



October 2026 Generations Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Memory Care Community (415) 482-4100 LIC# 216800977	LOCATION 2nd Floor Dining Room (2FDR) 2nd Floor Patio (2FP) 2nd or 3rd Floor (2O3F) 3rd Floor (3F) 3rd Floor Theater (3FT) Community Room (CR) Garden (G) 2nd & 3rd Floor (2&3F) 2nd & 3rd Floor (3FP) 2nd Floor (2F)	ACTIVITY LEGEND Be Family Be Inspired Be Social Be Well One Step Be Adventurous Be Challenged Be Connected		9:30am Morning Sing Along (2F) 1 10:00am Senior Power Fitness (2FDR) 10:30am Daily Chronicle & Discussion (2F) 10:30am Therapy Dog Lulu visits Residents (3FP) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Drum Circle w/ Matt (3F) 3:15pm Sculpting w/ Aromatherapy Clay (2F) 3:30pm Brain Power Challenge (3FP) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 2 10:00am Seated Zumba (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Table Activities (3FP) 1:00pm Bingo (3F) 2:00pm Music with Kevin (3F) 3:00pm Bean Bag Toss (3FP) 4:00pm Science Friday: Scientific Facts (2F) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 3 10:00am Senior Power Fitness (2FDR) 10:30am Therapy Dog Tucker Visits Residents (2&3F) 10:30am Daily Chronicle & Discussion (2F) 1:00pm Table activities (3FP) 2:00pm Granny Pants Yard Game (3F) 2:30pm Drum Circle w/ Matt 4:00pm Fun Trivia (3F) 5:30pm Movie Night (3FP)
Culture Week- Autumn Cozy Cabin (3FP) 4 9:30am Morning Sing Along (2F) 10:00am Gentle Stretching (2F) 10:30am Daily Chronicle & Discussion (3FP) 11:00am Table Activities (3FP) 1:30pm "Cozy Cabin "Movie 3:00pm Bingo 4:00pm Sitting Kickball (2F) 5:30pm Movie Night (3FP)	Culture Week- Autumn Cozy Cabin (3FP) 5 9:00am Glam and Groom Day! (3FP) 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:45am Therapy Dog Potato & Meredith (3FP) 11:00am Brain Power Challenge (3FP) 1:00pm Puzzles & Games (3FP) 2:30pm Fall Nature Documentary (3FP) 3:30pm Ball Exercises (3FP) 4:00pm Sing along 5:30pm Movie Night (3FP)	Culture Week- Autumn Cozy Cabin (3FP) 6 9:30am Morning Sing Along (2F) 10:00am Zumba (3FP) 10:30am Daily Chronicle & Discussion (CR) 10:30am Table Activities (3F) 11:00am Autumn Sensory Boxes (3FP) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Chair Yoga with Devon 3:30pm Tune into Me (3FP) 4:00pm Balloon Tennis (3FP) 5:30pm Movie Night (3FP)	Culture Week- Autumn Cozy Cabin (3FP) 7 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Therapy Dog Bleecker visit (2O3F) 10:45am Making Nature Collages (2F) 11:00am Music & Art (2FP) 1:00pm Scenic Drives (3FP) 2:00pm Music and Massage Therapy (3FP) 3:00pm Garden Tea Party (G) 4:00pm Sing Along (3F) 5:30pm Movie Night (3FP)	Culture Week- Autumn Cozy Cabin (3FP) 8 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (2FDR) 10:30am Daily Chronicle & Discussion (2F) 11:00am Bingo (3FP) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Drum Circle w/ Matt (3F) 3:00pm Apple Crisp and Cider Cart (3FP) 3:15pm Sculpting w/ Aromatherapy Clay (2F) 3:30pm Brain Power Challenge (3FP) 5:30pm Movie Night (3FP)	Culture Week- Autumn Cozy Cabin 9 9:30am Morning Sing Along (2F) 10:00am Seated Zumba (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Table Activities (3FP) 1:00pm Bingo (3F) 2:00pm Music with Kevin (3F) 3:00pm Bean Bag Toss (3FP) 4:00pm Science Friday: Scientific Facts (2F) 5:30pm Movie Night (3FP)	Culture Week- Autumn Cozy Cabin (3FP) 10 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (2FDR) 10:30am Therapy Dog Tucker Visits Residents (2&3F) 10:30am Daily Chronicle & Discussion (2F) 11:00am Seasonal Sounds, Music & Coloring (3FP) 1:00pm Table activities (3FP) 2:00pm Granny Pants Yard Game (3F) 2:30pm Drum Circle w/ Matt 4:00pm Fun Trivia (3F) 5:30pm Movie Night (3FP)
9:30am Morning Sing Along (2F) 11 10:00am Gentle Stretching (2F) 10:30am Daily Chronicle & Discussion (3FP) 11:00am Table Activities (3FP) 1:30pm Afternoon Movie (3FT) 3:00pm Bingo 4:00pm Sitting Kickball (2F) 5:30pm Movie Night (3FP)	9:00am Glam and Groom Day! (3FP) 12 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:45am Therapy Dog Potato & Meredith (3FP) 11:00am Brain Power Challenge (3FP) 1:30pm Art with Suncrest (2F) 2:30pm Fall Nature Documentary (3FP) 3:30pm Ball Exercises (3FP) 4:00pm Sing along 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 13 10:00am Zumba (3FP) 10:30am Daily Chronicle & Discussion (CR) 10:30am Table Activities (3F) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Art Painting 3:30pm Tune into Me (3FP) 4:00pm Balloon Tennis (3FP) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 14 10:00am Senior Power Fitness (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Maggie the Therapy Dog visits Residents (3FP) 11:00am Music & Art (2FP) 1:00pm Scenic Drives (3FP) 2:00pm Music and Massage Therapy (3FP) 3:00pm Garden Tea Party (G) 4:00pm Sing Along (3F) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 15 10:00am Senior Power Fitness (2FDR) 10:30am Daily Chronicle & Discussion (2F) 10:30am Therapy Dog Lulu visits Residents (3FP) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Drum Circle w/ Matt (3F) 3:15pm Sculpting w/ Aromatherapy Clay (2F) 3:30pm Brain Power Challenge (3FP) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 16 10:00am Seated Zumba (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Table Activities (3FP) 1:00pm Bingo (3F) 2:00pm Music with Kevin (3F) 3:00pm Bean Bag Toss (3FP) 4:00pm Science Friday: Scientific Facts (2F) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 17 10:00am Senior Power Fitness (2FDR) 10:30am Therapy Dog Tucker Visits Residents (2&3F) 10:30am Daily Chronicle & Discussion (2F) 1:00pm Table activities (3FP) 2:00pm Granny Pants Yard Game (3F) 2:30pm Drum Circle w/ Matt 4:00pm Fun Trivia (3F) 5:30pm Movie Night (3FP)
9:30am Morning Sing Along (2F) 18 10:00am Gentle Stretching (2F) 10:30am Daily Chronicle & Discussion (3FP) 11:00am Table Activities (3FP) 1:30pm Afternoon Movie (3FT) 3:00pm Bingo 4:00pm Sitting Kickball (2F) 5:30pm Movie Night (3FP)	9:00am Glam and Groom Day! (3FP) 19 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (3FP) 10:30am Storytelling Reading (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:45am Therapy Dog Potato & Meredith (3FP) 11:00am Brain Power Challenge (3FP) 1:00pm Puzzles and Games 2:30pm Fall Nature Documentary (3FP) 3:30pm Ball Exercises (3FP) 4:00pm Sing along 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 20 10:00am Zumba (3FP) 10:30am Daily Chronicle & Discussion (CR) 10:30am Table Activities (3F) 10:45am The Mediterranean Way of Life activity (3FP) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Chair Yoga with Devon (3F) 3:30pm Tune into Me (3FP) 4:00pm Balloon Tennis (3FP) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 21 10:00am Senior Power Fitness (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Therapy Dog Bleecker visit (2O3F) 11:00am Music & Art (2FP) 1:00pm Scenic Drives (3FP) 2:00pm Music and Massage Therapy (3FP) 3:00pm Garden Tea Party (G) 4:00pm Sing Along (3F) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 22 10:00am Senior Power Fitness (2FDR) 10:30am Daily Chronicle & Discussion (2F) 11:00am Bingo (3FP) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Drum Circle w/ Matt (3F) 3:15pm Sculpting w/ Aromatherapy Clay (2F) 3:30pm Brain Power Challenge (3FP) 4:00pm Birthday Party w/ Bamboo Peru (CR) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 23 10:00am Seated Zumba (3FP) 10:30am Mediterranean Music (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Table Activities (3FP) 1:00pm Bingo (3F) 2:00pm Music with Kevin (3F) 3:00pm Bean Bag Toss (3FP) 4:00pm Science Friday: Scientific Facts (2F) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 24 10:00am Senior Power Fitness (2FDR) 10:30am Therapy Dog Tucker Visits Residents (2&3F) 10:30am Daily Chronicle & Discussion (2F) 1:00pm Table activities (3FP) 2:00pm Granny Pants Yard Game (3F) 2:30pm Drum Circle w/ Matt 4:00pm Fun Trivia (3F) 5:30pm Movie Night (3FP)
9:30am Morning Sing Along (2F) 25 10:00am Gentle Stretching (2F) 10:30am Daily Chronicle & Discussion (3FP) 11:00am Table Activities (3FP) 1:30pm Spooky Afternoon Movie (3FT) 3:00pm Bingo 4:00pm Sitting Kickball (2F) 5:30pm Movie Night (3FP)	9:00am Glam and Groom Day! (3FP) 26 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:45am Therapy Dog Potato & Meredith (3FP) 11:00am Brain Power Challenge (3FP) 1:00pm Music with Kendall (3F) 2:30pm Fall Nature Documentary (3FP) 3:30pm Ball Exercises (3FP) 4:00pm Sing along 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 27 10:00am Zumba (3FP) 10:30am Daily Chronicle & Discussion (CR) 10:30am Table Activities (3F) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Chair Yoga with Devon (3F) 3:00pm Mini Pumpkin Art Painting (3F) 3:30pm Tune into Me (3FP) 4:00pm Balloon Tennis (3FP) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 28 10:00am Senior Power Fitness (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Maggie the Therapy Dog visits Residents (3FP) 11:00am Music & Art (2FP) 1:00pm Scenic Drives (3FP) 2:00pm Halloween Festival 3:00pm Garden Tea Party (G) 4:00pm Sing Along (3F) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 29 10:00am Senior Power Fitness (2FDR) 10:30am Daily Chronicle & Discussion (2F) 10:30am Therapy Dog Lulu visits Residents (3FP) 1:30pm Path To Wellness: Walking Club (2F) 2:00pm Drum Circle w/ Matt (3F) 3:15pm Sculpting w/ Aromatherapy Clay (2F) 3:30pm Brain Power Challenge (3FP) 5:30pm Movie Night (3FP)	9:30am Morning Sing Along (2F) 30 10:00am Seated Zumba (3FP) 10:30am Halloween Trivia (3FP) 10:30am Daily Chronicle & Discussion (2F) 10:30am Table Activities (3FP) 1:00pm Bingo (3F) 2:00pm Music with Kevin (3F) 3:00pm Bean Bag Toss (3FP) 4:00pm Science Friday: Scientific Facts (2F) 5:30pm Movie Night (3FP)	Happy Halloween (3FP) 31 9:30am Morning Sing Along (2F) 10:00am Senior Power Fitness (2FDR) 10:30am Therapy Dog Tucker Visits Residents (2&3F) 10:30am Daily Chronicle & Discussion (2F) 1:00pm Table activities (3FP) 2:00pm Granny Pants Yard Game (3F) 2:30pm Drum Circle w/ Matt 4:00pm Fun Trivia (3F) 5:30pm Movie Night (3FP)