With Starr [2nd]</p> <p>2:15 🏠 Bulls-Eye Challenge</p> <p>3:00 ★ Art Expression: Acrylic Paint</p> <p>3:30 🏠 From OUR Generations to YOURS!</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:30 ● Daily Chronicles <b>10</b></p> <p>11:00 ♥ Chair Yoga w/ Karuna</p> <p>1:15 🏠 JENGA</p> <p>2:00 🦋 Culinary Creations: Parfait Cups</p> <p>2:30 🦋 Afternoon Matinee</p> <p>3:00 🏠 Word Search Challenge</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:30 ♥ Chair Zumba [2FDR] <b>11</b></p> <p>11:00 ● Daily Chronicles</p> <p>11:20 🏠 Puzzle Challenge</p> <p>1:30 ★ Art Expression: Clay Sculpting</p> <p>1:30 ★ Art Expression: Free Draw</p> <p>2:15 ● A Piece of History</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>8:30 🦋 OMELETTE &amp; DONUT STATION WITH TRICHANA [2FDR] <b>12</b></p> <p>10:30 ♥ Chair Zumba</p> <p>11:00 🦋 Daily Chronicles [2FDR]</p> <p>2:00 🏠 <b>From OUR Generations to YOURS!</b></p> <p>2:30 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:00 🦋 Tea Social</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 SPIRIT DRUMS &amp; DANCE CIRCLE WITH CHRIS [2FDR] <b>13</b></p> <p>11:00 ● <b>Therapy Dog Visit W/ Magic [2FDR]</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 🦋 Tea Social</p> <p>2:00 🦋 Culinary Creations: Devil Eggs</p> <p>2:30 🦋 Afternoon Matinee:</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:15 ♥ Nature walk <b>14</b></p> <p>11:00 ● Daily Chronicles</p> <p>1:30 ● Aromatherapy [2nd]</p> <p>2:00 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	
<p>9:30 ★ Flower Arranging [1st] <b>15</b></p> <p>10:30 ♥ <b>Sunday Morning Stretches</b></p> <p>11:00 🦋 <b>Pianist &amp; Vocalist with Aaron Hammerman</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 🏠 Resident Birthday Celebration [1st]</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 Lior's Music &amp; Drum Circle [2FDR] <b>16</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 ♥ Nail Spa With Starr [2nd]</p> <p>2:00 🏠 The Price is Right</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p><b>SAINT PATRICK'S DAY</b> <b>17</b></p> <p>10:00 ● Daily Chronicles</p> <p>11:00 ♥ Chair Yoga w/ Karuna</p> <p>1:15 🦋 Sweets Bingo</p> <p>2:00 🦋 Culinary Creations: Muffins</p> <p>2:30 🦋 Afternoon Matinee &amp; Popcorn</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:30 ♥ Chair Zumba [2FDR] <b>18</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 ★ Art Expression</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>3:30 🦋 <b>RESIDENTS HAPPY HOUR BIRTHDAY'S SOCIAL WITH TODD/ GUITAR &amp; VOCALS [6th]</b></p> <p>4:00 ♥ Walking Club</p> <p>5:00 🦋 <b>RESIDENTS B-DAY PARTY WITH TODD/CLASSICAL MUSIC [MDR]</b></p> <p>6:30 🦋 Movie Night</p>	<p>8:30 🦋 OMELETTE &amp; DONUT STATION WITH TRICHANA [2FDR] <b>19</b></p> <p>10:30 ♥ Chair Zumba</p> <p>11:00 🦋 Daily Chronicles [2FDR]</p> <p>11:30 ● <b>Poets Corner</b></p> <p>1:30 🦋 Tea Social</p> <p>2:30 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 SPIRIT DRUMS &amp; DANCE CIRCLE WITH CHRIS [2FDR] <b>20</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:15 🦋 Sweets Bingo</p> <p>2:00 🦋 Culinary Creations:</p> <p>2:30 🦋 Afternoon Matinee:</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:15 ♥ Nature walk <b>21</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 ● Aromatherapy [2nd]</p> <p>2:00 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	
<p>9:30 ★ Flower Arranging [1st] <b>22</b></p> <p>10:30 ♥ <b>Sunday Morning Stretches</b></p> <p>11:00 🦋 <b>Pianist &amp; Vocalist with Aaron Hammerman</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:15 🦋 Sweets Bingo</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 Lior's Music &amp; Drum Circle [2FDR] <b>23</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 ♥ Nail Spa With Starr [2nd]</p> <p>4:00 🦋 Card Games</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 Memory Cafe <b>24</b></p> <p>11:00 ♥ Chair Yoga w/ Karuna</p> <p>11:30 ● Daily Chronicles</p> <p>1:15 🦋 Sweets Bingo</p> <p>2:00 🦋 Culinary Creations:</p> <p>2:30 🦋 Afternoon Matinee &amp; Popcorn</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:30 ♥ Chair Zumba [2FDR] <b>25</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 ★ Art Expression</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>4:00 ♥ Walking Club</p> <p>5:00 🦋 <b>RESIDENT BIRTHDAY'S PARTY WITH TODD/GUITARIST &amp; VOCALIST</b></p> <p>6:30 🦋 Movie Night</p>	<p>8:30 🦋 OMELETTE &amp; DONUT STATION WITH TRICHANA [2FDR] <b>26</b></p> <p>10:30 ♥ Chair Zumba</p> <p>11:00 🦋 Daily Chronicles [2FDR]</p> <p>11:30 ● Daily Chronicles</p> <p>2:30 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 SPIRIT DRUMS &amp; DANCE CIRCLE WITH CHRIS [2FDR] <b>27</b></p> <p>11:00 ● <b>Therapy Dog Visit W/ Magic [2FDR]</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:15 🦋 Sweets Bingo</p> <p>1:30 🦋 Tea Social</p> <p>2:00 🦋 Culinary Creations:</p> <p>2:30 🦋 Afternoon Matinee:</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:15 ♥ Nature walk <b>28</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 ● Aromatherapy [2nd]</p> <p>2:00 ★ Sing Fit Music Sing A Long Program [2FDR]</p> <p>3:30 🦋 HAPPY HOUR SOCIAL &amp; MUSIC [2FDR]</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	
<p>9:30 ★ Flower Arranging [1st] <b>29</b></p> <p>10:30 ♥ <b>Sunday Morning Stretches</b></p> <p>11:00 🦋 <b>Pianist &amp; Vocalist with Aaron Hammerman</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:15 🦋 Sweets Bingo</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 🦋 Lior's Music &amp; Drum Circle [2FDR] <b>30</b></p> <p>11:30 ● Daily Chronicles</p> <p>1:30 ♥ Nail Spa With Starr [2nd]</p> <p>2:00 🏠 The Price is Right</p> <p>4:00 ♥ Walking Club</p> <p>6:30 🦋 Movie Night</p>	<p>10:00 ● Daily Chronicles <b>31</b></p> <p>11:00 ♥ Chair Yoga w/ Karuna</p> <p>1:15 🦋 Sweets Bingo</p> <p>2:00 🦋 Culinary Creations:</p> <p>2:30 🦋 Afternoon Matinee &amp; Popcorn</p> <p>4:00 🦋 Tea Social</p> <p>6:30 🦋 Movie Night</p>	<p><b>4500 GILBERT STREET OAKLAND, CALIFORNIA 94611 510-658-9266</b></p> <p></p>			<p><b>Location Keys</b></p> <p>1st Fl</p> <p>2nd Floor</p> <p>2nd Floor Dining Room</p> <p>6th Floor</p> <p>Main Dining Room</p> <p>1st 2nd</p> <p>2FDR</p> <p>6th MDR</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>