



AGING WITH Independence



Sample Calendar—Memory Care Centers

Mon	Tue	Wed	Thu	Fri
9 a.m. Greetings & Breakfast 9:30 Poetry Reading 10:30 Crafts and Games 11:30 Lunch 12:30 p.m. Book Club 2 Fall Prevention Exercises	9 a.m. Greetings & Breakfast 9:30 Beach Ball Volleyball 10:30 Bingo 11:30 Lunch 12:30 p.m. Trivia 2 Story Telling & History	9 a.m. Greetings & Breakfast 9:30 Brain Train 11:30 Lunch 12:30 p.m. Afternoon Walk 1 Paper Plate Craft 2 Music From Our Lives	9 a.m. Greetings & Breakfast 10 Fall Prevention Exercises 11:30 Lunch 12:30 p.m. Karaoke Music 1:30 Theme Month Crafts 2:30 Afternoon Walk	9 a.m. Greetings & Breakfast 9:30 Week News in Review 10:30 Crafts and Games 11:30 Lunch 12:30 p.m. Book Club 2 Brain Games
9 a.m. Greetings & Breakfast 10 School Children Visit 11:30 Lunch 12:30 p.m. Exercise 1:30 Shuffle Board 2:30 Food For Thought	9 a.m. Greetings & Breakfast 9:30—11 Cooking Club 11:30—12:30 Lunch 12:30—1:30 p.m. Watercolors 1:30 Chair Basketball 2:30 Brain Games	9 a.m. Greetings & Breakfast 9:30 Beach Ball Volleyball 10 Crafts and Games 11 Safety Awareness 11:30 Lunch 1 p.m. Movie & Popcorn	9 a.m. Greetings & Breakfast 9:30 Sharing Stories & Photos 11 Morning Walk 11:30 Lunch 12:30 p.m. Scrabble Day 2 Chair Yoga	9 a.m. Greetings & Breakfast 9:30 Week News in Review 10:30 Popsicle Craft 11:30 Lunch 12:30 p.m. Music with Terry 1:30 Gardens & Food
9 a.m. Greetings & Breakfast 9:30 Brain Games 10 Bingo 11:30 Lunch 12:30 Jazz Afternoon 1:30 Stories About Family	9 a.m. Greetings & Breakfast 9:30 Arthritis Exercise 10 Circle Kickball 11:30 Lunch 12:30 p.m. Music in Our Lives 2 Trivia & Snack	9 a.m. Greetings & Breakfast 9:30—10 Storytelling 10-11:30 Exercise 11:30—12:30 Lunch 12:30 p.m. Growing Food 1:30 Jazz Afternoon 2	9 a.m. Greetings & Breakfast 9:30 Poetry Recitation 10:30 Crafts and Games 11:30—12:30 Lunch 12:30 p.m. Chair Yoga 2 Welcoming New Members	9 a.m. Greetings & Breakfast 9:30 Week News in Review 10:30 Fall Prevention Exercise 11:30 Lunch 12:30 p.m. Book Club 1:30 Trivia & Snack
9 a.m. Greetings & Breakfast 9:30 Morning Walk 10:30 Crafts and Games 11:30 Lunch 12:30 p.m. Bowling 2 Brain Games & Snack	9 a.m. Greetings & Breakfast 10 Crafts and Games 11:30 Lunch 12:30 p.m. Afternoon Walk 1 Reminiscing 2 Story Telling & History	9 a.m. Greetings & Breakfast 9:30 Bingo 10:30 Chair Volleyball 11:30 Lunch 12:30 p.m. Arthritis Exercise 2 Movie & Popcorn	9 a.m. Greetings & Breakfast 9:30 Morning Walk 10 Crafts and Games 11:30 Lunch 12:30 p.m. Shuffleboard 2 Safety at Home	9 a.m. Greetings & Breakfast 9:30 Week News in Review 10 Scrabble Day 11:30 Lunch 12:30 p.m. Music with Terry 1:30 Chair Volleyball

Our Locations

5714 Martin Luther King Jr. Way
Oakland, CA

40963 Grimmer Blvd
Fremont, CA

Extended hours available daily. Please explore your local Memory Care center for current programs, or call us at 510.613.0330 to learn more.