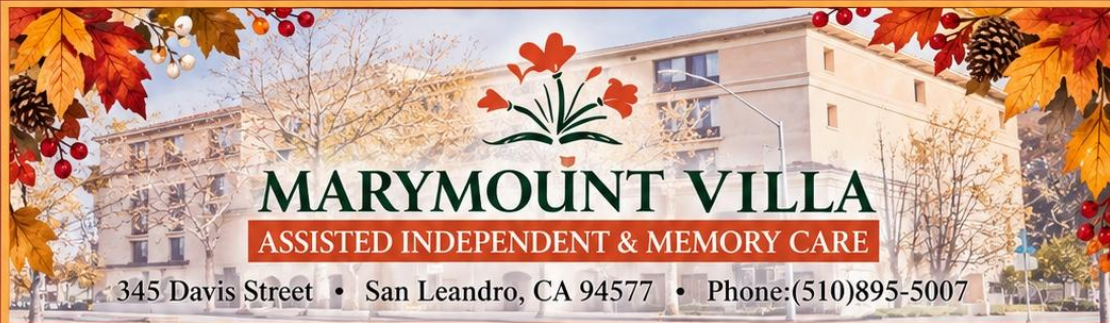




November 2026

After Hours

Staff are on duty 24/7. If you need to get in touch with the residents and caregivers after regular hours, please dial our main line:

510-895-5007, enter at any time the extension for each floor level:

2nd Floor 102 3rd Floor 103 4th Floor 104 5th Floor 105

Transportation

Doctors' appointments are every Tuesday from 9AM to 2PM and the last pick up going home to Marymount Villa will be at 3PM. Appointments should be within a 7-mile radius of Marymount Villa. If a resident's appointment is outside the 7-mile radius, the family can take the resident to their appointment. Marymount bus can also take the resident to other a doctor's appointment with a minimum charge of \$150.00 and up. Please check with the Front Desk at Tel. 510-895-5007 for availability and charges. Appointments set on the days other than Tuesday are subject to approval on a case-to-case basis. Residents that need a caregiver escort are available starting at a minimum charge of \$100.00.

Dining

If you wish to join your loved ones for a meal at our facility, please let the Front Desk know in advance so that the kitchen staff can arrange adequate seating. Meals are \$15.00 for each guest. Please remit payment at the Front Desk.



MARYMOUNT VILLA • ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	2 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	3 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	4 🍁 🚗 10 AM Scenic Drive 📖 11 AM Coloring Pages 🕒 11:30 AM Lunch 🎬 1:30 PM Movie Time 🍺 3 PM Root Beer Float 🎮 3:30 PM Games & Social Time	5 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	6 🍁 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games	7 🍁 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games
8 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	9 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎨 1 PM Art & Craft with Suncrest ☀️ 3 PM Social Time 🎮 3:30 PM Games	10 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	11 🍁 🇺🇸 VETERANS DAY 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🎮 3:30 PM Games & Crafts	12 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	13 🍁 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games	14 🍁 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games
15 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	16 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	17 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	18 🍁 🚗 10 AM Scenic Drive 📖 11 AM Coloring Pages 🗳️ 2 PM Resident Council Meeting 🍺 3 PM Root Beer Float 🎮 3:30 PM Games, Fun & Snacks	19 🍁 🚗 10 AM Visit to the Senior Center 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	20 🍁 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🕒 1:30 PM SpiritCare Ministry with Rev. Jeremiah ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games	21 🍁 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games
22 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	23 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	24 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🕒 11:30 AM THANKSGIVING LUNCH CELEBRATION 👥 Residents & families • Special entertainer 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	25 🍁 🚗 10 AM Scenic Drive 📖 11 AM Coloring Pages 🕒 11:30 AM Lunch 🎬 1:30 PM Movie Time 🍺 3 PM Root Beer Float 🎮 3:30 PM Games & Social Time	26 🍁 🎭 THANKSGIVING DAY 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	27 🍁 👤 DAY AFTER THANKSGIVING 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games	28 🍁 👤 10 AM Morning Stroll 👤 11 AM Seated Exercise 🎬 1:30 PM Movie Time ☕ 3 PM Coffee Social 🌿 3:30 PM Word Search & Puzzle Games
29 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	30 🍁 👤 10 AM Morning Seated Wellness & Chair Dancing 🎷 11 AM Live Flute & Sing-Along 🎬 1:30 PM Movie Time ☀️ 3 PM Social Time 🎮 3:30 PM Games	👤 Morning & afternoon recess: outdoor walks. • 🍹 After walks: drinks & snacks. • 🍎 Daily snacks between activities. • 🌿 Garden social time on nice days. • 🚗 Senior Center visits may change depending on Alameda County COVID-19 status. • 🚩 Activities are subject to change.				

Hello Fall Season

A Time for Gratitude, Wellness and Togetherness

Join Us for Our Activities!

Stay active, make friends, and enjoy each day!



Yoga &
Sound Healing



Morning Seated
Wellness



Dancing &
Chair Dancing



Arts & Crafts



Social Time
and New Friends



Music &
Sing-Alongs



Movies &
Entertainment



Games, Puzzles
& Brain Activities



Scenic Bus Outings
& Outdoor Enjoyment

Let's Enjoy a Happy
and Healthy Fall Season Together!



Grateful Hearts
Brighter Days
Stronger Together



Fall Health Tips



Dress in layers

The weather can change quickly this season.



Stay hydrated

Drink water throughout the day, even when it's cool.



Enjoy warm, nutritious foods

Soups, vegetables and whole grains help boost your immune system.



Keep moving

Gentle exercise, walking and stretching support healthy joints and mood.



Get enough rest

A good night's sleep helps your body stay strong and gives you more energy.



Take care of your emotions

Stay connected, join activities and spend time with friends.

Nora E. | Activities Coordinator