

# THE FORUM

AT RANCHO SAN ANTONIO

2023

## Community Events

September 10 – September 6

Ch.8 = Channel 8001 / Ch.8



### SUNDAY, SEPTEMBER 10

- 7:00am** - Grandparents Day Breakfast (DR)
- 7:30am - Walking/Hiking Group (LL)
- 10:00am - **Protestant Service**  
Gardenia Room (HCC)
- 10:15am - **Christ Episcopal Church**  
(via Zoom or ccla.us)
- 11:00am** - Grandparents Day with Kwan Music School (SR)

### MONDAY, SEPTEMBER 11

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Sit and Be Fit™ with Brian (SR)
- 10:00am - Monday Morning Sewing (ACR)
- 10:30am - Investment Group (SR)
- 11:45am - Bookmobile (PL)
- 1:00pm - Water Walking (SP)
- 1:00pm - Ambiance Committee (CFR)
- 1:30pm - Library Acquisition Committee (LR)
- 3:00pm - Sustainability Committee (CFR)
- 4:30pm - Leisure Night (SR)
- 7:00pm** - Bingo Night (LOU)

### TUESDAY, SEPTEMBER 12

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Zumba Gold® with Noriko (SR)
- 9:00am - WoodShop Committee (CFR)
- 9:30am - Back & Abs with Marnie (SR)
- 10:00am - Country Store/Steering Committee (CFR)
- 11:00am - Meditation - Resident Led (CFR)
- 11:00am** - Getting to Know the Tudors (SR)
- 1:00pm - Forum Chorus Practice (SR)
- 1:15pm - Trader Joe's (LL/UL)
- 2:00pm - Drop-in Clinic Easy Tech Help (LOU)
- 3:00pm - Current Events with Ken (Zoom)  
*For link, email: kenhpeterson@gmail.com*
- 5:00pm** - Mixer Dinner (GR)
- 7:30pm - Film Comm. **Movie:** (SR)  
*Are You There, God? It's Me, Margaret (2023)*

### WEDNESDAY, SEPTEMBER 13

- 7:30am - Walking/Hiking Group (LL)
- 8:00am - Sit and Be Fit™ with Brian (SR)
- 8:45am - Back & Abs with Marnie (SR)
- 9:00am - Finance Committee (ACR)
- 11:00am** - Townhall (SR/Ch.8)
- 3:30pm - Core & More with Marnie (FC)
- 4:30pm - VST Balance Screening (FC)
- 5:00pm** - Resident Birthday Dinner (SR)

### THURSDAY, SEPTEMBER 14

- 7:30am - Walking/Hiking Group (LL)
- 10:00am** - The Tudors (LL)
- 11:00am - Water Aerobics with Marnie (SP)
- 11:30am - Gentle Yoga with Ellen (ACR)
- 12:30pm - Posture & Balance with Marnie (FC)  
*For appointment, call: 650.944.0316*
- 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 6, Episodes #3 & #4*
- 3:30pm - Architectural Review Committee (CFR)
- 4:00pm** - Symphony San Jose (SR)
- 7:00pm - Duplicate Bridge (SR)

### FRIDAY, SEPTEMBER 15

- 7:00am - Walking/Hiking Group (LL)
- 8:45am - Sit and Be Fit™ with Brian (SR)
- 9:30am - Feldenkrais with Bobbie (ACR)
- 9:30am - Back & Abs with Marnie (SR)
- 12:00pm - Rosary Prayers (LR)
- 12:30pm - Posture & Balance with Marnie (FC)
- 1:00pm - Spanish Conversation (LR)
- 2:00pm - Rite Aid Pharmacy (LL/UL)
- 3:30pm - Core & More with Marnie (FC)
- 3:30pm - Summer Games (PP)
- 4:00pm - TED Talks (Ch.8)  
*The Fossil Fuel Industry Secrets by Al Gore*
- 4:00pm - Fitness Orientation (FC)  
*For appointment, call: 650.944.0316*
- 5:00pm** - Rosh Hashanah Dinner (SR)

### SATURDAY, SEPTEMBER 16

- 7:30am - Walking/Hiking Group (LL)
- 8:30am** - USS Potomac (LL)
- 9:30am - Stretch & Balance with Marnie (SR)
- 10:15am - Back & Abs with Marnie (SR)
- 11:00am - Happy Hounds Play Day (DP)
- 12:30pm - Posture & Balance with Marnie (FC)  
*For appointment, call: 650.944.0316*
- 1:00pm - Water Aerobics with Marnie (SP)
- 2:00pm - No Host Knitting Group (LR)
- 7:30pm** - Romero Plays Rachmaninoff (SR)

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

### Easy & Fun Art with Elise

Sunday, September 17, at 3:00pm in the Arts & Crafts Room

Calling all art enthusiast and creative souls! Unleash your inner artist and embark on a delightful painting journey with our exclusive Step-by-Step painting lessons led by Elise. Elise is a passionate and talented high school volunteer, who is dedicated to serving seniors in our community through her love for art.

### \$ Black Diamond Mines: History Tour

Thursday, September 21, leaving the Lower Lobby at 10:00am

Set forth on a journey through Black Diamond Mines with a **history tour**, delving into the coal miners' resilience and the area's industrial legacy. Uncover captivating stories within the mines' depths, revealing how this once-thriving mining community played a pivotal role in shaping the local history and economy.

Sign up in the Programs binder.

### 90s Birthday Dinner Celebration

Thursday, September 21, at 5:00pm in the Sierra Room

All esteemed residents aged 90 and above, or those approaching the splendid milestone of 90 years, are cordially invited to grace us with your presence at the splendid Great Gatsby Celebration. This delightful event will feature live music, fabulous food, and a champagne toast to mark this remarkable occasion.

In light of limited space, we extend this invitation to spouses only. Sign up in the Programs binder.

### Dragon Boat Races

Saturday, September 23, leaving the Lower Lobby at 10:00am

Join us for an exciting adventure at the International Dragon Boat Championship! Experience the thrill of watching colorful dragon boats paddle in sync, as teams compete on the waters at Leo J. Ryan Park in Foster City. This action-packed event offers fun for all ages, with vibrant cultural performances, tasty food, and a great atmosphere. Sign up in the Programs binder.

### Moon Festival Cultural Event

Sunday, September 24, at 2:00pm in the Sierra Room

Join us on a musical journey and learn the rich cultural traditions of the Moon Festival, a widely celebrated and cherished holiday in Asia! Brandon Mei, renowned for his captivating melodies and soulful performances, and The Ocean Band, a group of versatile musicians, will serenade you adding a magical touch to our Moon Festival celebration. If you have a passion for dance, you definitely won't want to miss it!

### Dan Magay Trio

Saturday, September 30, at 7:30pm in the Sierra Room

The musicians will enchant you with a repertoire spanning classic jazz and bossa nova hits from the 1940s to the 1970s, complemented by a sprinkle of original compositions performed on a diverse range of instruments, including guitar, clarinet, flute, saxophone, and drums.

### Money and Love

Monday, October 2, at 11:00am in the Sierra Room

Professor Strober, co-author of "Money and Love," will discuss her book which offers practical research-based guidance for life major decisions, road-tested in a popular Stanford course. The book serves as an intelligent roadmap for navigating pivotal life choices. Her expertise in labor economics and gender issues makes this information relevant and invaluable for both residents and family members.

### Live Well: A Little Goes A Long Way

Tuesday, October 3, at 11:00am in the Sierra Room

Join us for an interactive discussion on Wellness. We will cover ways to increase daily activity, the benefits of consistent movement, and the importance of multicomponent physical activity.

Presented by Forum Rehab Team

|                                |                                 |   |
|--------------------------------|---------------------------------|---|
| <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              |