

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>10:00  Morning Exercise [2FDR]</p> <p>11:00  Daily Chronicles</p> <p>11:30  Walking Club</p> <p>1:00  Tea Social [2FP]</p> <p>2:00  Sunday Church Stream</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>10:30  GARDENING CLUB</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  Book 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</p> <p>4:30  Board games and art activities</p> <p>6:30  Movie Night</p>	<p>8:00 Omelet station with Trichana [2FDR]</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  Book Club</p> <p>6:30  Movie Night</p>	<p>10:00  Morning Exercise [2FDR]</p> <p>10:30  GARDENING CLUB</p> <p>11:00  Daily Chronicles</p> <p>11:30  Walking Club</p> <p>2:00  Sing Fit Music Sing A Long Program</p> <p>3:00  Board games and art activities</p> <p>4:00  Tea Social</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  Tea Social [2nd]</p> <p>3:30  Sing Fit Music Sing A Long Program</p> <p>4:00  Book 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>1:00  Tea Social [2FP]</p> <p>2:00  Sunday Church Stream</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>10:30  GARDENING CLUB</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  Book 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</p> <p>4:30  Board games and art activities</p> <p>6:30  Movie Night</p>	<p>8:00 Omelet station with Trichana [2FDR]</p> <p>10:00  Morning Exercise [2FDR]</p> <p>11:00  Daily Chronicles</p> <p>11:30  Walking Club</p> <p>2:00  Sing Fit Music Sing A Long Program</p> <p>2:30  Sing Fit Music Sing A Long Program</p> <p>4:00  Book Club</p> <p>6:30  Movie Night</p>	<p>10:00  Morning Exercise [2FDR]</p> <p>10:30  GARDENING CLUB</p> <p>11:00  Daily Chronicles</p> <p>11:30  Walking Club</p> <p>2:00  Sing Fit Music Sing A Long Program</p> <p>3:00  Board games and art activities</p> <p>4:00  Tea Social</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  Tea Social [2nd]</p> <p>3:30  Sing Fit Music Sing A Long Program</p> <p>4:00  Book 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>1:00  Tea Social [2FP]</p> <p>2:00  Sunday Church Stream</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>10:30  GARDENING CLUB</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  Book 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</p> <p>4:30  Board games and art activities</p> <p>6:30  Movie Night</p>	<p>8:00 Omelet station with Trichana [2FDR]</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  Book Club</p> <p>6:30  Movie Night</p>	<p>10:00  Morning Exercise [2FDR]</p> <p>10:30  GARDENING CLUB</p> <p>11:00  Daily Chronicles</p> <p>11:30  Walking Club</p> <p>2:00  Sing Fit Music Sing A Long Program</p> <p>3:00  Board games and art activities</p> <p>4:00  Tea Social</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  Tea Social [2nd]</p> <p>3:30  Sing Fit Music Sing A Long Program</p> <p>4:00  Book 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>1:00  Tea Social [2FP]</p> <p>2:00  Sunday Church Stream</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>10:30  GARDENING CLUB</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  Book 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</p> <p>4:30  Board games and art activities</p> <p>6:30  Movie Night</p>	<p>8:00 Omelet station with Trichana [2FDR]</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  Book Club</p> <p>6:30  Movie Night</p>	<p>10:00  Morning Exercise [2FDR]</p> <p>10:30  GARDENING CLUB</p> <p>11:00  Daily Chronicles</p> <p>11:30  Walking Club</p> <p>2:00  Sing Fit Music Sing A Long Program</p> <p>3:00  Board games and art activities</p> <p>4:00  Tea Social</p> <p>4:30  Raise the curtain</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  Tea Social [2nd]</p> <p>3:30  Sing Fit Music Sing A Long Program</p> <p>4:00  Book 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>1:00  Tea Social [2FP]</p> <p>2:00  Sunday Church Stream</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>4500 GILBERT STREET OAKLAND, CALIFORNIA 94611 510-658-9266</p> <p> THE POINT at ROCKRIDGE Senior Living</p> <p><b>Location Keys</b></p> <p>2nd Floor      2nd Floor Dining Room      2nd Floor Patio</p>				<p> Be Adventurous</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>	<p>29</p> <p>10:00  Morning Exercise [2FDR]</p> <p>11:00  Daily Chronicles</p> <p>11:30  Walking Club</p> <p>1:00  Tea Social [2FP]</p> <p>2:00  Sunday Church Stream</p> <p>3:00  Relaxation Station</p> <p>4:00  Board games and art activities</p> <p>6:30  Movie Night</p>