


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>4500 GILBERT STREET OAKLAND, CALIFORNIA 94611 510-658-9266</p>		<p>10:00 Morning Exercise [2FDR] 1</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 2</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Artist's Alley</p> <p>4:30 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 3</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Sing Fit Music Sing A Long Program</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 4</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Board games and art activities</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 5</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Aromatherapy [2nd]</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>6:30 Movie Night</p>	
	<p>10:00 Morning Exercise [2FDR] 6</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:00 Twilight Hour [2FDR]</p> <p>3:00 Relaxation Station</p> <p>4:00 Board games and art activities</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>Labor Day 7</p> <p>10:00 Morning Exercise [2FDR]</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Nail Spa [2nd]</p> <p>2:30 Labor Day Party</p> <p>4:00 Board games and art activities</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 8</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 9</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Artist's Alley</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:30 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 10</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Sing Fit Music Sing A Long Program</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 11</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Board games and art activities</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 12</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:00 Aromatherapy [2nd]</p> <p>2:00 Sing Sylvia Happy Birthday [2nd]</p> <p>3:30 Sing Fit Music Sing A Long Program</p> <p>6:30 Movie Night</p>
	<p>10:00 Morning Exercise [2FDR] 13</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:00 Twilight Hour [2FDR]</p> <p>3:00 Relaxation Station</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 14</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Nail Spa [2nd]</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 15</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 16</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Artist's Alley</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:30 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 17</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Sing Fit Music Sing A Long Program</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 18</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Board games and art activities</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 19</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Aromatherapy [2nd]</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>6:30 Movie Night</p>
	<p>10:00 Morning Exercise [2FDR] 20</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:00 Twilight Hour [2FDR]</p> <p>3:00 Relaxation Station</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 21</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Nail Spa [2nd]</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 22</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 23</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Artist's Alley</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:30 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 24</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:30 Sing Fit Music Sing A Long Program</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 25</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Board games and art activities</p> <p>4:00 GARDENING CLUB</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 26</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Aromatherapy [2nd]</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>6:30 Movie Night</p>
	<p>10:00 Morning Exercise [2FDR] 27</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:00 Twilight Hour [2FDR]</p> <p>3:00 Relaxation Station</p> <p>4:00 Board games and art activities</p> <p>4:30 Raise the curtain</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 28</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Nail Spa [2nd]</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 29</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>2:00 Sing Shirley Happy Birthday</p> <p>2:30 Afternoon Matinee & Popcorn</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR] 30</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Artist's Alley</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>4:30 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>Location Keys</p> <p>2nd Floor 2nd 2nd Floor Dining Room 2FDR</p> <p> Be Adventurous Be Challenged Be Connected Be Inspired Be Social Be Well</p>		