

# JUNE 2022

## SERRA HIGHLANDS SENIOR LIVING

(650) 878-5111  
Lifestyle Programs

| SUNDAY                                                                                                                                                                                                                                                             | MONDAY                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                       | SATURDAY                                                                                                                                                                                                                                                    |
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|                                                                                                                                                                                   | <p><b>P</b> Physical Wellness/Fitness</p> <p><b>S</b> Social/Spiritual Engagements</p> <p><b>C</b> Cognitive Visual &amp; Language Skills</p> <p><b>M</b> Music</p> <p><b>L</b> Life Enrichment Skills</p> <p><b>O</b> Outdoor Activities</p>                            |                                                                                                                                                                                                                                                                                        | <p><b>NAT'L SAY SOMETHING NICE DAY 1</b></p> <p><b>P</b> 10:15 Music Exercise &amp; Daily News</p> <p><b>S</b> 11:00 UNO</p> <p>1:15 \$2 Blackjack</p> <p>2:30 Crochet &amp; Knitting</p> <p>3:00 Origami Class</p> <p>4:00 Afternoon Stretch</p>                            | <p><b>2</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Mexican Domino's</p> <p>2:30 Patio Gardening</p> <p>3:00 Light-Up Ledge Décor</p> <p>4:00 Walking for Fitness</p>                                    | <p><b>3</b></p> <p><b>NATIONAL DONUT DAY</b></p> <p><b>P</b> 10:15 Movement &amp; Balance</p> <p>10:45 Nature's Shake Smoothies</p> <p><b>S</b> 11:00 Catholic Communion</p> <p>1:15 Pokeno</p> <p>2:30 Expo Paint</p> <p>3:00 Heads up</p> <p><b>L</b> 4:00 Dance Class</p> | <p><b>4</b></p> <p><b>NATIONAL CHEESE DAY</b></p> <p><b>P</b> 10:15 Stretch Fitness Exercises</p> <p>11:00 Bingo</p> <p>1:15 Travel to Greece</p> <p><b>C</b> 2:00 Holy Rosary</p> <p>3:00 Happy Hour</p> <p>4:00 Walking for Fitness</p>                   |
| <p><b>NAT'L FROZEN YOGURT DAY 5</b></p> <p>10:15 Morning Meditation &amp; Exercises</p> <p>11:00 Pokeno</p> <p>1:15 Trivia &amp; Crossword</p> <p>2:30 Racing Horse</p> <p>3:00 Water Plant</p> <p>4:00 Walking for Fitness</p>                                    | <p><b>6</b></p> <p><b>P</b> 10:15 Movement &amp; Balance Exercise</p> <p><b>O</b> 12:00 Shopping</p> <p>1:15 Shopping</p> <p>2:00 Shopping</p> <p><b>C</b> 3:00 \$1 Bingo</p> <p>4:00 Afternoon Stretch</p> <p>5:00 T.V. show</p>                                        | <p><b>NAT'L CHOCOLATE ICE CREAM DAY 7</b></p> <p><b>P</b> 10:15 Stretch Fitness Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Tech Tuesday</p> <p>2:30 Guide Meditation</p> <p><b>O</b> 3:00 Indoor Mini Golf</p> <p>4:00 Walking for Fitness</p> <p>7:00 Recital Piano School</p> | <p><b>8</b></p> <p><b>BEST FRIEND DAY</b></p> <p><b>P</b> 10:15 Music Exercise &amp; Daily News</p> <p><b>S</b> 11:00 Pokeno</p> <p>1:15 \$2 Blackjack</p> <p><b>L</b> 2:30 Food for the thought</p> <p><b>C</b> 3:00 Wheel of the fortune</p> <p>4:00 Afternoon Stretch</p> | <p><b>9</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Father's Day Cards</p> <p>2:00 Christians Services</p> <p>3:00 Flag Day Coloring Pages</p> <p>4:00 Walking for Fitness</p> <p>5:00 TV. show</p>      | <p><b>10</b></p> <p><b>NAT'L ICE TEA DAY</b></p> <p><b>P</b> 10:15 Movement &amp; Balance</p> <p>10:45 Nature's Shake Smoothies</p> <p><b>S</b> 11:00 Catholic Communion</p> <p>1:15 Pokeno</p> <p>2:30 Ted Talk</p> <p>3:00 Monopoly</p> <p><b>L</b> 4:00 Dance Class</p>   | <p><b>11</b></p> <p><b>NAT'L CORN ON THE COP DAY</b></p> <p><b>P</b> 10:15 Stretch Fitness Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Travel to France</p> <p><b>C</b> 2:00 Holy Rosary</p> <p>3:00 Happy Hour</p> <p>4:00 Walking for Fitness</p>   |
| <p><b>12</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Pokeno</p> <p><b>M</b> 1:15 Indoor Mini Golf</p> <p><b>L</b> 2:30 Racing Horse</p> <p><b>O</b> 3:00 Patio Gardening</p> <p><b>S</b> 4:00 Walking for Fitness</p>       | <p><b>13</b></p> <p><b>P</b> 10:15 Movement &amp; Balance Exercise</p> <p><b>S</b> 11:00 Pokeno</p> <p><b>O</b> 1:15 Scenic Ride</p> <p>2:30 Create Gift for Father's Day</p> <p>3:00 \$1 Bingo</p> <p><b>O</b> 4:00 Afternoon Stretch</p> <p>5:00 Zumba class</p>       | <p><b>14</b></p> <p><b>AMERICAN FLAG DAY</b></p> <p><b>P</b> 10:15 Stretch Fitness Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Tech Tuesday</p> <p>2:30 Guide Meditation</p> <p>3:00 Indoor Mini Golf</p> <p><b>P</b> 4:00 Walking for Fitness</p> <p>5:00 T.V. show</p>         | <p><b>15</b></p> <p><b>P</b> 10:15 Music Exercise &amp; Daily News</p> <p><b>S</b> 11:00 UNO</p> <p>1:15 \$2 Blackjack</p> <p>2:30 Jewelry Making</p> <p><b>S</b> 3:00 Tailgate Toss</p> <p>4:00 Afternoon Stretch</p> <p>5:30 Zumba class</p>                               | <p><b>16</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Movie show case</p> <p>2:30 Movie show case</p> <p>3:00 Wii Jeopardy</p> <p>4:00 Walking for Fitness</p> <p>6:00 Family Meeting</p>                 | <p><b>17</b></p> <p><b>P</b> 10:15 Movement &amp; Balance Exercise</p> <p>10:45 Nature's Shake Smoothies</p> <p><b>S</b> 11:00 Catholic Communion</p> <p>1:15 Pokeno</p> <p>2:30 Ted Talk</p> <p>3:00 Happy Hour</p> <p><b>L</b> 4:00 Dance Class</p>                        | <p><b>18</b></p> <p><b>INTERNATIONAL PICNIC DAY</b></p> <p><b>P</b> 10:15 Stretch Fitness Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Travel to Brazil</p> <p><b>C</b> 2:00 Holy Rosary</p> <p>3:00 Heads Up Game</p> <p>4:00 Walking for Fitness</p> |
| <p><b>19</b></p> <p><b>FATHER'S DAY</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Pokeno</p> <p>1:15 Trivia &amp; Crossword</p> <p>2:30 Racing Horse</p> <p>3:00 Water Plant</p> <p>4:00 Walking for Fitness</p>              | <p><b>20</b></p> <p><b>P</b> 10:15 Movement &amp; Balance Exercise</p> <p><b>S</b> 11:00 Pokeno</p> <p><b>O</b> 1:15 Scenic Ride</p> <p>2:30 Paint</p> <p><b>C</b> 3:00 \$1 Bingo</p> <p>4:00 Afternoon Stretch</p>                                                      | <p><b>21</b></p> <p><b>SUMMER SOLSTICE/ NAT'L SELFIE DAY</b></p> <p>10:15 Stretch Fitness Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Tech Tuesday</p> <p>2:30 Guide Meditation</p> <p><b>P</b> 3:00 Indoor Mini Golf</p> <p>4:00 Walking for Fitness</p>                        | <p><b>22</b></p> <p><b>P</b> 10:15 Music Exercise &amp; Daily News</p> <p><b>S</b> 11:00 Pokeno</p> <p>1:15 \$2 Blackjack</p> <p>2:30 Jewelry Making</p> <p><b>C</b> 3:00 Pair-up Matching Game</p> <p>4:00 Afternoon Stretch</p>                                            | <p><b>23</b></p> <p><b>NAT'L HYDRATATION DAY</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Movie show case</p> <p>2:30 Movie show case</p> <p>3:00 Wii Deal or no Deal</p> <p>4:00 Walking for Fitness</p> | <p><b>24</b></p> <p><b>P</b> 10:15 Movement &amp; Balance</p> <p>10:45 Nature's Shake Smoothies</p> <p><b>S</b> 11:00 Catholic Communion</p> <p>1:15 Pokeno</p> <p>2:30 Ted Talk</p> <p>3:00 Backgammon</p> <p><b>L</b> 4:00 Dance Class</p> <p>5:30 Movie showcase</p>      | <p><b>25</b></p> <p><b>P</b> 10:15 Stretch Fitness Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Travel to Japan</p> <p><b>C</b> 2:00 Holy Rosary</p> <p>3:00 Happy hour</p> <p>4:00 Walking for Fitness</p> <p>5:00 TV game</p>                        |
| <p><b>26</b></p> <p><b>NAT'L CHOCOLATE PUDDING DAY</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Pokeno</p> <p>1:15 Indoor Mini Golf</p> <p>2:30 Racing Horse</p> <p>3:00 Patio Gardening</p> <p>4:00 Walking for Fitness</p> | <p><b>27</b></p> <p><b>NAT'L BINGO DAY/ SUNGLASSES DAY</b></p> <p><b>P</b> 10:15 Movement &amp; Balance Exercise</p> <p><b>S</b> 11:00 Pokeno</p> <p><b>O</b> 1:15 Scenic Ride</p> <p>2:30 Snack Social</p> <p><b>C</b> 3:00 \$1 Bingo</p> <p>4:00 Afternoon Stretch</p> | <p><b>28</b></p> <p><b>P</b> 10:15 Stretch Fitness Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p>1:15 Tech Tuesday</p> <p><b>P</b> 2:30 Guide Meditation</p> <p>3:00 Indoor Mini Golf</p> <p>4:00 Walking for Fitness</p> <p>5:30 movie showcase</p>                                    | <p><b>29</b></p> <p><b>HUG HOLIDAY</b></p> <p><b>P</b> 10:15 Music Exercise &amp; Daily News</p> <p><b>S</b> 11:00 Pokeno</p> <p>1:15 \$2 Blackjack</p> <p><b>C</b> 2:30 History Trivia</p> <p>3:00 Scrabble</p> <p>4:00 Afternoon Stretch</p>                               | <p><b>30</b></p> <p><b>P</b> 10:15 Morning Meditation &amp; Exercises</p> <p><b>S</b> 11:00 Bingo</p> <p><b>L</b> 1:15 Picnic</p> <p>2:30 Wii Jeopardy</p> <p>3:00 Bday Celebrations</p> <p>4:00 Walking for Fitness</p> <p>5:00 T.V show</p>                     |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                             |