


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>4500 GILBERT STREET OAKLAND, CALIFORNIA 94611 510-658-9266</p>	<p>Location Keys</p> <p>2nd Floor 2nd 2nd Floor Dining Room 2FDR</p>	<p> Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well</p>	<p>10:00 Morning Exercise [2FDR]</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]</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]</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]</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]</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]</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]</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]</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]</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]</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>Hal's Birthday!!!</p> <p>10:00 Morning Exercise [2FDR]</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]</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>COLUMBUS DAY/INDIGENOUS PEOPLE'S DAY Columbus/Indigenous People's Day</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>2:00 From OUR Generations to YOURS!</p> <p>4:00 Board games and art activities</p> <p>6:30 Movie Night</p>	<p>10:00 Morning Exercise [2FDR]</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]</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]</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]</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]</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>
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<p>10:00 Morning Exercise [2FDR]</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]</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]</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]</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]</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]</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>Halloween</p> <p>10:00 Morning Exercise [2FDR]</p> <p>11:00 Daily Chronicles</p> <p>11:30 Walking Club</p> <p>1:30 Halloween Party!!!</p> <p>3:30 Sing Fit Music Sing A Long Program [2FDR]</p> <p>6:30 Movie Night</p>