

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>at Bayside Park A Caring Elder Community</p>						
<p>4</p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 2:00 Movie - DR 2:00-4:00 Art Healing-ArtRm 4:00 Library Book Club-L 6:30 Games with Katherine</p>	<p>5</p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 2:00 Science Hour—L 3:15 Health Concerns w/ Katherine - L 4:15 Arts & Crafts/Open Studio</p>	<p>6</p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Book Discussion Group—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment-DR 6:30 Tuesday Night Movie-L</p>	<p>7</p> <p>9:30 Walk 10:00 Bereavement Group-L 11:00 Word Games-L 10:15 Trip to Cathedral of Lights Church in Oakland 2:30 Psychology of Aging –L w/Joey & Arielle Resident Spotlight Event Paul Freeman Part II Rock Art Archive-Lobby</p>	<p>1</p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 11:00 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 4:00 Sing-A-Long-L 5:30 Presentation by Jim Moore— Medical Tax Deductions</p>	<p>2</p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 Shopping at Macy's – Walnut Creek 3:30 Scrabble Challenge-L 3:45 The Art of Hat-Making-Art Rm 6:30 Friday Night Movie-L</p>	<p>3</p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea –2 6:00 Planet Earth—L</p>
<p>11</p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 2:00 Movie - DR 2:00-4:00 Art Healing-ArtRm 6:30 Games with Katherine</p>	<p>12</p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 12:30 Ladies Who Lunch-DR 2:00 Science Hour—L 3:15 Health Concerns w/ Katherine- L 4:15 Arts & Crafts/Open Studio</p>	<p>13</p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Book Discussion Group—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment-DR 6:30 Tuesday Night Movie-L</p>	<p>14</p> <p>9:30 Walk 10:30 Trip to Magnus Museum 11:00 Word Games-L 2:30 Psychology of Aging w/Joey & Arielle - L 3:45 Hot Topics -L 4:45 Activities Feedback Session-L</p>	<p>15</p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 11:00 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 3:30 Resident Council Mtg-DR 4:30 Sing-A-Long-L 6:00 Women's Discussion Grp-L 7:00 Family Life Stories w/Angela</p>	<p>16</p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 City Excursion to Preservation Park 3:15 Dining Committee Meeting-DR 3:45 The Art of Hat-Making-Art Rm 6:30 Friday Night Movie-L</p>	<p>17</p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea –2 6:00 Planet Earth—L</p> <p>St Paddy's Day</p>
<p>18</p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 2:00 Movie - DR 2:00-4:00 Art Healing-ArtRm 4:00 Library Book Club-L 6:30 Games with Katherine</p>	<p>19</p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 2:00 Science Hour-L 3:15 Health Concerns w/ Katherine- L 4:15 Arts & Crafts/Open Studio</p>	<p>20</p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Book Discussion Group—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment 6:30 Tuesday Night Movie-L</p>	<p>21</p> <p>9:30 Walk 10:00 Bereavement Group-L 11:00 Word Games-L 11:00 Trip to Nature Center in Honor of Earth Day 2:30 Psychology of Aging w/Joey & Arielle - L 3:45 Hot Topics -L</p>	<p>22</p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 11:00 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 4:00 Sing-A-Long-L 6:00 Women's Discussion Grp-L 7:00 Family Life Stories w/Angela</p>	<p>23</p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 Scenic Drive to Alameda 3:30 Scrabble Challenge-L 3:45 The Art of Hat-Making-Art Rm 6:30 Friday Night Movie-L</p>	<p>24</p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea –2 6:00 Planet Earth—L</p>
<p>25</p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 2:00 Movie - DR 2:00-4:00 Art Healing-ArtRm 6:30 Games with Katherine</p>	<p>26</p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 12:30 Ladies Who Lunch-DR 2:00 Science Hour—L 3:15 Health Concerns w/ Katherine- L 4:15 Arts & Crafts/Open Studio 7:00 Nutrition Presentation</p>	<p>27</p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Book Discussion Group—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment-DR 6:30 Tuesday Night Movie-L</p>	<p>28</p> <p>9:30 Walk 10:30 Trip to Skates on the Bay Restaurant 11:00 Word Games-L 2:30 Psychology of Aging w/Joey & Arielle - L 3:45 Hot Topics -L</p>	<p>29</p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 11:00 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 4:00 Sing-A-Long-L 5:00 Bayside Park Anniversary Party</p>	<p>30</p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 City Excursion—Glass Blowing 4th Street 3:30 Scrabble Challenge-L 3:45 The Art of Hat-Making-Art Rm</p>	<p>31</p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea –2 6:00 Planet Earth—L</p>