

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>ATTENTION:</b> All events are subject to change, please check the weekly Pink Sheet				1 11:00am All About Authors with Darwin (SR)	2 
3	4 11:00am Labor Day Buffet (DR)  2:30pm Labor Day with Marilyn Cooney on Piano (SR)  7:00pm Team Trivia Challenge (LOU)	5 3:00pm Safety Video (Ch.8)  7:30pm Film Comm. Movie Chevalier (SR)	6 11:00am Nancy's Chat (SR/Ch.8)  1:00pm Decorating Comm. (CFR)  5:45pm Lee Allen on Piano (ULA)	7 10:00am Food Comm. (GR)  	8 10:00am Kitchen Tour (DR)  11:00am Chinese Railroad Workers (SR)  2:00pm Technology Education Comm. (ACR)  4:30pm Art Gallery Reception (SR)	9 2:30pm Diabetes Support Group (SR)
10 7:00am Grandparent's Day Breakfast (DR)  11:00am Grandparents' Day with Kwan Music School (SR)  	11 10:30am Investment Group (SR)  11:45am Bookmobile (PL)  1:00pm Ambiance Comm. (CFR)  1:30pm Library Acquisition Comm. (LR)  3:00pm Sustainability Committee (CFR)  7:00pm Bingo Night (LOU)  	12 9:00am WoodShop Comm. (CFR)  10:00am Landscape Comm. (LR)  10:00am Country Store/ Steering Comm (CFR)  10:00am Landscape Comm (LR)  11:00am Getting to Know the Tudors (SR)  2:00pm Drop-in Clinic Easy Tech Help (LOU)  5:00pm Mixer Dinner (GR)  7:30pm Film Comm. Movie Are You There God? It's Me Margaret (SR)	13 9:00am Finance Committee (ACR)  11:00am Townhall (SR/Ch.8)  5:00pm Birthday Dinner (SR)	14 10:00am The Tudors (LL)  2:00pm Film Comm. (CFR)  3:30pm Architectural Review Comm. (CFR)  4:00pm Symphony San Jose (SR)  	15 5:00pm Rosh Hashanah Dinner (SR)  	16 8:30am USS Potomac (LL)  7:30pm Gustavo Romero on Piano (SR)  
17 3:00pm Easy & Fun Art with Elise (ACR)	18 1:30pm Memoir Writing (PDR)  7:00PM Team Trivia Challenge (LOU)	19 3:30pm Wellness Comm. (CFR)  7:30pm Film Comm. Movie It's Complicated (SR)	20 7:00pm Karaoke Night with Mimi (SR)	21 10:00am Black Diamond Mines (LL)  10:00am RHC Board Mtg. (SR/Ch.8)  5:00pm 90s Birthday Dinner Celebration (SR)	22 	23 10:00am Dragon Boat Races (LL)  2:30pm Diabetes Support Group (SR)  7:30pm Reader's Theater (SR)
24 2:00pm Moon Festival Celebration (SR)  	25 11:45am Bookmobile (PL)  2:00pm NW Eve Comm. (ACR)	26 10:00am Resident Council Open Mtg. (SR)  2:00pm Library Comm. (CFR)  7:30pm Film Comm. Movie Race (SR)	27 9:30am RSI Open Mtg. (GR)  12:00pm Christian Fellowship Luncheon (DR)  1:15pm Christian Fellowship Bible Study (LR)	28 10:00am RHC Board Open Mtg. (SR/Ch.8)  2:00pm Finance Comm. (ACR)  3:30pm Architectural Review Comm. (CFR)	29 10:00am Kitchen Tour (DR)  11:00am Pillars of Successful Retirement (SR)  4:00pm New Resident Reception (SR)	30 3:00pm Hispanic Heritage Month with Volare Studios (SR)  7:30pm Dan Magay Trio (SR)



Recurring Weekly Events

<p><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><b>Sunday</b></p> <p>7:30am - Walking/Hiking Group (LL) 10:00am - Protestant Service (HCC) 10:30am - Christ Episcopal Church (Zoom)</p>	<p><b>Monday</b></p> <p>7:30am - Walking/Hiking Group (LL) 8:45am - Sit and Be Fit® w/ Brian (SR) 10:00am - Monday Morning Sewing (ACR) 1:00pm - Water Walking (SP) 1:15pm - Safeway Shopping (LL/UL) 3:00pm - Rick Steves' Monday Night Travel (Ch.8) 4:30pm - Leisure Night (SR)</p>	<p><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><b>Wednesday</b></p> <p>7:30am - Walking/Hiking Group (LL) 8:00am - Sit and Be Fit® w/ Brian (SR) 8:45am - Back &amp; Abs w/ Marnie (SR) 12:30pm - Posture &amp; Balance w/Marnie(FC) 3:00pm - Happy Hounds Play Day (DP) 3:30pm - Core &amp; More w/ Marnie (LR) 4:30pm - VST Balance Screening (FC)</p>	<p><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><b>Friday</b></p> <p>7:30am - Walking/Hiking Group (LL) 8:45am - Sit and Be Fit® w/ Brian (SR) 9:30am - Back &amp; Abs w/ Marnie (SR) 9:30am - Feldenkrais w/ Bobbie (ACR) 12:00pm - Rosary Prayers (LR) 1:00pm - Spanish Conversation (LR) 2:00pm - Rite Aid Pharmacy (LL) 3:00pm - TED Talks (Ch.8) 3:30pm - Core &amp; More w/ Marnie (LR) 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



Program Calendar  
September 2023

Brief Highlights for the Month:

Receptions:

- Art Gallery Reception – September 8
- Mixer Dinner – September 12
- Resident Birthday Dinner – September 13
- Rosh Hashanah Dinner – September 15
- 90s Birthday Dinner Celebration – September 21
- New Resident Reception – September 29

Lectures:

- All About Authors with Darwin – September 1
- Chinese Railroad Workers – September 8
- Getting to Know the Tudors – September 12
- Pillars of A Successful Retirement – September 29

Outings:

- The Tudors at DeYoung Museum – September 14
- USS Potomac – September 16
- Black Diamond Mines – September 21
- Dragon Boat Races – September 23

Performances:

- Labor Day Celebration with Marilyn Cooney – September 4
- Grandparent's Day With Kwan Music School – September 10
- Symphony San Jose Mini Concert – September 14
- Gustavo Romero on Piano – September 16
- Karaoke Night with Mimi – September 20
- Reader's Theater – September 23
- Moon Festival Celebration – September 24
- Hispanic Heritage Month with Volare Studios – September 30
- Dan Magay Trio – September 30

New:

- Diabetes Support Group – September 9
- Kitchen Tour – September 8 & 29