

THE FORUM

AT RANCHO SAN ANTONIO

2024

Community Events

January 21 – January 27

Ch.8 = Channel 8001 / Ch.8



SUNDAY, JANUARY 21

- 7:30am - Walking/Hiking Group (LL)
- 10:00am - **Protestant Service** (HCC)
Gardenia Room
- 10:15am - **Christ Episcopal Church** (via Zoom or ccla.us)
- Anytime - **Catholic Mass**
Available anytime @ www.fatherharry.org

MONDAY, JANUARY 22

- 7:30am - Walking/Hiking Group (LL)
- 8:00am - Sit and Be Fit™ w/Brian (SR)
- 8:45am - Sit and Be Fit™ w/Brian (SR)
- 9:30am - Stretch & Balance w/Marnie (SR)
- 10:00am - Monday Morning Sewing (ACR)
- 11:00am - Leonardo da Vinci's Unknown Masterpiece: The Room of Knots (SR)



- 11:45am - Bookmobile (PL)
- 12 & 12:30pm - Posture & Balance w/Marnie (FC)
- 1:15pm - Alternative Water Aerobics w/Marnie (FC)
- 1:15pm - Safeway Shopping (LL/UL)
- 3:30pm - Basic Pilates (FC)
- 4:30pm - Leisure Night (SR)

TUESDAY, JANUARY 23

- 7:30am - Walking/Hiking Group (LL)
- 8:00am - Tai Chi w/Bobbie (SR)
- 8:45am - Zumba Gold® w/Noriko (SR)
- 9:30am - Back & Abs w/Marnie (ACR)
- 10:00am - Resident Council Open Meeting (SR/Ch.8)
- 11:00am - Meditation - Resident Led (CFR)
- 12 & 12:30pm - Posture & Balance w/Marnie (FC)
- 1:15pm - Alternative Water Aerobics w/Marnie (FC)
- 1:00pm - Forum Chorus Practice (SR)
- 1:15pm - Trader Joe's (LL/UL)
- 2:00pm - Library Committee (CFR)
- 3:00pm - Current Events with Ken (Zoom)
For link, email: kenhpeter@gmail.com
- 3:30pm - Short Circuit w/Marnie (FC)
- 7:30pm - Film Comm. **Movie:**
American Symphony (2023) (SR)

WEDNESDAY, JANUARY 24

- 7:30am - Walking/Hiking Group (LL)
- 8:00am - Sit and Be Fit™ w/Brian (SR)
- 8:45am - Back & Abs w/Marnie (SR)
- 9:30am - RSI Open Meeting (GR)
- 11:00am - AED Demo (SR)
- 11:30am - VST Balance Assess. Call for Appt. (FC)
- 12 & 12:30pm - Posture & Balance w/Marnie (FC)
- 3:30pm - Seated Core & More w/Marnie (FC)
- 3:30pm - Architectural Review Committee (CFR)
- 7:00pm - Karaoke Night with Mimi (SR)



THURSDAY, JANUARY 25

- 7:30am - Walking/Hiking Group (LL)
- 10:00am - RHC Open Meeting (SR/Ch. 8)
- 11:15am - Alternative Water Aerobics w/Marnie (FC)
- 11:30am - Mat Yoga w/Ellen (ACR)
- 12 & 12:30pm - Posture & Balance w/Marnie (FC)
- 12:45pm - Chair Yoga w/Ellen (ACR)
- 1:00pm - AED Demo (SR)
- 1:15pm - Lucky Supermarket (LL/UL)
- 3:30pm - Fun & Easy Art with Elise (ACR)
- 3:30pm - Short Circuit with Marnie (FC)
- 5:00pm - Garage Sale Dinner (SR)
- 7:00pm - Duplicate Bridge (SR)

FRIDAY, JANUARY 26

- 7:30am - Walking/Hiking Group (LL)
- 8:00am - Sit and Be Fit™ w/ Brian (SR)
- 8:45am - Sit and Be Fit™ w/ Brian (SR)
- 9:30am - Back & Abs with Marnie (SR)
- 11:00am - AED Demo (SR)
- 11:30am - VST Balance Assess. Call for appt. (FC)
- 12:00pm - Rosary Prayers (LR)
- 12 & 12:30pm - Posture & Balance w/Marnie (FC)
- 12:30pm - Gfroerer Memorial (SR)
- 1:00pm - Spanish Conversation (LR)
- 2:00pm - Rite Aid Pharmacy (LL/UL)
- 3:30pm - Seated Core & More with Marnie (FC)

SATURDAY, JANUARY 27

- 7:30am - Walking/Hiking Group (LL)
- 11:00am - Happy Hounds Play Day (DP)
- 2:00pm - No Host Knitting Group (LR)
- 6:30pm - San Jose Symphony (LL)

JUST AROUND THE CORNER...SAVE THE DATE!

Intro to Memoir Writing

Mondays, January 29 - February 26, 1:00pm - 3:00pm, in the Living Room

Start your memoir project in the new year. Join the Forum's own memoir writing class, led by resident Lyn Christenson. Must know how to use email and Zoom, and be comfortable writing multi-page essays weekly. Space is limited. Sign up in the Programs binder.

Password Management presented by Anew Vista Community Services

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

Passwords are essential for our online security. How can we create passwords that are strong, easy to remember, and unique for each account? Anew Vista's class on passwords will teach you how to do just that. You will learn how to make your online life simpler and safer with effective password strategies.

All About Authors with Darwin

Friday, February 2, at 11:00am in the Sierra Room

Alice Walker is a Pulitzer-winning writer of fiction and poetry best known for her novel of an abused young black woman growing up in Georgia in the 1920's. Learn about this inspiring story.

Joe Ferrara, Singer/Guitarist

Saturday, February 3, at 7:30pm in the Sierra Room

Don't miss a spectacular performance by Joe, a talented local artist who has captivated audiences with his rendition of the National Anthem for the San Francisco Giants. With over a decade of experience entertaining at the renowned Shadowbrook restaurant in Capitola, Joe is set to delight you with a variety of songs, old and new. Feel free to make your favorite song requests and let Joe serenade you.

Mixer Dinner

Tuesday, February 13, at 5:00pm in the Green Room

Join this opportunity to meet and dine with new and long-time residents. Hosted by the Wellness Committee and Dining Staff. To reserve your spot, please email: jfickett@pacbell.net or call: 650.521.1451

Gustavo Romero on Piano

Wednesday, February 14, at 7:30pm in the Sierra Room

Mexican-American pianist Gustavo Romero has a stellar reputation for both the technical brilliance and interpretive depth of his playing, as well as his commitment to in-depth exploration of individual composers.

Humane Society Silicon Valley (HSSV) Helps Families Stay Together

Wednesday, February 21, at 11:00am in the Sierra Room

A presentation for all animal lovers. Come learn about the amazing things being done by HSSV. This includes making animal services affordable and available to many lower income families and individuals by bringing critical veterinary services into the areas where they live. HSSV's mobile veterinary clinics provide wellness exams, vaccination, and spray/neuter services. They are changing the game by saving lives, keeping families together, and advancing shelter medicine.

Resident Birthday Dinner

Wednesday, February 21, at 5:00pm in the Sierra Room

Help us celebrate our **February** babies! If you're a birthday resident, feel free to bring along a guest to join the fun. Each attendee will be charged 26 points. Sign up in the Programs binder.

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