

Monday	Tuesday	Wednesday	Thursday	Friday
 ELDERDAY ADULT DAY HEALTH CARE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	10:00-Coffee Talk Time 1 11:00-<i>Words & Watercolors</i> 11:00-♣High ♥Rollers ♦Black ♠Jack Table 1:00-Discover Amusement Parks! ZOOM 1:00- LIVE MUSIC! With the One-and-Only JOHNNY FABULOUS	2 10:00-Mugs in the Morning 11:00- TAI CHI with IRO 11:00-Book Club in Spanish: "La Lluvia de Oro" 1:00-Famous Faces Trivia @RR 1:00-  1:45-\$hop 'til You Drop!	3 10:00-Tip the Teapot 11:00-Prayer Circle with Elena 11:00- TOTALLY TRIVIA 1:00-Table Bowling in the Rose Room 1:00-<i>Conociéndote y Conociéndome</i> Grupo de Platica 1:15-  Badminton	4 10:00-Café con Cotorreo 11:00-Grupo de Hombres con Juan Carlos 11:00-Experiments in Watercolor 11:00- Muscle Cars & More  Video Group in the Game Room 1:00-  The PRICE is RIGHT 1:15-Putt Putt Golf Games
CLOSED / CERRADO 7  LABOR DAY	8 10:00-Teatime Tuesday 11:00-<i>Words & Watercolors</i> 11:00-Grupo de Mujeres con Alondra 1:00- Hiking The Great Smokey Mountains ZOOM Group 1:00-  BINGO 1:00-Music Trivia @RR 1:15-Hand Spa at the Gym 1:45-BINGO Retail Therapy	9 10:00-Mocha Mix'n Mingle 11:00- TAI CHI with IRO 11:00-Book Club in Spanish: "La Lluvia de Oro" 1:00-Exploring The Oceans Video @RR 1:00-  1:45-\$hopping Is a \$port!	10 10:00-The Daily Drip 11:00- Men's Group with Steve 11:00-Visiting: Chichén Itzá  Virtual Tour / Recorrido Virtual 1:00-Table Tennis in the Rose Room 1:00-  NAME THAT TUNE 1:15-HOOPS!	11 10:00-Brewed Awakenings 11:00- TAI CHI with IRO 11:00- Catholic Mass with Fr. Robert 1:00-Gentle Guitar with Will @Rose Room 1:00-<i>Shuffle & Flow</i> Shuffleboard Game 1:00-PELICULA: "Mi Abrigo de Colores" 
10:00-Crónicas de Café 11:00- TAI CHI with IRO 11:00-Fair Days Art & Crafts 1:00-What Happened This Weekend? Reminiscing with the Rose Room 1:00-  1:45-I Came, I \$aw, I \$hopped	14  Community Dental 10:00-Sip & Socialize 11:00-<i>Words & Watercolors</i> 11:00-Fair Days Arts & Crafts 1:00-DARTS  1:00-Puzzle Projects @RR 1:00-Nature's Unusual Animals ZOOM Group 1:00-  ¡Adivina la Canción!	15 Mexican Independence Day  10:00- Celebrando Las Fiestas Patrias LIVE Viewing of Mexico's Celebrations 11:00- TAI CHI with IRO 1:00-Table Bowling in the Rose Room 1:00-  1:45-Drop Those \$\$\$\$	16 Santa Cruz  Days 17 10:00-Ferris Wheel Fuel Time 11:00-Prayer Circle with Elena 11:00-Women's Group with Alondra 12:45- Farmers and Fun at Elderday 1:15-  MIDWAY GAMES & PRIZES	18 10:00-Morning Perk Up! 11:00-Personalized T-Shirt Creations 11:00-Relaxation Station 1:00-Gentle Guitar with Will @Rose Room 1:00-<i>Recipes & Reminiscing</i> 1:15-  Getting To Know You with Christine
21  LAST DAY OF SUMMER 10:00-Serene Summer Sips & Social Time 11:00-<i>Words & Watercolors</i> 11:45- Summer Scavenger Hunt 1:00-Travel Italy's Cathedrals ZOOM Group 1:00-  So Long Summer!  Summer Vibes, Fun & Refreshments 1:15-Hand Spa at the Gym	22 10:00- TÉ-rapia Social 11:00-<i>Words & Watercolors</i> 11:00-Crafts & Masterpiece Moments 1:00- Men's Group with Steve 1:00-Rose Room Patio Plans 1:00-Relaxation Station  1:15- BOWL-a-RAMA	23 10:00-Common Grounds 11:00- TAI CHI with IRO 11:00-Grupo de Hombres con Juan Carlos 11:00- Book Club in Spanish: "La Lluvia de Oro" 1:00-Nature Stroll Video in the Rose Room 1:00-  1:45-\$pend That BINGO Ca\$h	24 10:00-Compañía con Café 11:00-Prayer Circle with Elena 11:00-Getting To Know You & Me Group 1:00-The "Rack  Pack" Pool Game 1:00-MOVIE: "My Coat of Many Colors"  1:15-Trivia en español	25 10:00- Sereni-TEA NOW! 11:00-TRIVIA ~or~ Personalized T-Shirt Art 11:00-Gentle Guitar with Will in the RR 1:00-HOOPS! In the Rose Room 1:00- Live Music at Majel's Place <i>Musical Memories with Juan Carlos</i>  1:45- BIRTHDAY CELEBRATION
 GOOD NEIGHBOR DAY 28 10:00-Musical Tables Mixer! 11:00- TAI CHI with IRO 11:00-Women's Group with Alondra 1:00-Reminiscing Is the Best Thing @RR 1:00-  1:45-BINGO Boutique Shopping	29 10:00- TÉ-rapia Social 11:00-<i>Words & Watercolors</i> 11:00-Crafts & Masterpiece Moments 1:00- Men's Group with Steve 1:00-Rose Room Patio Plans 1:00-Relaxation Station  1:15- BOWL-a-RAMA	30 10:00-MUG Life 11:00- TAI CHI with IRO 11:00- Book Club in Spanish: "La Lluvia de Oro" 1:00- Scent-sations Aromatherapy @RR 1:00-  1:45-BINGO Boutique Bargains	ELDERDAY September 2026 501 Main St. Watsonville, CA 95076 (831) 458-3481 	

To Cancel Transportation to Elderday Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

ELDERDAY ADULT DAY HEALTH CARE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD September 2026 ELDERDAY MEALS COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Tostada Cauliflower w/ Peppers Refried Beans Spanish Rice Corn Tostada 1% Milk	2 Sweet & Sour Chicken Summer Squash Napa Cabbage Salad Brown Rice Sesame Noodles 1% Milk	3 Split Pea Soup Mushroom Salad Mixed Green Salad WW Bread/ Butter Crackers 1% Milk	4 BBQ Chicken Baked Beans Spinach Salad Cornbread/Butter 1% Milk
7 Labor Day Site Closed 	8 Sloppy Joes Succotash Romaine Salad w/ Broccoli WW Bun 1% Milk	9 Lima Bean Chowder Couscous Vegetable Salad Beets WW Roll/Butter 1% Milk	10 Turkey Stew Broccoli Coleslaw Biscuit Graham Crackers 1% Milk	11 Tuna Noodle Casserole Peas & Mushrooms Carrot Raisin Salad WW Bread/Butter 1% Milk
14 Salmon Patty Cauliflower Spinach Salad w/ Carrots Pesto Noodles WW Roll/Butter 1% Milk	15 Vegetable Frittata Roast Potatoes Green Salad w/ Kidney Beans Oatmeal Muffin 1% Milk	16 Chicken Tamales Refried Beans Mixed Green Salad w/ Carrots Spanish Rice 1% Milk	17 Beef & Broccoli Stir Fry Napa Cabbage Salad Brown Rice Graham Crackers 1% Milk	18 Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ WW Roll/Butter 1% Milk
21 Meatloaf w/ Gravy Mashed Potatoes Tossed Green Salad WW Bread/Butter Graham Crackers 1% Milk	22 Turkey Salad Sandwich Butternut Squash Soup Spinach Salad w/ Tomatoes WW Bread 1% Milk	23 Crab Crepe Vegetable Lentil Salad Mixed Green Salad w/ Carrots WW Roll/Butter 1% Milk	24 Eggplant Parmesan Three Bean Salad Green Salad w/ Egg WW Roll/Butter Graham Crackers 1% Milk	25 Sopa de Albondigas Cauliflower Romaine Salad w/ Carrots Cornbread 1% Milk SF Birthday Cake
28 Chicken Alfredo Steamed Carrots Spinach Salad WW Roll/Butter 1% Milk	29 Fish Sticks w/ Tartar Zucchini Coleslaw w/ Carrots Brown Rice Pilaf WW Roll/Butter 1% Milk	30 Picadillo Cauliflower Romaine Salad w/ Carrots Mexican Rice Corn Tortilla 1% Milk		

  **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



September 15 – October 15



August Perfect Attendance Winners

América, Salud, Ernie, Ginger, Rosita, Jean, Roberto C, Dennis, Eleazer, Ernestina, Robert G, Reyna, Juanito, Will, Mark J, Ramona, Tina, Dennis, Alma M, Guadalupe M, Myron, Jimmy M, Gail, José R, Hilda Q, Lupillo, Paul R, Lupita R, Reyes, Chrissy, Lorraine, Mark T, Jeff, María V, María Z, and Donna!

Great Job!

Your Health and Wellness Are Very Important To All of Us