

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> <b>9:30am</b> <b>Safari West —</b> <b>2 Night Trip (LL)</b>  1:30pm Library Acquisition Comm. (CFR)  3:00pm Sustainability Committee (CFR)  7:00pm Team Trivia Challenge (LOU)	<b>2</b> 3:00pm Safety Video (Ch.8)  7:30pm Film Comm. Movie A Man Called Otto (SR) 	<b>3</b> 10:00am Finance Comm. (ACR)  <b>11:00am</b> <b>Town Hall</b> (SR/Ch.8)  <b>1:00pm &amp; 3:00pm</b> <b>Tamales &amp;</b> <b>Margaritas with</b> <b>Esmeralda &amp; Dante</b> (SR)  <b>5:45pm</b> <b>Lee Allen on Piano</b> (ULA)	<b>4</b> 10:00am Food Comm. (GR)  <b>10:30am</b> <b>Jewelry Sale</b> (SR)	<b>5</b> <b>11:00am</b> <b>All About</b> <b>Authors with</b> <b>Darwin (SR)</b>  <b>5:00pm</b> <b>Cinco de Mayo</b> <b>Celebration (SR)</b> 	<b>6</b>	
<b>7</b>	<b>8</b> 10:30am Investment Group (SR)  11:45am Bookmobile (PL)  1:00pm Ambiance Comm. (CFR) 	<b>9</b> 9:00am WoodShop Comm. (CFR)  10:00am Landscape Comm. (LR)  2:00pm Drop-in Clinic Easy Tech Help (LOU)  3:30pm Easy & Fun Art with Elise (ACR)  <b>5:00pm</b> <b>Mixer Dinner</b> (GR)  7:30pm Film Comm. Movie Everything Everywhere All At Once (SR)	<b>10</b> <b>10:00am</b> <b>RHC &amp; RSI</b> <b>Special Open Mtg.</b> (SR/Ch.8)  <b>5:00pm</b> <b>Resident Birthday</b> <b>Dinner (SR)</b> 	<b>11</b> <b>10:00am</b> <b>Sargent &amp;</b> <b>Spain (LL)</b>  2:00pm Film Comm. (CFR)  3:30pm Architectural Review Comm. (CFR)	<b>12</b> 10:00am History Task Force (ACR)  2:00pm Technology Education Comm. (ACR)  <b>4:30pm</b> <b>Candlelight:</b> <b>Best of Hans</b> <b>Zimmer (LL)</b> 	<b>13</b> <b>3:00pm</b> <b>Tea Party</b> (SR) 	
<b>14</b> <b>12:00pm</b> <b>Dan Magay Duo</b> (ULA) 	<b>15</b> <b>11:00am</b> <b>Meet the</b> <b>Candidates (SR)</b>  7:00PM Team Trivia Challenge (LOU)	<b>16</b> 3:30pm Wellness Comm. (CFR)  7:30pm Film Comm. Movie Marry Me (SR)	<b>17</b> <b>7:00am</b> <b>Resident Breakfast</b> (LOU)  <b>11:00am</b> <b>Memory and</b> <b>Memory Loss (SR)</b>  <b>1:00pm</b> <b>Nancy's Chat</b> (SR/Ch.8)  <b>7:30pm</b> <b>Peter Cor Jazz Trio</b> (SR)	<b>18</b> <b>6:45pm</b> <b>1776 The</b> <b>Musical (LL)</b> 	<b>19</b> <b>11:00am</b> <b>North Korea's</b> <b>Nuclear Program</b> (SR)	<b>20</b> <b>2:00pm</b> <b>Forum</b> <b>Fashion Show</b> (SR) 	
<b>21</b> <b>7:30pm</b> <b>Harbor From</b> <b>the Holocaust</b> (SR) 	<b>22</b> <b>11:00am</b> <b>Empowering</b> <b>Through Estate</b> <b>Planning (SR)</b>  11:45am Bookmobile (PL)  1:00pm Holiday Decorating Comm. (LR)	<b>23</b> 2:00pm Library Comm. (CFR)  3:30pm Easy & Fun Art with Elise (ACR)  7:30pm Film Comm. Movie Devotion (SR)	<b>24</b> <b>9:30am</b> <b>RSI Open Mtg.</b> (GR)  <b>7:00pm</b> <b>Karaoke Night</b> <b>with Mimi (SR)</b>	<b>25</b> <b>10:00am</b> <b>RHC Open Mtg.</b> (SR/Ch.8)  <b>3:00pm</b> <b>Happy Hour</b> (LOU)  3:30pm Architectural Review Comm. (CFR)	<b>26</b> 	<b>27</b> <b>2:00pm</b> <b>Aurora Singers</b> (SR)	
<b>28</b>	<b>29</b> <b>11:00am</b> <b>Arthritis</b> <b>Management (SR)</b>	<b>30</b> 7:30pm Film Comm. Movie Buried (SR)	<b>31</b> <b>10:30am</b> <b>End-of-Life</b> <b>Planning (SR)</b>  1:30pm Bible Study (LR)	<div style="border: 1px solid black; background-color: yellow; padding: 5px; text-align: center;"> <b>ATTENTION:</b>            All events are subject to change,            please check the weekly            Pink Sheet         </div>			



## Recurring Weekly Events

<p style="text-align: center;"><b>Saturday</b></p> <p>7:30am - Walking/Hiking Group (LL)            9:30am - Stretch &amp; Balance w/Marnie (SR)            11:00am - Happy Hounds Play Day (DP)            11:00am - Back &amp; Abs w/ Marnie (SR)            1:00pm - Water Aerobics w/ Marnie (SP)            2:00pm - No Host Knitting Group (LR)</p> <p style="text-align: center;"><b>Sunday</b></p> <p>7:30am - Walking/Hiking Group (LL)            10:00am - Protestant Service (HCC)            10:30am - Catholic Mass (HCC)</p>	<p style="text-align: center;"><b>Monday</b></p> <p>7:30am - Walking/Hiking Group (LL)            8:45am - Sit and Be Fit<sup>®</sup> w/ Brian (SR)            10:00am - Monday Morning Sewing (ACR)            1:00pm - Water Aerobics w/ Lida (SP)            1:15pm - Safeway Shopping (LL/UL)            3:00pm - Rick Steves' Monday Night Travel (Ch.8)            4:30pm - Leisure Night (SR)</p>	<p style="text-align: center;"><b>Tuesday</b></p> <p>7:30am - Walking/Hiking Group (LL)            8:45am - Zumba with Noriko (SR)            9:30am - Back &amp; Abs w/ Marnie (SR)            11:00am - Meditation - Resident Led (CFR)            12:30pm - Posture &amp; Balance w/Marnie (FC)            1:00pm - Forum Chorus Practice (SR)            1:15pm - Trader Joe's (LL/UL)            3:00pm - Current Events with Ken (Zoom)            7:30pm - Film Comm. Movie (SR)</p>
<p style="text-align: center;"><b>Wednesday</b></p> <p>7:30am - Walking/Hiking Group (LL)            8:45am - Back &amp; Abs w/ Marnie (SR)            12:30pm - Posture &amp; Balance w/Marnie (FC)            2:00pm - Core &amp; More w/ Marnie (LR)            3:00pm - Happy Hounds Play Day (DP)            4:00pm - VST Balance Screening (FC)</p>	<p style="text-align: center;"><b>Thursday</b></p> <p>7:30am - Walking/Hiking Group (LL)            11:00am - Water Aerobics w/ Marnie (SP)            11:30am - Mat Yoga w/ Ellen (LR)            12:30pm - Posture &amp; Balance w/Marnie (FC)            12:45pm - Chair Yoga w/ Ellen (SR)            1:15pm - Lucky Supermarket (LL/UL)            3:00pm - TV Series: Outlander (Ch.8)            7:00pm - Duplicate Bridge (SR)</p>	<p style="text-align: center;"><b>Friday</b></p> <p>7:30am - Walking/Hiking Group (LL)            8:45am - Sit and Be Fit<sup>®</sup> w/ Brian (SR)            9:30am - Back &amp; Abs w/ Marnie (SR)            9:30am - Feldenkrais with Bobbie (ACR)            12:00pm - Rosary Prayers (LR)            1:00pm - Spanish Conversation (LR)            2:00pm - Core &amp; More w/ Marnie (LR)            2:00pm - Rite Aid Pharmacy (LL)            3:00pm - TED Talks (Ch.8)            4:00pm - Fitness Orientation (FC)</p>

## Location Key

<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

**THE FORUM**  
 AT RANCHO SAN ANTONIO

# Program Calendar May 2023

## Brief Highlights for the Month:

**Receptions:**

- Cinco de Mayo Celebration – May 5
- Resident Birthday Dinner – May 10
- Tea Party – May 13
- Resident Breakfast – May 17
- Forum Fashion Show – May 20
- Happy Hour – May 25

**Lectures:**

- All About Authors with Darwin – May 5
- Memory and Memory Loss – May 17
- North Korea's Nuclear Program – May 19
- Empowering Through Estate Planning – May 22
- Arthritis Management – May 29
- End-of-Life Planning – May 31

**Outings:**

- Safari West 2 Night Trip – May 1
- Sargent & Spain – May 11
- Candlelight: Best of Hans Zimmer – May 12
- 1776 The Musical – May 18

**Performances:**

- Lee Allen on Piano – May 3
- Dan Magay Duo – May 14
- Peter Cor Jazz Trio – May 17
- Karaoke Night with Mimi – May 24
- Aurora Singers – May 27

**New:**

- Tamales & Margaritas with Esmeralda & Dante – May 3
- Harbor From the Holocaust – May 21

~ See Details Inside ~