

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-Morning Mocha'n Mingle 3 11:00- TAI CHI with IRO  11:00- Women's Group 1:00-Fashion Model Monday @RR 1:00- BINGO  1:45-BINGO Bag Bargain\$	10:00-Los Meros Meros de La Mañana 4 11:00-Floral Balloon Art  11:00-Cardio Drumming on the Patio 1:00-Outdoor Oasis with RR 1:00- WHEEL-of-FORTUNE 1:15-Baile Folklorico 	10:00-Tea Time Talk 5 11:00- TAI CHI with IRO  11:00-Floral Balloon Art 1:00-Stretch and Smile @RR 1:00- LOTERIA  1:45-BINGO Retail Therapy	10:00-Coffee & Chill 6 11:00- Catch-Up with Larisa 11:00- Prayer Circle with Elena 1:00-Puzzle Projects @RR 1:00-Plot Twisters Storytelling 1:15-Bowl-a-Rama 	National Water Balloon Day 7 10:00-Café y Compañía 11:00-Player's Choice with Rosa 11:00-Splash & Bubble Art 1:00-Gentle Guitar with Will @RR 1:00- Water Balloon Splash Bash  1:30-Shaved Ice Treats 
10:00- TEA -rific Monday! 10 11:00- TAI CHI with IRO  11:00- <i>The Paste & The Furious Crafters</i> 1:00-Reminiscing the Weekend @RR 1:00- BINGO  1:45-BINGO Buck\$ \$pending	10:00-Mugs 'n Smiles 11 11:00- Words & Watercolor with Bhauya  11:00- Grupo de Mujeres 1:00-Patio Sunny Steppers with RR 1:00- RUEDA-de-FORTUNA  1:15-Remember That Dance Craze?? 1:15-Hand Spa @Gym	BACK-to-SCHOOL  10:00-Meet Me In the Café-teria 11:00- TAI CHI with IRO  11:00- Catch-Up with Larisa  12:45- Blast From the Past! Back To School Photo Winners 1:00- LOTERIA 	10:00-La Caravana de Café 13 11:00- Prayer Circle with Elena 11:00-Good News Network 1:00-Scarf Dances @RR 1:00-Try Your Luck  at the Blackjack Table 1:15- HOOPS! 	10:00- Té -rapia Social 14  11:00-Cardio Drumming 11:00- Men's Group 1:00-Gentle Guitar with Will @RR 1:00- KARAOKE CLUB  1:30- Happy Hour \$1 Bingo Buck Mocktails
10:00-PERK Up! It's Monday 17 11:00- TAI CHI with IRO  11:00-The Craft Lab 1:00-Fashion Model Monday @RR 1:00- BINGO  1:45-BINGO \$SHOP 'Til You Drop	10:00-Solamen- Té Una Vez... 18 11:00-The Craft Lab 11:00- Catch-Up with Larisa 1:00-Soaking Up Sunshine On the Patio with RR 1:00- LIVE! Slot Machines  1:15- TOTALLY TRIVIA	10:00-Fancy a CUPPA? 19 11:00- TAI CHI with IRO  11:00-Travel Talk : Yucatán, México 1:00-Toe Tap'n Tunes @RR 1:00- LOTERIA  1:45-\$pend, \$pend, \$pend	10:00-Coffee & Catch-Up 20 11:00-Cardio Drumming on the Patio 11:00- Women's Group 1:00- Grupo de Hombres  1:00-Puzzle Projects @RR 1:00-Poesia y Letras de Amor 1:00-MOVIE: <i>Raiders of the Lost Arc</i> 	10:00-Café y Cotorreo 21  11:00- Catholic Mass with Fr. Robert 11:00-Table Games 1:00-Gentle Guitar with Will @RR 1:00-Learn to Dance: <i>Cumbia</i>  1:35- Happy Hour \$1 Bingo Buck Mocktails
10:00-The Vintage Brew Crew 24 11:00- TAI CHI with IRO  11:00-Arts & Crafts Creatives 1:00- Catch-Up with Larisa 1:00-Reminiscing the Weekend @RR 1:00- BINGO  1:45-\$pend'em If You Got'em	10:00-Mug Life 25 11:00- Words & Watercolor with Bhauya  11:00 Men's Group 1:00-Patio Plans & Lounging with RR 1:00- KARAOKE CLUB  1:15-Pitch'n Catch Warmup Circle 1:15-Hand Spa @ Gym	dientes  Community Dental 26 10:00-Café Mañanero 11:00- TAI CHI with IRO  11:00-Arts & Crafts Creatives 1:00-Scent Sensations @RR 1:00- LOTERIA  1:45-Who \$aid \$shopping Isn't a \$port?	10:00-The CUPPA Club 27 11:00- Prayer Circle with Elena 11:00-Arts & Crafts Creatives 1:00-Gentle Movement @RR 1:00-Cuentos y Talentos 1:15- Minute To Win IT! Games	10:00-Lentamen- Té Despertando 28 11:00- Grupo de Mujeres 11:00- Christine's Inner Glow Group  1:00-Gentle Guitar with Will @RR 1:00- MUSICAL MEMORIES  Live Music Singing & Dancing with Juan Carlos 1:45- BIRTHDAY CELEBRATION 
10:00-Morning BREW -HaHa 31 11:00- TAI CHI with IRO  11:00- Grupo de Hombres 1:00-Fashion Model Monday @RR 1:00- BINGO  1:45-Let's Go \$shopping!	 ELDERDAY August 2026 501 Main St. Watsonville, CA 95076 (831) 458-3481 Monday August 17th National Non-Profit Day Celebrate by Supporting Community Bridges Scan the QR Code To Learn More or to Donate   			

To Cancel Transportation to Elderday Please Contact **LIFTLINE** (831) 688-9663 Please Call As Soon As Possible

August 2026 ELDERDAY MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Savory Casserole Broccoli Mixed Green Salad WW Roll/Butter 1% Milk	4 Turkey Mole Garden Vegetable Blend Romaine Salad Corn tortilla Spanish Rice 1% Milk	5 Egg Salad Sandwich Vegetable Barley Soup Mixed Green Salad WW Bread 1% Milk	6 Chicken Parmesan California Vegetables Romaine Salad Brown Rice Risotto WW Roll/Butter 1% Milk
10 Crab Cakes Mixed Vegetables Spinach Salad Pesto Noodles WW Roll/Butter 1% Milk	11 Quiche Roasted Potatoes Romaine Salad w/ Beans WW Oatmeal Raisin Muffin 1% Milk	12 Turkey Tetrazini Broccoli Red Cabbage Salad WW Roll/Butter 1% Milk	13 Shephard's Pie Green Salad WW Roll/Butter Graham Crackers 1% Milk
17 BBQ Pork Mashed Potatoes Coleslaw WW Bread/ Butter Graham Crackers 1% Milk	18 Turkey Grape Salad Carrot Ginger Soup Romaine Salad WW Bread Crackers 1% Milk	19 Macaroni & Cheese Three Bean Salad Green Salad w/ Broccoli WW Roll/Butter 1% Milk	20 Stri Fry Chicken Stir Fry Vegetable Blend Sesame Carrots Brown Rice Sesame Noodles 1% Milk
24 Salisbury Steak Mashed Potatoes Romaine Salad w/ Peppers WW Bread/ Butter Graham Crackers 1% Milk	25 Chicken Caesar Salad Lentil Soup Romaine Salad w/ Crouton WW Roll/Butter Crackers 1% Milk	26 Fish Sticks Pickled Beets Coleslaw w/ Carrots Dill Noodles WW Bread/Butter 1% Milk	27 Lima Bean Chowder Lentil Salad Couscous Vegetable Salad Spinach Salad WW Roll/Butter 1% Milk
31 Spaghetti & Meatballs Cauliflower Spinach Salad WW Roll/Butter 1% Milk			28 Beef Fajitas Romaine Salad Refried Beans Spanish Rice Tortilla 1% Milk SF Birthday Cake

😊 Daily Seated Exercises Begin at 11:45

😊 Lunch Is Served at 12pm

Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup

Celebrate August 17th National Nonprofit Day by supporting **Community Bridges** and **Elderday**
 Scan the QR code to learn more or to donate

