


















# SEPTEMBER

## Community Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>10:00am - * (HCC) Protestant Service <b>(Communion)</b></p> <p>10:30am - * (HCC) Catholic Mass</p> 	<p><b>2</b></p>  <p><b>NO</b> Fitness Classes, Transportation or Leisure Night</p> <p><b>Buffet Brunch</b> ~ 4 Seatings ~ 11:30am, 12:30pm, 1:30pm &amp; 2:30pm (Dining Room) <b>Sign-up at the D.R. Podium</b></p> <p><b>No Dinner Service</b></p>	<p><b>3</b></p> 	<p><b>4</b></p> <p>9:00am - * (ACR) Finance Comm. Mtg.</p> <p>11:00am - * (SR) <b>Nancy's Chat</b></p> <p>6:30pm - * (ULA) <b>Music: Lee Allen</b></p> 	<p><b>5</b></p> <p><b>No</b> <b>Guided Mindfulness Based Meditation</b></p> <p><b>Evacuation Training For "Walker" Users</b> Bldg. 2 &amp; Villas 1-30 <b>2:00pm</b> Bldg. 2 / D Level</p> <p>9:30am - * (CFR) Food Comm. Mtg.</p> <p>11:00am - * (SR) <b>Lecture:</b> By David Holloway <i>"Arms Control: the history of US - Soviet/ Russia relations"</i></p>	<p><b>6</b></p> <p>11:00am - * (LR) <b>Post-Talk Discussion:</b> <b>Re: David Holloway</b></p> <p>2:45pm - * (PL) Bookmobile</p> <p>7:00pm - * (LOU) <b>Music: Brad Bryant</b></p>	<p><b>7</b></p> <p>10:30am - \$ (LR) <b>Class #5:</b> Caregiver Support Group w/Samara Miller</p> 
<p><b>8</b></p> <p>10:00am - * (HCC) Protestant Service</p> <p>10:30am - * (HCC) Catholic Mass</p> 	<p><b>9</b></p>  <p><b>Grandparents Breakfast</b> 8:00am - 10:00am <b>(IL Dining Room) *</b></p> <p>10:00am - * (CFR) Ambiance Comm. Mtg.</p> <p>10:30am - * (SR) Investment Group</p> <p>1:30pm - * (CFR) Library Acquisition Comm. Mtg.</p>	<p><b>10</b></p> <p>9:00am - * (CFR) W.W. &amp; Repair Comm. Mtg.</p> <p>10:00am - * (CFR) Country Store / Steering Comm. Mtg.</p> <p>11:00am - * (SR) <b>Lecture:</b> By Skip Gwiazda <i>"Nazi Racism and White Supremacy"</i></p>	<p><b>11</b></p>  <p><b>Happy Birthday</b></p> <p><b>Birthday Dinner</b> 5:00pm: Reception 5:30pm: Dinner (Sierra Room) <b>Must be signed-up</b></p> <p>11:00am - * (SR) <b>Town Hall</b></p> <p>2:00pm - * (ACR) Bible Study Class</p>	<p><b>12</b></p> <p><b>No Chorus Practice</b></p> <p><b>RHC &amp; RSI Budget Mtg. #1 &amp; RHC Fixed Asset &amp; Reserve #2 10:00am (GR) *</b></p> <p><b>Evacuation Training For "Walker" Users</b> <b>2:00pm</b> Bldg. 3 / E Level</p> <p>2:00pm - * (CFR) Film Comm. Mtg.</p> <p>3:30pm - * (LR) Guided Mindfulness Based Meditation</p> <p>3:30pm - * (CFR) Arch. Rev. Comm. Mtg.</p>	<p><b>13</b></p> <p>11:00am - * (SR) <b>Book Reading:</b> By Darwin Jane Austen's Novel <i>"Northanger Abbey"</i></p> <p>2:00pm - (SR) Safari West Orientation <b>Must be signed-up!</b></p> <div style="border: 2px solid black; padding: 5px; background-color: yellow;"> <p><b>Saturday, Sept. 14</b></p> <p><b>Prime Rib &amp; Seafood Buffet</b> Reg. Dinner Hours (Dining Room) Sign-up at the D.R. Podium</p> </div>	<p><b>14 Trip:</b> Silicon Valley Fall Festival (Memorial Park) <b>Call the Front Desk if you want a ride</b> 10:00am - 2:00pm (Lower Lobby) *</p> <p>10:30am - \$ (LR) <b>Class #6:</b> Caregiver Support Grp. w/Samara Miller</p> <p><b>Presentation: DVD "Suzanne's Studio"</b> By Suzanne Barnett 7:30pm (SR) * <b>Starring:</b> Ginger Summit (Resident)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>15</b></p> <p>10:00am - * (HCC) Protestant Service</p> <p>10:30am - * (HCC) Catholic Mass</p> <p>2:00pm - * (SR) <b>Music:</b> The Forum "Jam Session"</p>	<p><b>16</b></p> <p>7:00pm - * (GR) Team Trivia Challenge</p> 	<p><b>17</b></p> <p>3:30pm - * (CFR) Wellness Comm. Mtg.</p> <p><b>Wednesday, Sept. 18</b></p> <p>3:00pm - * (LR) <b>Movie Discussion:</b> "Mary Queen of Scots" 5:00pm - (GR) Readers Theater Dinner <b>By Invitation Only!</b> 6:30pm - * (ULA) <b>Music:</b> Lee Allen</p>	<p><b>18</b></p> <p><b>SHINGRIX VACCINE</b> 1:00pm - 4:00pm (Arts &amp; Crafts Room) Sign-up in the Wellness Center</p> <p>9:00am - * (ACR) Landscape Comm. Mtg. 10:00am - * (CFR) Program Comm. Mtg. 11:00am - * (SR) <b>Presentation:</b> By Jim Caldwell "Who Shot Vincent?" Vincent Van Gogh 1:00pm - * (SR) <b>Nancy's Chat</b></p>	<p><b>19</b> <b>No Limited</b> Vision Group Superfoods Tasting "Eggs" 1:00pm - 3:00pm (IL/DR) *</p> <p><b>Evacuation Training</b> For "Walker" Users Bldg. 4 &amp; Villas 31-60 2:30pm Bldg. 4 / F Level</p> <p>11:00am - * (SR) <b>Lecture:</b> By Richard Adler "The Status of Seniors in Cupertino" 3:30pm - * (LR) Guided Mindfulness Based Meditation</p>	<p><b>20</b></p> <p>2:45pm - * (PL) Bookmobile</p> 	<p><b>21</b></p> <p>Walk to <b>END</b> Alzheimer's</p>  <p>Trip: <b>Alzheimer's Walk</b> (Aptos) 7:30am <b>(Lower Lobby)</b> Must be signed-up!</p> <p>10:30am - \$ (LR) <b>Class #7:</b> Caregiver Support Group w/Samara Miller</p>
<p><b>22</b></p> <p>10:00am - * (HCC) Protestant Service</p> <p>10:30am - * (HCC) Catholic Mass</p> <p>12:45pm - \$ (LL) 1st Opera S.J.</p>	<p><b>23</b></p>  <p><b>Autumn Begins</b></p> <p><b>No Monday</b> Morning Sewing</p> <p><b>SHINGRIX VACCINE</b> 9:00am - 1:00pm (Arts &amp; Crafts Room) Sign-up in the Wellness Center</p>	<p><b>24</b></p> <p><b>No Hearing</b> Support Group</p> <p>10:00am - * (SR) <b>Resident Council</b> Mtg.</p> <p>2:00pm - * (CFR) Library Comm. Mtg.</p>	<p><b>25</b></p> <p><b>Ice Cream Social</b> w/Music by the Peninsula Banjo Band 2:00pm - 3:30pm (Sierra Room) *</p> <p>9:00am - * (HCC/CFR) <b>RSI Working Session</b></p> <p>2:00pm - * (ACR) Bible Study Class 6:30pm - * (ULA) <b>Music:</b> Lee Allen</p>	<p><b>26</b></p> <p><b>RHC &amp; RSI</b> <b>Budget Mtg. #2</b> 9:00am (GR) *</p> <p>10:00am - * (SR) <b>RHC Open Session</b> 1:45pm - * (LR) Memoirs Group 3:30pm - * (LR) Guided Mindfulness Based Meditation 3:30pm - * (CFR) Arch. Rev. Comm. Mtg.</p>	<p><b>27</b></p>  <p><b>Celebration of Life</b> "George Ball" 3:00pm - 5:00pm (Green Room) *</p> <p><b>Art Gallery</b> <b>Reception</b> "Alice Brown" 4:30pm - 5:30pm (Sierra Room) *</p> <p>7:00pm - * (LOU) <b>Music:</b> Brad Bryant</p>	<p><b>28</b></p> <p>10:30am - \$ (LR) <b>Last Class:</b> Caregiver Support Group w/Samara Miller</p> <p><b>Return</b> <b>Performance:</b> Aurora Mandolin Orchestra 7:30pm (Sierra Room) *</p>
<p><b>29</b> <b>Rosh Hashanah</b> begins at sundown</p> <p><b>Champagne</b> <b>Brunch Buffet</b> 11:30am - 1:30pm (Dining Room) <b>Sign-up at the</b> <b>Hostess Podium</b></p> <p>10:00am - * (HCC) Protestant Service 10:30am - * (HCC) Catholic Mass 1:45pm - \$ (LL) 1st California Pops</p>	<p><b>30</b></p> <p><b>Active Aging</b> <b>Week Begins</b></p> <p>11:00am - * (SR) <b>Lecture:</b> By Breathe California of the Bay Area (Senior Health &amp; Wellness Services) "How to talk to your Doctor"</p> 	<p><b>ATTENTION:</b></p> <p>* = All are welcome to attend the Program / Event</p> <p>\$ = Fee based Classes / Events Must be signed up!</p> <p>~~~~~</p> <p>All events are subject to change, please check your <b>PINK</b> sheet</p>		<p><b>Tuesday Evening Film Schedule</b></p> <p><b>7:30pm (Sierra Room)</b></p> <p><b>September 3 - Amazing Grace</b> (2006)</p> <p><b>September 10 - A Funny Thing Happened</b> <i>on the Way to the Forum</i> (1966)</p> <p><b>September 17 - Mary, Queen of Scots</b> (2018) *</p> <p>* - <b>September 18 - Movie Discussion</b></p> <p><b>September 24 - Airplane</b> (1980)</p> 		

# RECURRING WEEKLY EVENTS

\* (Residents are welcome to join any of the below events) \*

<p style="text-align: center;"><b><u>SATURDAY</u></b></p> <p>11:00am - Happy (Dog Park) Hounds Play Day</p> <p>2:00pm - No-Host (LR) Needlework</p> <p style="text-align: center;"><b><u>SUNDAY</u></b></p> <p>10:00am - Protestant Serv. (HCC) 10:30am - Catholic Mass (HCC)</p>	<p style="text-align: center;"><b><u>MONDAY</u></b></p> <p>8:00am - Meditation (Self-Guided) (CFR) 8:45am - Chair-ro-bics (Level 1.5) (SR) 9:30am - Back &amp; Abs (SR) 10:00am - Low Vision Reading Grp. (Game Rm) 10:00am - Monday Morning Sewing (ACR) 1:15pm - Safeway Shopping (LL/UL) 1:30pm - Water Works Aqua Class (SP) 4:30pm - Leisure Night (SR)</p>	<p style="text-align: center;"><b><u>TUESDAY</u></b></p> <p>8:45am - Low Impact Aerobics (SR) 9:30am - Back &amp; Abs (SR) 9:30am - Low Vision Reading Grp. (Game Rm) 1:15pm - Rite Aid &amp; Trader Joe's (LL/UL) 1:30pm - Zumba Gold Class (SR) 7:30pm - Movie Night (SR)</p>
<p style="text-align: center;"><b><u>WEDNESDAY</u></b></p> <p>8:45am - Circuit Interval Training (SR) 9:30am - Mat Pilates (SR) 3:00pm - Happy (Dog Park) Hounds Play Day</p>	<p style="text-align: center;"><b><u>THURSDAY</u></b></p> <p>8:45am - Fit &amp; Balanced Class (SR) 9:30am - Back &amp; Abs (SR) 1:15pm - Lucky's Shopping (LL/UL) 1:30pm - Chorus Practice (SR) 7:00pm - Duplicate Bridge (SR)</p>	<p style="text-align: center;"><b><u>FRIDAY</u></b></p> <p>8:45am - Chair-ro-bics (Self Paced) (SR) 9:30am - Mat Pilates (SR) 12:00pm - Rosary Prayers (CFR) 2:00pm - Pharmacy Run (LL) 3:00pm - Current Events (LOU)</p> <div style="border: 1px solid black; background-color: yellow; padding: 5px; margin-top: 10px; text-align: center;"> <p><b><u>ATTENTION:</u></b> Please check the weekly Pink Sheet for any Room /Time changes</p> </div>

## **LOCATION KEY**

**ACR:** ARTS & CRAFTS ROOM  
**CB:** COMMUNITY BUILDING  
**CFR:** CONFERENCE ROOM  
**CS:** COUNTRY STORE  
**DR:** DINING ROOM  
**DRO:** DOCTOR'S OFFICE  
**DRP:** DINING ROOM PATIO  
**FC:** FITNESS CENTER

**GAME RM:** GAME ROOM  
**GR:** GREEN ROOM  
**HCC:** HEALTH CARE CENTER  
**LL:** LOWER LOBBY  
**LOU:** LOUNGE **LR:**  
 LIVING ROOM  
**LRP:** LIVING ROOM PATIO  
**PDR:** PRIVATE DINING ROOM

**PL:** PARKING LOT  
**PP:** POOL PATIO  
**SP:** SWIMMING POOL  
**SR:** SIERRA ROOM  
**TR:** TRAINING ROOM  
**UL:** UPPER LOBBY  
**ULA:** UPPER LANDING AREA (DR)  
**WC:** WELLNESS CENTER