



The Trousdale
1600 Trousdale Dr, Burlingame, CA 94010
Phone: (650) 443-3700 License # 415601015

The Lodge January 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Activities are limited due to Covid restrictions. Additional activities and entertainment will be added accordingly.						
<p>10am Virtual Catholic Mass (T) 3</p> <p>10am Unforgettable 40's Activities (LE)</p> <p>11am Virtual: First Presbyterian (T)</p> <p>1pm Bingo For Money (LC)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Angel Has Fallen (T)</p> <p>3pm Hallway Happy Hour</p>	<p>9:15am Morning Exercise (FR) 4</p> <p>10:30am Hallway Nail Polish Color Change</p> <p>1pm Bingo for Money LE (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: RV (T)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Hallway Brews</p>	<p>Medical Visits (FL) 5</p> <p>9:15am Workout (FR)</p> <p>10:30am Knitting w/Tara (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: The Producers (T)</p> <p>3pm Tea & Trivia Tuesday</p>	<p>9:15am Morning Exercise (FR) 6</p> <p>10:15am Scenic Drive (FL)</p> <p>10:30am Sherlock Holmes Short Stories (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: The Founder (T)</p> <p>2:30pm Walking Outside (FL)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Hallway Specialty Drinks</p>	<p>Medical Visits (FL) 7</p> <p>9:15am Weights (FR)</p> <p>10:15am Floral Arranging (LC)</p> <p>11am Winter Time Memory Day (LE)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Betty White (T)</p> <p>3pm Hallway Happy Hour</p>	<p>New Year's Day 1</p> <p>9:15am Cardio (FR)</p> <p>10:15am Scenic Drive (FL)</p> <p>11am New Year's Day Reminiscing (FL)</p> <p>1pm Bingo For Money</p> <p>1:15pm Scenic Drive (FL)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: A Little Chaos (T)</p> <p>2pm Rose Bowl (T)</p> <p>3pm Happy Hour</p>	<p>9:15am Exercise (FR) 2</p> <p>10am Flight of the Monarch Painting (LE)</p> <p>1pm Bingo For Money</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Frost/Nixon (T)</p> <p>3pm Happy Hour</p>
<p>10am Virtual Catholic Mass (T) 10</p> <p>10am Poetry Reading by Daniela (LE)</p> <p>11am Virtual: First Presbyterian (T)</p> <p>1pm Bingo For Money (LC)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: The Prom (T)</p> <p>3pm Hallway Happy Hour</p>	<p>9:15am Morning Exercise (FR) 11</p> <p>10:30am Hallway Hair Up Do</p> <p>1pm Bingo for Money LE (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: The Da Vinci Codes (T)</p> <p>2:30pm Walking Outside (FL)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Hallway Brews</p>	<p>Medical Visits (FL) 12</p> <p>9:15am Workout (FR)</p> <p>10:30am Knitting w/Tara (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: The Professor & The Madman (T)</p> <p>3pm Tea & Trivia Tuesday</p>	<p>Wacky Winter Wardrobe Wednesday 13</p> <p>9:15am Morning Exercise (FR)</p> <p>10:15am Scenic Drive (FL)</p> <p>10:30am Balloon Tennis (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Mank (T)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Hallway Specialty Drinks</p>	<p>Dress Up Your Pet Day 14</p> <p>Medical Visits (FL)</p> <p>9:15am Weights (FR)</p> <p>10:15am Floral Arranging (LC)</p> <p>11am Pet Parade (PL)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Searching For Bobby Fischer (T)</p> <p>3pm Hallway Happy Hour</p>	<p>Strawberry Ice Cream Day 15</p> <p>9:15am Cardio (FR)</p> <p>10:15am Scenic Drive (FL)</p> <p>1pm Bingo For Money</p> <p>1:15pm Scenic Drive (FL)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: 3 Days To Kill (T)</p> <p>3pm Strawberry Ice Cream Happy Hour</p>	<p>Hello Dolly Day 16</p> <p>9:15am Exercise (FR)</p> <p>10am Crafting w/Tara (LE)</p> <p>1pm Bingo For Money</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Hello Dolly (T)</p> <p>2:30pm Walking Outside (FL)</p> <p>3pm Happy Hour</p>
<p>10am Virtual Catholic Mass (T) 17</p> <p>10am Activity Booklet (LE)</p> <p>11am Virtual: First Presbyterian (T)</p> <p>1pm Bingo For Money (LC)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Wish Man (T)</p> <p>3pm Hallway Happy Hour</p>	<p>Martin Luther King Day 18</p> <p>9:15am Morning Exercise (FR)</p> <p>10:30am Hallway Facials</p> <p>1pm Bingo for Money LE (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Lee Daniels' The Butler (T)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Martin Luther King Celebration</p>	<p>Medical Visits (FL) 19</p> <p>9:15am Workout (FR)</p> <p>10:30am Knitting w/Tara (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Grand Torino (T)</p> <p>3pm Tea & Trivia Tuesday</p>	<p>9:15am Morning Exercise (FR) 20</p> <p>10:15am Scenic Drive (FL)</p> <p>10:30am Balloon Tennis (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Jersey Boys (T)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Hallway Specialty Drinks</p>	<p>Medical Visits (FL) 21</p> <p>9:15am Weights (FR)</p> <p>10:15am Floral Arranging (LC)</p> <p>11am Adult Coloring w/Tara (LE)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Legend (T)</p> <p>2:30pm Walking Outside (FL)</p> <p>3pm Hallway Happy Hour</p>	<p>9:15am Cardio (FR) 22</p> <p>10:15am Scenic Drive (FL)</p> <p>1pm Bingo For Money</p> <p>1:15pm Scenic Drive (FL)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Lawless (T)</p> <p>3pm Happy Hour</p>	<p>Celebrating "Casablanca" 23</p> <p>9:15am Exercise (FR)</p> <p>10am Crafting w/Tara (LE)</p> <p>1pm Bingo For Money</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: "Casablanca" (T)</p> <p>3pm Happy Hour</p>
<p>10am Virtual Catholic Mass (T) 24</p> <p>10am Activity Booklet (LE)</p> <p>11am Virtual: First Presbyterian (T)</p> <p>1pm Bingo For Money (LC)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Hostiles (T)</p> <p>3pm Hallway Happy Hour</p>	<p>Marshmallow Day 25</p> <p>9:15am Morning Exercise (FR)</p> <p>10:30am Hallway Nail Polish Color Change</p> <p>1pm Bingo for Money LE (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Glory (T)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Hallway Brews</p>	<p>Medical Visits (FL) 26</p> <p>9:15am Workout (FR)</p> <p>10:30am Knitting w/Tara (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: The Exception (T)</p> <p>2:30pm Walking Outside (FL)</p> <p>3pm Tea & Trivia Tuesday</p>	<p>9:15am Morning Exercise (FR) 27</p> <p>10:15am Scenic Drive (FL)</p> <p>10:30am Winter Time Memories Day (LC)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Agatha & The Truth of Murder (T)</p> <p>3pm Stretches w/Mary (FR)</p> <p>3pm Hallway Specialty Drinks</p>	<p>Medical Visits (FL) 28</p> <p>9:15am Weights (FR)</p> <p>10:15am Floral Arranging (LC)</p> <p>11am Paint A Pollack Day (LE)</p> <p>1pm Bingo for Money (LE)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Effie Gray (T)</p> <p>3pm Hallway Happy Hour</p>	<p>9:15am Cardio (FR) 29</p> <p>10:15am Scenic Drive (FL)</p> <p>1pm Bingo For Money</p> <p>1:15pm Scenic Drive (FL)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: The Ottoman Lieutenant (T)</p> <p>3pm Happy Hour</p>	<p>9:15am Exercise (FR) 30</p> <p>10am Crafting w/Tara (LE)</p> <p>1pm Bingo For Money</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Anna Karenina (T)</p> <p>3pm Happy Hour</p>
<p>Grammy Awards Day 31</p> <p>10am Virtual Catholic Mass (T)</p> <p>10am Activity Booklet (LE)</p> <p>11am Virtual: First Presbyterian (T)</p> <p>1pm Bingo For Money (LC)</p> <p>2pm Bingo for prizes (LC)</p> <p>2pm Movie: Suferagette (T)</p> <p>2:30pm Walking Outside (FL)</p> <p>3pm Hallway Happy Hour</p>						
<p>Location Key</p> <p>LC - Learning Center PL - Parlor T - Theater FR - Fitness Room</p> <p>FL - Front Lobby LE - Life Enrichment Room ZR - Zen Room</p> <p>DR - Dining Room AR - Artist Retreat B - Bistro LR - Living Room</p> <p>OP - Outside Patio SL - Sky Lounge RR - Retreat Room</p> <p>LE - Life Enrichment Room P - Patio</p>						

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 Phone: (650) 443-3700 License # 415601015

The 3rd Floor January 2021 Calendar

THE TROUSDALE
 Community Living for Seniors

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Video Calls & Visits 9am Activity Books Passed Out 10am Virtual Mass (T) 10am Unforgettable 40's Activities (LE) 11am Scenic Drive to see Holiday Lights 1pm Hallway Bingo 2pm Afternoon Wake Me Up Exercise 3pm Hallway Tea Time (LR) 6pm Evening Movie	10am Morning Exercise (LR) 11am Beauty Day 1pm Virtual Music & Motion Class 3pm Hallway Mocktails 4pm Sunshine In The Patio 4pm Sunshine In The Patio 6pm Evening Movie	10am Morning Stretches 11am Art Projects 1pm Hallway Bingo 2pm Balloon Toss (LR) 3pm Hallway Spritzer Hour 3pm Tea & Trivia Tuesday 6pm Evening Movie	Video Calls 10am Zumba Exercise (LR) 11am Holiday Sing Fit 1pm Hallway Bingo 2pm Holiday Story Reading (LR) 3pm Smoothie Cart & Riddles 6pm Evening Movie	Doctor's Visits 10am Exercise & Stretches (LR) 11am Winter Time Memory Day (LE) 1pm Hallway Bingo 2pm Short Story Reading 3pm Hot Apple Cider Cart 6pm Evening Movie	New Year's Day 10am Morning Workout (LR) 11am New Year's Day Reminiscing (PL) 2pm Ball Toss 3pm Hot Chocolate Cart 6pm Evening Movie	10am Flight of the Monarch Painting (LE) 11am Morning Exercise 1pm Hallway Bingo 2pm Reminiscing Stories & Activities 3pm Happy Hour 6pm Evening Movie
Video Calls & Visits 9am Activity Books Passed Out 10am Virtual Mass (T) 11am Scenic Drive to see Holiday Lights 1pm Hallway Bingo 2pm Afternoon Wake Me Up Exercise 3pm Hallway Tea Time (LR) 6pm Evening Movie	10am Morning Exercise (LR) 11am Beauty Day 1pm Virtual Music & Motion Class 3pm Hallway Mocktails 4pm Sunshine In The Patio 4pm Sunshine In The Patio 6pm Evening Movie	10am Morning Stretches 11am Art Projects 1pm Hallway Bingo 2pm Balloon Toss (LR) 3pm Hallway Spritzer Hour 3pm Tea & Trivia Tuesday 6pm Evening Movie	Video Calls Wacky Winter Wardrobe Wednesday 10am Zumba Exercise (LR) 11am Holiday Sing Fit 1pm Hallway Bingo 2pm Holiday Story Reading (LR) 3pm Smoothie Cart & Riddles 6pm Evening Movie	Doctor's Visits Dress Up Your Pet Day 10am Exercise & Stretches (LR) 11am Pet Parade (PL) 1pm Hallway Bingo 2pm Short Story Reading 3pm Hot Apple Cider Cart 6pm Evening Movie	Elvis B-Day 10am Morning Workout (LR) 11am Art Hour (LR) 2pm Ball Toss 3pm Hot Chocolate Cart 6pm Evening Movie	11am Morning Exercise 1pm Hallway Bingo 2pm Reminiscing Stories & Activities 3pm Happy Hour 6pm Evening Movie
Video Calls & Visits 9am Activity Books Passed Out 10am Virtual Mass (T) 11am Scenic Drive to see Holiday Lights 1pm Hallway Bingo 2pm Afternoon Wake Me Up Exercise 3pm Hallway Tea Time (LR) 6pm Evening Movie	Martin Luther King Day 10am Morning Exercise (LR) 11am Beauty Day 1pm Virtual Music & Motion Class 3pm Hallway Mocktails 4pm Sunshine In The Patio 4pm Sunshine In The Patio 6pm Evening Movie	10am Morning Stretches 11am Art Projects 1pm Hallway Bingo 2pm Balloon Toss (LR) 3pm Hallway Spritzer Hour 3pm Tea & Trivia Tuesday 6pm Evening Movie	Video Calls 10am Zumba Exercise (LR) 11am Holiday Sing Fit 1pm Hallway Bingo 2pm Holiday Story Reading (LR) 3pm Smoothie Cart & Riddles 6pm Evening Movie	Doctor's Visits 10am Exercise & Stretches (LR) 11am Art Hour (LR) 1pm Hallway Bingo 2pm Short Story Reading 3pm Hot Apple Cider Cart 6pm Evening Movie	10am Morning Workout (LR) 11am Art Hour (LR) 2pm Ball Toss 3pm Hot Chocolate Cart 6pm Evening Movie	Celebrating "Casablanca" 11am Morning Exercise 1pm Hallway Bingo 2pm Reminiscing Stories & Activities 3pm Happy Hour 6pm Evening Movie
Video Calls & Visits 9am Activity Books Passed Out 10am Virtual Mass (T) 11am Scenic Drive to see Holiday Lights 1pm Hallway Bingo 2pm Afternoon Wake Me Up Exercise 3pm Hallway Tea Time (LR) 6pm Evening Movie	Marshmallow Day 10am Morning Exercise (LR) 11am Beauty Day 1pm Virtual Music & Motion Class 3pm Hallway Mocktails 4pm Sunshine In The Patio 4pm Sunshine In The Patio 6pm Evening Movie	10am Morning Stretches 11am Art Projects 1pm Hallway Bingo 2pm Balloon Toss (LR) 3pm Hallway Spritzer Hour 3pm Tea & Trivia Tuesday 6pm Evening Movie	Video Calls 10am Zumba Exercise (LR) 10:30am Winter Time Memories Day (LC) 11am Holiday Sing Fit 1pm Hallway Bingo 2pm Holiday Story Reading (LR) 3pm Smoothie Cart & Riddles 6pm Evening Movie 6pm Memory Care Family Support Group Meeting (LR)	Doctor's Visits 10am Exercise & Stretches (LR) 11am Art Hour (LR) 1pm Hallway Bingo 2pm Short Story Reading 3pm Hot Apple Cider Cart 6pm Evening Movie	10am Morning Workout (LR) 11am Art Hour (LR) 2pm Ball Toss 3pm Hot Chocolate Cart 6pm Evening Movie	11am Morning Exercise 1pm Hallway Bingo 2pm Reminiscing Stories & Activities 3pm Happy Hour 6pm Evening Movie
Grammy Awards Day Video Calls & Visits 9am Activity Books Passed Out 10am Virtual Mass (T) 11am Scenic Drive to see Holiday Lights 1pm Hallway Bingo 2pm Afternoon Wake Me Up Exercise 3pm Hallway Tea Time (LR) 6pm Evening Movie						

Location Key:
 Living Room=LR
 Retreat Room=RR
 Life Enrichment=LE
 Patio=P
 Learning Center=LC

Please note activities are limited due to social distancing protocol. All activities are subject to change.