

THE FORUM

AT RANCHO SAN ANTONIO

2023

Community Events

May 6 – May 12

Ch.8 = Channel 8001 / Ch.8

SATURDAY, MAY 6	WEDNESDAY, MAY 10
7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)
11:00am - Happy Hounds Play Day (DP)	8:45am - Back & Abs with Marnie (SR)
2:00pm - No Host Knitting Group (LR)	10:15am - RHC & RSI Special Open Mtg. (SR/Ch.8)
SUNDAY, MAY 7	12:30pm - Posture & Balance with Marnie (FC) <i>For appointment, call: 650.944.0316</i>
7:30am - Walking/Hiking Group (LL)	2:00pm - Core & More with Marnie (FC)
10:00am - Protestant Service Gardenia Room (HCC)	4:00pm - VST Balance Screening (FC) <i>For appointment, call: 650.944.0316</i>
10:15am - Christ Episcopal Church (via Zoom or ccla.us)	5:00pm - Resident Birthday Dinner (SR)
10:30am - Catholic Mass Skilled Nursing Dining Room (HCC)	THURSDAY, MAY 11
MONDAY, MAY 8	7:30am - Walking/Hiking Group (LL)
7:30am - Walking/Hiking Group (LL)	11:00am - Sargent & Spain (LL)
8:45am - Sit and Be Fit™ with Brian (SR)	11:00am - Water Aerobics with Marnie (SP)
10:00am - Monday Morning Sewing (ACR)	11:30am - Mat Yoga with Ellen (ACR)
10:30am - Investment Group (SR)	12:30pm - Posture & Balance with Marnie (FC) <i>For appointment, call: 650.944.0316</i>
11:45am - Bookmobile (PL)	12:45pm - Chair Yoga with Ellen (SR)
1:00pm - Water Aerobics with Lida (SP)	1:15pm - Lucky Supermarket (LL/UL)
1:00pm - Ambiance Committee (CFR)	2:00pm - Film Committee (CFR)
1:15pm - Safeway Shopping (LL/UL)	3:00pm - TV Series: Outlander (Ch.8) <i>Season 3, Episode #9 & #10</i>
3:00pm - Rick Steves' Monday Night Travel (Ch.8) <i>Festival of Europe: Switzerland Tour</i>	3:30pm - Architectural Review Committee (CFR)
4:30pm - Leisure Night (SR)	7:00pm - Duplicate Bridge (SR)
TUESDAY, MAY 9	FRIDAY, MAY 12
7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)
8:45am - Zumba Gold® with Noriko (SR)	8:45am - Sit and Be Fit™ with Brian (SR)
9:00am - WoodShop Committee (CFR)	9:30am - Back & Abs with Marnie's DVD (SR)
9:30am - Back & Abs with Marnie (SR)	9:30am - Feldenkrais with Bobbie (LR)
10:00am - Landscape Committee (LR)	10:00am - History Task Force (ACR)
11:00am - Replay: Townhall 5/3 (Ch.8)	12:00pm - Rosary Prayers (LR)
11:00am - Meditation - Resident Led (CFR)	1:00pm - Spanish Conversation (LR)
12:30pm - Posture & Balance with Marnie (FC) <i>For appointment, call: 650.944.0316</i>	2:00pm - Rite Aid Pharmacy (LL)
1:00pm - Forum Chorus Practice (SR)	2:00pm - Technology Education Committee (ACR)
1:15pm - Trader Joe's (LL/UL)	3:00pm - TED Talks: (Ch.8) <i>The Story that Shapes Your Relationship with Nature</i>
2:00pm - Drop-in Clinic for Easy Tech Help (LOU)	4:30pm - Candlelight: Best of Hans Zimmer (LL)
3:00pm - Current Events with Ken (Zoom) <i>For link, email: kenhpeter@gmail.com</i>	
3:30pm - Easy & Fun Art with Elise (ACR)	
5:00pm - Mixer Dinner (GR)	
7:30pm - Film Comm. Movie: (SR) <i>Everything Everywhere All At Once (2022)</i>	



JUST AROUND THE CORNER...SAVE THE DATE!

Tea Party

Saturday, May 13, at 3:00pm in the Sierra Room

Join us in celebrating Mother's Day with our first Tea Party. We invite you to bring your own treasured teacup and share the beautiful story attached to it with others at your table. This is an opportunity to create cherished memories and connect with other tea enthusiasts. Sign up in the Programs binder.

Dan Magay Duo

Sunday, May 14, at 12:00pm in the Upper Landing (Dining Room)

The musicians will play an array of jazz classics and bossa nova from the composers Antonio Carlos Jobim, Wayne Shorter, Miles Davis, John Coltrane, Duke Ellington and Thelonious Monk and more on various instruments such as guitar, clarinet, flute, and saxophone.

Meet the Candidates

Monday, May 15, at 11:00am in the Sierra Room

Take advantage of this opportunity to meet the three candidates running for the two open seats on the RHC Board of Directors. Learn about their experience, qualifications, and goals for the 3-year term.

Ask questions and be an informed voter. Candidate resumes will be in your mailbox on May 9th.

Memory & Memory Loss

Wednesday, May 17, at 11:00am in the Sierra Room

In this lecture, you'll learn about memory as the ability of the brain to store and retrieve information vs memory loss, a condition where a person has difficulty remembering things, which can be caused by various factors such as aging, brain injury, or neurological disorders. Sponsored by Forum Health Fund and presented by Dr. Ann Peterson, Director of Live Oak Adult Day Services.

Peter Cor Jazz Trio

Wednesday, May 17, at 7:30pm in the Sierra Room

Experience a great evening of jazz and indulge in the timeless works of jazz grandmasters. The smooth and sultry sounds will carry you to a world of musical sophistication and elegance where you can savor the magic of jazz.

North Korea's Nuclear Program

Friday, May 19, at 11:00am in the Sierra Room

Find out what North Korea is doing with its nuclear program, learn insights on monitoring and verifying nuclear activities, and fissile nuclear materials stockpiles. Presented by Sulgiye Park, Ph.D., a Senior Scientist in the Global Security Program at the Union of Concerned Scientists.

Harbor From the Holocaust

Sunday, May 21, at 7:30 in the Sierra Room

In the February 2023 Reflections, Vivie Young recounts the remarkable story of Dr. Ho Feng Shan who heroically facilitated the escape of thousands Jews from Nazi-controlled Austria to safety in China. The documentary film, Harbor From the Holocaust explores the extraordinary relationship between these Jewish refugees and their adopted home of Shanghai. Presented by the Jewish Cultural Interest Group.

End-of-Life Planning

Wednesday, May 31, at 11:00am in the Sierra Room

Join us for a critical conversation on end-of-life planning, including the benefits and limitations of POLST (Physician Orders for Life-Sustaining Treatment) and Advance Healthcare Directive with Pine Park Health.

The speaker will explore the complexity of navigating end-of-life care and provide practical guidance on how to make your wishes known and support your loved ones.

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