



THE RETREAT AT ALAMEDA



Daily Activities

Exercise MCA or FC
Feel The Sunshine Walk
Coffee & Chronicles B or MCA
Movie

LOCATION KEY:

- AL = Assisted Living
MC = Memory Care
B = Bistro
FC = Fitness Center
L = Library
P = Patio
C= Courtyard
V = AL Dining Room
OP—Outside Dining Room
MCA = MC Activity Room
ALA = AL Activity Room
S= Salon
T = Movie Theater
PD = Private Dining



November 2021

Calendar grid with columns for days of the week (Sunday to Saturday) and rows for dates (1 to 27). Each cell contains a list of activities and their locations. Includes icons for Salon Day and Thanksgiving.



Please note that these times and activities are all subject to change