

# THE FORUM

AT RANCHO SAN ANTONIO

## Community Events

September 4- September 10, 2021

Ch.8 = Channel 8001 / Ch.8

### SATURDAY, SEPTEMBER 4

7:30am - Walking/Hiking Group (Meet in LL)  
 9:30am - Chair-O-Bics, Back & Abs (Ruth DVD) (Ch.8)  
 11:00am - Happy Hounds Play Day (Dog Park)  
 2:00pm - No Host - Knitting Group (LR)  
 7:00pm - **Movie: It's complicated (2009)** (Ch.8)



### SUNDAY, SEPTEMBER 5

**Protestant Service**  
 Los Altos United Methodist Church – Live Streaming  
 10:00am - IL & HCC : Gardenia Room. (Mask Req.) (HCC)  
**(Communion served only on first Sunday of the month)**

**Christ Episcopal Church**  
 10:15am - (via Zoom or ccla.us)

**Catholic Mass**  
 10:30am - Skilled Nursing Dining Rm. (Mask Req.) (HCC)  
 7:30am - Walking/Hiking Group (Meet in LL)  
 9:30am - Chair-O-Bics (Ruth DVD) (Ch.8)  
 5:00pm - **Movie: Murder At The Forum (Replay)** (Ch.8)

### WEDNESDAY, SEPTEMBER 8

7:30am - Walking/Hiking Group (Meet in LL)  
 8:45am - Low Impact, Back and Abs (Ch.8)  
 Gentle Chair (Ruth DVD)

**11:00am - Nancy's Chat (SR)**  
 1:00pm - Memoir Seminar (CFR)  
 2:00pm - Wellness Wednesday: **Zinglife** (Ch.8)  
 Topic: *Want Better Health? It Takes Guts!*

3:00pm - Happy Hounds Play Day (Dog Park)  
 3:00pm - The Foundations of Western Civilization (Ch.8)  
*Episodes #11 & #12*

**5:30pm - Lee Allen on the Piano (ULA)**

### MONDAY, SEPTEMBER 6

7:30am - Walking/Hiking Group (Meet in LL)  
 9:30am - Chair Yoga with Kala (PP)  
 10:00am - Monday Morning Sewing Group (ACR)  
**11:30am - August Superfoods Presentation (DR)**  
 By: Culinary & Sarah, RD  
**1:00pm - Water Aerobics with Lida (SP)**  
 1:15pm - Safeway Shopping (LL/UL)  
**3:00pm - Fitness Trivia with Dr. Cain (Ch8)**  
**4:30-6:30pm - Leisure Night (Theme: Nachos) (SR)**

### THURSDAY, SEPTEMBER 9

7:30am - Walking/Hiking Group (Meet in LL)  
 10:00am - Food Committee Meeting (GR)  
**11:00am - Water Aerobics with Lida (SP)**  
**11:30am - Mat Yoga with Ellen (SR)**  
**12:45pm - Chair Yoga with Ellen (SR)**  
 1:00pm - Broadway HD Online Show: *Cats* (Ch.8)  
 1:00pm - Zoom Meditation Group (Zoom)  
 For link email Walt D'Ardenne: [whda99@aol.com](mailto:whda99@aol.com)  
 1:15pm - Lucky Supermarket Shopping (LL/UL)  
 3:30pm - Rick Steves' Europe: *Basque Country* (Ch.8)

### TUESDAY, SEPTEMBER 7

7:30am - Walking/Hiking Group (Meet in LL)  
 10:00am - Gazette Committee (ACR)  
 11:00am - Meditation Group - Resident Led (CFR)  
 1:15pm - Trader Joe's Shopping (LL/UL)  
 2:00pm - Let's Paint! For more info (ACR)  
 contact Jeannie McGee at 650-255-4391  
 2:00pm - Introduction to Tai Chi (Basics) **#1** (Ch.8)  
 4:00pm - Neuro Workout (Lori DVD) (Ch.8)  
 7:30pm - **Movie: Blue Miracle (2021)** (SR)

### FRIDAY, SEPTEMBER 10

7:30am - Walking/Hiking Group (Meet in LL)  
 8:45am - Strength and Stretch - Move to Music (Ch.8)  
 Mat Pilates (Lori DVD)  
 10:30am - Replay: RHC Board Meeting (Ch.8)  
**11:00am - Book Review with Darwin Patnode (SR)**  
*Vanity Fair* by William Thackeray  
 12:00pm - Rosary Prayers (LR)  
 2:00pm - Introduction to Tai Chi **#4** (Ch.8)  
 2:00pm - Rite Aide Pharmacy Run (LL)  
 3:00pm - Current Events with Ken (Zoom)  
 For link email Ken: [kenhpertersen@gmail.com](mailto:kenhpertersen@gmail.com)  
 4:00pm - Wonders of the National Parks: (Ch.8)  
*Alaska Glacier Bay #9 & Yosemite #10*

<b>ACR:</b> Arts & Crafts Room	<b>GAME RM :</b> Game Room	<b>PL:</b> Parking Lot
<b>CB:</b> Community Building	<b>GR:</b> Green Room	<b>PP:</b> Pool Patio
<b>CFR:</b> Conference Room	<b>HCC:</b> Health Care Center	<b>SP:</b> Swimming Pool
<b>CS:</b> Country Store	<b>LL:</b> Lower Lobby	<b>SR:</b> Sierra Room
<b>DR:</b> Dining Room	<b>LOU:</b> Lounge	<b>TR:</b> Training Room
<b>DRO:</b> Doctor's Office	<b>LR:</b> Living Room	<b>UL:</b> Upper Lobby
<b>DRP:</b> Dining Room Patio	<b>LRP:</b> Living Room Patio	<b>ULA:</b> Upper Landing (Dining Room)
<b>FC:</b> Fitness Center	<b>PDR:</b> Private Dining Room	<b>WC:</b> Wellness Center

# JUST AROUND THE CORNER...SAVE THE DATE!

## Bookmobile Schedule Change

In September, the Bookmobile will be coming on the 2nd and 4th Monday  
10:45am to 11:15am at the Parking Lot

## Replay: Murder at the Forum

Tune in to Channel 8  
Sunday, September 5, 2021, at 5:00pm.

## Labor Day Lunch Buffet

Monday, September 6, 2021  
Enjoy the special lunch with friends and listen to music played by Ron Borelli.

## Coping with Caregiving by Christina Irving, LCSW

Friday, September 10, 2021, from 11:00 pm - 12:00 pm in Sierra Room  
Registration required for the lecture and support groups.  
Contact Sue Alvey at 650-944-0132, or email at: [susanalvey@theforumrsa.com](mailto:susanalvey@theforumrsa.com)

## Art Show Reception

Friday, September 10, 2021, from 4:30 pm - 5:30 pm in Sierra Room  
Come to enjoy the art and pottery presentations by our residents, Jan Grady and Eileen Wolk.

## Mountain View Art & Wine Festival

Saturday, September 11, 2021  
Sign up at Programs Office by September 4, 2021  
Leaving the Lower Lobby at 11:00am - Returning at 1:30pm

## Touchtown Presentation by Candy Carter (Resident)

Tuesday, September 14, 2021 at 11:00am in the Sierra Room  
Another session to help you with Touchtown skills to make your life easier

## Miramar Beach Restaurant Outing

Tuesday, September 14, 2021  
Sign up at Program Office. Meet at Lower Lobby to leave at 10:45am  
Come and enjoy an oceanfront dining experience

## The Forum's Walk to End Alzheimer's

Saturday, September 18, 2021  
Leaving the Lower Lobby at 7:30am to Aptos, Santa Cruz.  
Let's help fuel the mission of the Alzheimer's Association to advance critical care,  
support and research.

Donate at: [https://act.alz.org/site/TR?team\\_id=686929&pg=team&fr\\_id=14316](https://act.alz.org/site/TR?team_id=686929&pg=team&fr_id=14316)

## Cooking Demo with Celebrity Chef Jet Tila

Thursday, September 30, 2021,  
At 2:00pm at Parking Lot Circle  
Chef Jet Tila has appeared on National TV shows including Iron Chef America and as a judge on  
Cutthroat Kitchen and Chopped.

## Flu Clinic

Flu Clinic is coming on October 4th and 5th, 2021 for non-Kaiser members.  
Please sign up and fill out consent with the Wellness Center.

For more information on the above programs, please see flyers located at Upper Lobby Area,  
or visit us at the Programs Office.