


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Glam and Groom Day sponsored by Care Staff</b> 1</p> <p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris</p> <p>10:00am 🌟 Sunday Mindfulness Meditation Practice</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🧩 Care Staff: Activity Kits, Games &amp; Puzzle</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 2</p> <p>10:00am 🕒 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🎨 Art &amp; Activities: Fely's Choice</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 3</p> <p>9:30am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:00am 🧘 Tai Chi with Richard</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Bingo</p> <p>2:00pm 🎮 Balloon, Beach Ball, Corn Hole, Bowling</p> <p>3:00pm 🎤 Choir Practice w/ Lisa &amp; Sausalito Slim</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 4</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🐶 Raul Livin' the Dream Puppy Party (private event Patio)</p> <p>2:00pm ⚽ Balloon Tennis, Bowling, and/or Beach Ball Soccer</p> <p>3:00pm 🎮 Garden Club &amp; Fun: Outdoor Games</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 5</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 📰 Trivia, Current Events, Reading Newspapers &amp; Discussion</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 6</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Happy Hour w/ live music: Sausalito Slim</p> <p>3:00pm 🌍 Armchair Travel Around the World</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 7</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 🎨 Painting &amp; Drawing</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>
<p><b>Glam and Groom Day sponsored by Care Staff</b> 8</p> <p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris</p> <p>10:00am 🌟 Sunday Mindfulness Meditation Practice</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🧩 Care Staff: Activity Kits, Games &amp; Puzzle</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 9</p> <p>10:00am 🕒 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🎨 Art &amp; Activities: Fely's Choice</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 10</p> <p>9:30am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:00am 🧘 Tai Chi with Richard</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Bingo</p> <p>2:00pm 🎮 Balloon, Beach Ball, Corn Hole, Bowling</p> <p>3:00pm 🎤 Choir Practice w/ Lisa &amp; Sausalito Slim</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 11</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm ⚽ Balloon Tennis, Bowling, and/or Beach Ball Soccer</p> <p>3:00pm 🎮 Garden Club &amp; Fun: Outdoor Games</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 12</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 📰 Trivia, Current Events, Reading Newspapers &amp; Discussion</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 13</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Hale Aloha Hawaiian Luau (CR)</p> <p>3:00pm 🌍 Armchair Travel Around the World</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 14</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>11:00am 🎨 Creative &amp; Clear Mind Special Event w/ Leni Felton</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 📰 Poet's Corner: Reading, Writing &amp; Discussion</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>
<p><b>Glam and Groom Day sponsored by Care Staff</b> 15</p> <p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris</p> <p>10:00am 🌟 Sunday Mindfulness Meditation Practice</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🧩 Care Staff: Activity Kits, Games &amp; Puzzle</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 16</p> <p>10:00am 🕒 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🎨 Art &amp; Activities: Fely's Choice</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 17</p> <p>9:30am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:00am 🧘 Tai Chi with Richard</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Bingo</p> <p>2:00pm 🎮 Balloon, Beach Ball, Corn Hole, Bowling</p> <p>3:00pm 🎤 Choir Practice w/ Lisa &amp; Sausalito Slim</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 18</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm ⚽ Balloon Tennis, Bowling, and/or Beach Ball Soccer</p> <p>3:00pm 🎮 Garden Club &amp; Fun: Outdoor Games</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 19</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 📰 Trivia, Current Events, Reading Newspapers &amp; Discussion</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 20</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Happy Hour w/ live music: Sausalito Slim</p> <p>3:00pm 🌍 Armchair Travel Around the World</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 21</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 🎨 Painting &amp; Drawing</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>
<p><b>Glam and Groom Day sponsored by Care Staff</b> 22</p> <p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris</p> <p>10:00am 🌟 Sunday Mindfulness Meditation Practice</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🧩 Care Staff: Activity Kits, Games &amp; Puzzle</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 23</p> <p>10:00am 🕒 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🎨 Art &amp; Activities: Fely's Choice</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 24</p> <p>9:30am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:00am 🧘 Tai Chi with Richard</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Bingo</p> <p>2:00pm 🎮 Balloon, Beach Ball, Corn Hole, Bowling</p> <p>3:00pm 🎤 Choir Practice w/ Lisa &amp; Sausalito Slim</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 25</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm ⚽ Balloon Tennis, Bowling, and/or Beach Ball Soccer</p> <p>3:00pm 🎮 Garden Club &amp; Fun: Outdoor Games</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 26</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 🎉 Bring residents down for Birthday Party</p> <p>3:30pm 🎉 Birthday Party w/ Bamboo Peru Live Music</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 27</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Happy Hour w/ live music: Sausalito Slim</p> <p>3:00pm 🌍 Armchair Travel Around the World</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 28</p> <p>10:00am 🌟 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🎮 Bingo</p> <p>2:00pm 🎮 Music: Drum Circle w/ Matt</p> <p>3:00pm 📰 Poet's Corner: Reading, Writing &amp; Discussion</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>
<p><b>Glam and Groom Day sponsored by Care Staff</b> 29</p> <p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris</p> <p>10:00am 🌟 Sunday Mindfulness Meditation Practice</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🧩 Care Staff: Activity Kits, Games &amp; Puzzle</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p>	<p>9:00am 🧘 Chair Yoga w/ Sherry Zak Morris 30</p> <p>10:00am 🕒 Mindful Morning Check-In, Discussion, Daily Chronicle</p> <p>10:30am 🎨 Art Salon: Creating, Reading &amp; Discussion</p> <p>1:00pm 🍪 Baking with Fely</p> <p>1:30pm 🎮 Bingo</p> <p>2:30pm 🎨 Art &amp; Activities: Fely's Choice</p> <p>3:30pm ⚽ Ballon tennis, bowling, beach ball soccer</p> <p>4:00pm 🎤 Sing Along w/ Scott</p> <p>6:30pm 🎬 Care Staff: Evening Movie in Theater</p>	<p>LOCATION Community Room (CR)</p>	<p>ACTIVITY LEGEND</p> <ul style="list-style-type: none"> <li>🎉 Be Adventurous</li> <li>🧡 Be Challenged</li> <li>🌟 Be Connected</li> <li>🌟 Be Inspired</li> <li>🎮 Be Social</li> <li>🧘 Be Well</li> <li>🕒 One Reflection</li> </ul>			 <p>WindChime of Marin Memory Care Community</p> <p>(415) 482 4100 LF # 216800977</p>