



#### SUNDAY, NOVEMBER 19

- 7:30am - Walking/Hiking Group (LL)
- 10:00am - **Protestant Service**  
Gardenia Room (HCC)
- 10:15am - **Christ Episcopal Church**  
(via Zoom or ccla.us)

#### MONDAY, NOVEMBER 20

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Sit and Be Fit™ with Brian (SR)
- 10:00am - Monday Morning Sewing (ACR)
- 11:00am** - Long Term Effects of Covid and the Benefits of Rehab (SR)
- 1:15pm - Safeway Shopping (LL/UL)
- 4:30pm - Leisure Night (SR)
- 7:00pm - Team Trivia Challenge (LOU)

#### TUESDAY, NOVEMBER 21

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Zumba Gold® with Noriko (SR)
- 9:30am - Back & Abs with Marnie (SR)
- 10:00am** - An Afternoon with Chef Abbie (LL)
- 11:00am - Meditation - Resident Led (CFR)
- 12:30pm - Posture & Balance with Marnie (FC)
- 1:15pm - Water Aerobics with Marnie (SP)
- 1:00pm - Forum Chorus Practice (SR)
- 1:15pm - Trader Joe's (LL/UL)
- 3:00pm - Current Events with Ken (Zoom)  
*For link, email: kenhpeterson@gmail.com*
- 3:30pm - Wellness Comm (CFR)
- 7:30pm - Film Comm. Movie: *Shotgun Wedding (2022)* (SR)

#### WEDNESDAY, NOVEMBER 22

- 7:30am - Walking/Hiking Group (LL)
- 8:00am - Sit and Be Fit with Brian (SR)
- 9:30am - RSI Open Mtg (GR)
- 11:00am** - Replay: HCLS: Navigator at Your Service (Ch.8) (SR)
- 7:30pm** - Mariechristine Lopez on Violin (SR)



#### THURSDAY, NOVEMBER 23

**Happy Thanksgiving!**

Program Office Closed

**No Water Aerobics, Fitness Classes, Duplicate Bridge, or Transportation**

**Thanksgiving Buffet**

11:00am, 11:30am, 12:00pm, 1:00pm & 1:30pm  
(Dining Room)

**Sign - Up at the Podium**

**Music by**  
**Ruthanne Adams Martinez (Harp)**  
12:00pm - 1:30pm



#### FRIDAY, NOVEMBER 24

- 7:30am - Walking/Hiking Group (LL)
- 8:45am - Sit and Be Fit with Brian (SR)
- 9:30am - Core Conditioning with **Brian** (SR)
- 12:00pm - Rosary Prayers (LR)
- 2:00pm - Rite Aid Pharmacy (LL/UL)

#### SATURDAY, NOVEMBER 25

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

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

### Goodwill Truck Collection

Sunday, November 26, at 9:00am in the Parking Lot

Don't miss this chance to declutter for a cause and support the Alzheimer's Walk fundraising efforts. Donate your gently used clothing, household items, and help us raise funds to combat Alzheimer's disease.

### Secrets of Rancho San Antonio OSP

Wednesday, November 29, at 11:00am in the Sierra Room

Join Yoriko Kishimoto, President of the Midpeninsula Open Space District Board, to learn about the little-known history of Rancho San Antonio– the most visited of Mid-Pen's preserves. Yoriko will also touch on Mid-Pen's mountain lion study, wildland fire resiliency work, multimodal transportation study, and other conservation projects underway in our own backyard.

### Dan Magay Duo

Wednesday, November 29, at 5:45pm in the Upper Landing

Dan Magay, a versatile and mainstream rock and jazz musician, and Lukas Vesely, an extraordinary bassist and pianist, will perform music recorded by the iconic jazz musicians: Miles Davis, John Coltrane, Wayne Shorter, Dave Brubeck, Stan Getz, and Antonio Carlos Jobim.

### Social Dance

Wednesday, November 29, at 7:00pm in the Sierra Room

Get ready to dance to resident-provided music (Oldies, Ballroom, and more)! Both couples and singles are welcome. Wear your leather-bottomed shoes. If you have your own CD's, feel free to bring them along. Our DJ's, Skip Gwiazda and Tony So, will ensure a fantastic time on the dance floor!

### STOCapella

Sunday, December 3, at 2:30pm in the Sierra Room

This program includes diverse songs from various traditions and an opportunity for the audience to sing along. It will also offer new music from recent movies and enchanting harmonies with solos, duets, and small ensembles.

### Holiday Cheers with Saint Andrew's Kindergarten

Monday, December 4, at 10:00am in the Sierra Room

The Kindergartners from Saint Andrew's Episcopal School are looking forward to singing, meeting Forum residents, and passing out hand-made crafts.

### Empowering Minds: Recognizing and Responding to Dementia

Monday, December 4, at 11:00am in the Sierra Room

Dr. Gholizadeh will focus on distinguishing typical versus atypical cognitive aging and the early signs of dementia, as well as outlining modifiable risk factors and strategies to promote brain health.

### Christmas Crafts

Wednesday, December 6, at 1:00pm in the Sierra Room

Come to make individual wooden ornaments for all our friends at Daffodil Ridge and the Health Care Center. Craft materials will be provided. **Sign up in the Programs binder.**

### Gingerbread House Contest

Friday, December 8, at 1:00pm in the Sierra Room

Come and decorate your gingerbread house using the kits provided and anything of your own that you'd like to add. They will be on display for you to vote on and the top 3 will win a prize. Limited to 24 participants. **Sign up in the Programs binder.**

<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