











# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 11:00am Nancy's Chat (SR/Ch.8)  5:00pm Birthday Dinner (SR)	<b>2</b> 10:00am RHC Special Board (SR/Ch.8)  10:00am Food Comm. (GR)  2:00pm HCLS: Your Continuum of Care (SR/Ch.8)  4:00pm Meet California POPs Orchestra (SR)	<b>3</b> 11:00am All About Authors with Darwin (SR)	<b>4</b> 8:00am Walk to End Alzheimer's (LL)  7:30pm Reader's Theatre (SR)
<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>						
<b>5</b> Daylight Saving Time Ends   2:30pm Bobbie's Performance Vocal (SR)	<b>6</b> 1:30pm Library Acquisition Comm. (LR)  3:00pm Sustainability Committee (CFR)  7:00pm Team Trivia Challenge (LOU)	<b>7</b> 3:00pm Safety Video (Ch.8)  7:30pm Film Comm. Movie Mao's Last Dancer (SR)	<b>8</b> 11:00am Garage Sale: Staff Only (SR)	<b>9</b> 11:00am Garage Sale: Open to All (SR)  2:00pm Film Comm. (CFR)  3:30pm Architectural Review Comm. (CFR)	<b>10</b> 10:00am History Task Force (CFR)  11:00am Garage Sale: Half Price for ALL (SR)  <b>11:00am</b> Parkinson Support Group (CFR)  2:00pm Technology Education Comm. (LR)	<b>11</b> 2:30pm Diabetes Support Group (SR)  7:30pm Veterans Day with Ian Scarfe on Piano (SR)
						
<b>12</b>	<b>13</b> 10:30am Investment Group (SR)  11:45am Bookmobile (PL)  1:00pm Ambiance Comm. (CFR)  <b>7:00pm</b> Bingo Night (LOU)	<b>14</b> 9:00am WoodShop Comm. (CFR)  10:00am Landscape Comm. (LR)  10:00am Country Store/Steering Comm (CFR)  2:00pm Drop-in Clinic Easy Tech Help (LOU)  <b>5:00pm</b> Mixer Dinner (GR)  7:30pm Film Comm. Movie A Million Miles Away (SR)	<b>15</b> 8:30am RSI Open Board (GR)  9:00am Finance Committee (ACR)  <b>10:00am</b> RSI Semi-Annual (SR/Ch.8)  10:00am/1:00pm HCC Thanksgiving Crafts (ACR)  1:00pm Catch the Spirit — Los Altos Museum (LL)  5:45pm Lee Allen on Piano (ULA)	<b>16</b> 10:00am RHC Open Board (SR/Ch.8)  <b>2:00pm</b> HCLS: Navigator at Your Service (SR/Ch.8)  6:15pm Sherlock Holmes (LL)	<b>17</b> 4:30pm Art Gallery Reception: Scene on Trail (SR)	<b>18</b> Time: TBD The Big Game: California Golden Bears vs Stanford Cardinals (SR)
						
<b>19</b> 3:00pm Easy & Fun Art with Elise (ACR)	<b>20</b> 11:00am Long Term Effects of Covid and the Benefits of Rehab (SR)  7:00PM Team Trivia Challenge (LOU)	<b>21</b> 10:00am An Afternoon with Chef Abbie (LL)  3:30pm Wellness Comm. (CFR)  7:30pm Film Comm. Movie Shotgun Wedding (SR)	<b>22</b> 9:30am RSI Open Mtg. (GR)  7:30pm Mariechristine Lopez on Violin (SR)	<b>23</b> 12:00pm RuthAnne on Harp (ULA)	<b>24</b>	<b>25</b>
						
<b>26</b> 9:00am Goodwill Truck Collection (PL)	<b>27</b> 11:45am Bookmobile (PL)	<b>28</b> 2:00pm Library Comm. (CFR)  7:30pm Film Comm. Movie Love at First Sight (SR)	<b>29</b> 11:00am Rancho San Antonio OSR (SR)  1:15pm Christian Fellowship Bible Study (LR)  5:45pm Dan Magay Duo (ULA)  7:00pm Social Dance (SR)	<b>30</b> 2:00pm HCLS: Finance 101 (SR/Ch.8)		
						



## 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)            11:15am - Back &amp; Abs w/ Marnie (SR)            1:15pm - 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 - Christ Episcopal Church (Zoom)</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 Walking (SP)            1:15pm - Safeway Shopping (LL/UL)            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)            8:00am - Sit and Be Fit<sup>®</sup> 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 (FC)            4:30pm - VST Balance Screening (FC)</p>	<p style="text-align: center;"><b>Thursday</b></p> <p>7:30am - Walking/Hiking Group (LL)            11:15am - Water Aerobics w/ Marnie (SP)            11:30am - Mat Yoga w/ Ellen (ACR)            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 w/ Bobbie (ACR)            12:00pm - Rosary Prayers (LR)            1:00pm - Spanish Conversation (LR)            2:00pm - Rite Aid Pharmacy (LL/UL)            3:30pm - Core &amp; More w/ Marnie (FC)            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 November 2023

## Brief Highlights for the Month:

**Receptions:**

- Resident Birthday Dinner – November 1
- Mixer Dinner – November 14
- Art Gallery Reception – November 17
- Social Dance – November 29

**Lectures:**

- HCLS: Continuum of Care – November 2
- All About Authors with Darwin – November 3
- HCLS: Navigator at Your Service of Care – November 16
- Effects of Covid and the Benefits of Rehab – November 20
- Rancho San Antonio Open Space Reserve – November 29
- HCLS: Finance 101 – November 30

**Outings:**

- Walk to End Alzheimer's – November 4
- Catch the Spirit – November 15
- Sherlock Holmes – November 16
- An Afternoon with Chef Abbie – November 21

**Performances:**

- Meet California POPS Orchestra – November 2
- Reader's Theatre – November 4
- Bobbie's Performance Vocal – November 5
- Veterans Day with Ian Scarfe on Piano – November 11
- Lee Allen on Piano – November 15
- Mariechristine Lopez on Violin – November 22
- RuthAnne on Harp – November 23
- Dan Magay Duo – November 29

**New:**

- Parkinson Support Group – November 10
- Goodwill Truck Collection – November 26

~ See Details Inside ~