

# THE FORUM

AT RANCHO SAN ANTONIO

## 2023

# Community Events

March 4 – March 10

Ch.8 = Channel 8001 / Ch.8

### SATURDAY, MARCH 4

- 7:30am - Walking/Hiking Group (LL)
- 9:30am - Stretch & Balance with Marnie (SR)
- 11:00am - Happy Hounds Play Day (DP)
- 11:00am - Back & Abs with Marnie (SR)
- 1:00pm - Water Aerobics with Marnie (SP)
- 1:00pm** - Hershey Felder as George Gershwin (LL)
- 2:00pm - No Host Knitting Group (LR)



### SUNDAY, MARCH 5

- 7:30am - Walking/Hiking Group (LL)
- 10:00am - **Protestant Service**  
Gardenia Room (HCC)
- 10:15am - **Christ Episcopal Church:**  
(via Zoom or ccla.us)
- 10:30am - **Catholic Mass:**  
Skilled Nursing Dining Room (HCC)

### MONDAY, MARCH 6

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Sit and Be Fit® with Brian (SR)
- 10:00am - Monday Morning Sewing (ACR)
- 1:00pm - Water Aerobics with Lida (SP)
- 1:15pm - Safeway Shopping (LL/UL)
- 1:30pm - Library Acquisition Comm. (CFR)
- 3:00pm - Rick Steves' Monday Night Travel (Ch.8)  
*Italian Lakes and the Dolomites*
- 4:30pm - Leisure Night (SR)
- 6:30pm** - San Jose Speaker Series: (LL)  
*John Brennan*
- 7:00pm - Team Trivia Challenge (LOU)

### TUESDAY, MARCH 7

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Zumba Gold® with Noriko (SR)
- 9:30am - Back & Abs with Marnie (SR)
- 11:00am - Meditation - Resident Led (CFR)
- 11:00am** - Matter of Balance Presentation (SR)
- 1:15pm - Trader Joe's (LL/UL)
- 3:00pm - Safety Video (Ch.8)
- 3:00pm - Current Events with Ken (Zoom)  
For link, email: [kenhpeter@gmail.com](mailto:kenhpeter@gmail.com)
- 7:30pm - Film Comm. **Movie:** (SR)  
*The Wonder (2022)*

### WEDNESDAY, MARCH 8

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Back & Abs with Marnie (SR)
- 11:00am** - Townhall (SR/Ch.8)
- 2:00pm - Core & More with Marnie (FC)
- 2:00pm - Bible Study (LR)
- 4:00pm - VST Balance Screening (FC)  
*For appointment, call: 650.944.0316*
- 4:00pm** - Resident Birthday Reception (SR)



### THURSDAY, MARCH 9

- 7:30am - Walking/Hiking Group (LL)
- 11:00am - Water Aerobics with Marnie (SP)
- 11:30am - Mat Yoga with Ellen (LR)
- 12:45pm - Chair Yoga with Ellen (SR)
- 1:15pm - Lucky Supermarket (LL/UL)
- 2:00pm - Film Committee (CFR)
- 3:00pm - **TV Series:** Outlander (Ch.8)  
*Season 2, Episodes #5 & #6*
- 3:30pm - Architectural Review Committee (CFR)



### FRIDAY, MARCH 10

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Sit and Be Fit® with Brian (SR)
- 9:30am - Feldenkrais with Bobbie (SR)
- 10:00am - Finance Committee (ACR)
- 12:00pm - Rosary Prayers (Unit 108C)
- 1:00pm - Spanish Conversation (LR)
- 2:00pm - Core & More with Marnie (LR)
- 2:00pm - Rite Aid Pharmacy (LL)
- 2:00pm - Technology Education Committee (ACR)
- 3:00pm - **TED Talks:** *How Great Leaders* (Ch.8)  
*Inspire Action by Simon Sinek*
- 4:00pm - Orientation to Fitness Center (FC)

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

## Call for Candidates

Friday, March 3 — Friday, March 24

Forum residents interested in being a candidate for two open Director positions on the Resident Housing Corporation Board should submit their resume by March 24. Send your one-page resume with a small photo to Virginia Willcox, Inspector of Elections: [virginiawillcox@me.com](mailto:virginiawillcox@me.com)

For more details, see flyer at the Front Desk.

## Dining Task Force

Tuesday, March 14, at 2:00pm in the Living Room

Attend a one-hour discussion regarding Seating Preferences and Reservations and let your voice be heard. For more meeting options and to reserve your spot, look at the sign-up sheets on the table outside the Dining Room.

## Mixer Dinner

Tuesday, March 14, at 5:00pm in the Green Room

Join this opportunity to meet and dine with new and long-time residents.  
Hosted by the Wellness Committee and Dining Staff.

## Team Jeopardy with Carol

Wednesday, March 15, at 3:00pm in the Sierra Room

Join us for a special edition of Team Jeopardy.

Wear your best green to celebrate St. Patrick's Day and bring your knowledge of music, sports, math, geography, and much more. Come play as a team, and win points and prizes!! Sign up in Programs binder.

## Saint Patrick's Day Celebration

Friday, March 17 at 4:00pm in the Sierra Room

Experience Celtic music at it's best with the powerful and passionate vocals of Peter Daldry. Try your luck at tossing the coin into the pot of gold or musical shamrocks. Appetizers and beverages will be served.

## Billy Crystal: 700 Sundays

Sunday, March 19, at 7:30 in the Sierra Room

Billy Crystal tells the stories of growing up in the jazz world of Manhattan, his teen years, and adulthood. This Tony Award-winning show is a funny and poignant exploration of family, fate, loving and loss — universal themes for us all, Jewish, or not. Presented by the Jewish Cultural Interest Group

## Happy Hour: March Madness

Thursday, March 23, at 3:00pm in the Sierra Room

Come socialize with your friends and watch some of the NCAA Sweet 16 basketball games. Wear your favorite college team apparel, participate in the basketball tosses and March Madness trivia.

To participate in the March Madness bracket challenge, sign up in the Programs binder.

## Frederick Moyer on Piano

Friday, March 24, at 7:30pm in the Sierra Room

Moyer's recitals are creative, engaging, entertaining and often include Bach, Beethoven, Rachmaninoff, as well as Ellington and Gershwin, along with time honored favorites. Enjoy his MoyerCam, a projection system that allows the audience to see his hands as he plays.

## San Francisco Giants Opening Day

Friday, April 12, leaving the Lower Lobby at 11:00am

Let's root for our local baseball team against Kansas City Royals on OPENING DAY, which is considered close to a national holiday by baseball fans and the most anticipated home game of the new season. It's the time when fans think our team can win it all! **Sign up in the Programs binder by March 5.**

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