

## Week of 2/25/2024 - 3/2/2024

<p><b>SUNDAY, Feb 25</b></p> <p><b>10:00 AM</b> Protestant Service (HCC)  <b>10:30 AM</b> Christ Episcopal Church (Zoom)</p>	<p><b>MONDAY, Feb 26</b></p> <p><b>8:00 AM</b> Sit and Be Fit w/ Brian (SCR1F)  <b>8:45 AM</b> Sit and Be Fit w/ Brian (SCR1F)  <b>11:45 AM</b> Book Mobile (PL)  <b>12:30 PM</b> Posture &amp; Balance w/ Marnie (FC)  <b>1:00 PM</b> Intro to Memoir Writing (LR1F)  <b>1:15 PM</b> Water Walking (SP)  <b>1:15 PM</b> Safeway Shopping (LL/UL)  <b>4:30 PM</b> Leisure Night (SCR1F)</p>
<p><b>TUESDAY, Feb 27</b></p> <p><b>8:45 AM</b> Zumba with Noriko (SCR1F)  <b>9:30 AM</b> Back &amp; Abs w/ Marnie (SCR1F)  <b>11:00 AM</b> Meditation Group - resident led (CFR)  <b>12:30 PM</b> Posture &amp; Balance w/ Marnie (FC)  <b>1:00 PM</b> Forum Chorus (SCR1F)  <b>1:15 PM</b> Trader Joe's (LL/UL)  <b>7:30 PM</b> Film Committee Movie: Champions (2023) (SCR1F)</p>	<p><b>WEDNESDAY, Feb 28</b></p> <p><b>8:00 AM</b> Sit and Be Fit w/ Brian (SCR1F)  <b>8:45 AM</b> Back &amp; Abs w/ Marnie (SCR1F)  <b>9:30 AM</b> RSI Board of Directors Regular Monthly Meeting (GRR2F)  <b>12:30 PM</b> Posture &amp; Balance w/ Marnie (FC)  <b>1:15 PM</b> Christian Fellowship (LR1F)  <b>3:00 PM</b> Happy Hounds Play Day (DP)  <b>3:30 PM</b> Core &amp; More w/ Marnie (FC)  <b>4:30 PM</b> VST Balance Screening (FC)  <b>7:00 PM</b> Karaoke night with Mimi (SCR1F)</p>
<p><b>THURSDAY, Feb 29</b></p> <p><b>11:00 AM</b> Los Altos Shopping &amp; Lunch (LL)  <b>11:15 AM</b> Water Aerobics w/ Marnie (SP)  <b>11:30 AM</b> Mat Yoga w/ Ellen (ACR)  <b>12:30 PM</b> Posture &amp; Balance w/ Marnie (FC)  <b>12:45 PM</b> Chair Yoga w/ Ellen (ACR)  <b>1:15 PM</b> Shopping Trip: Target (LL/UL)  <b>7:00 PM</b> Duplicate Bridge (SCR1F)</p>	<p><b>FRIDAY, Mar 1</b></p> <p><b>8:00 AM</b> Sit and Be Fit w/ Brian (SCR1F)  <b>9:30 AM</b> Back &amp; Abs w/ Marnie (SCR1F)  <b>11:00 AM</b> All About Authors with Darwin: Lord of the Flies (SCR1F)  <b>12:00 PM</b> Rosary Prayers (LR1F)  <b>12:30 PM</b> Posture &amp; Balance w/ Marnie (FC)  <b>1:00 PM</b> Spanish Group (LR1F)  <b>2:00 PM</b> Rite Aid Pharmacy (LL/UL)  <b>3:30 PM</b> Core &amp; More w/ Marnie (FC)  <b>4:00 PM</b> Fitness Orientation (FC)  <b>4:30 PM</b> Art Gallery: Julia Seelos Landscapes In Oils (SCR1F)</p>
<p><b>SATURDAY, Mar 2</b></p> <p><b>11:00 AM</b> Happy Hounds Play Day (DP)  <b>2:00 PM</b> No Host Knitting Group (LR1F)  <b>7:30 PM</b> Kyle Windjack: A Musical Journey Through the Decades (SCR1F)</p>	

HCC = Health Care Center, Zoom = Zoom, SCR1F = Sierra Room, PL = Parking Lot, FC = Fitness Center, LR1F = Living Room, SP = Swimming Pool, LL/UL = Lower Lobby/Upper Lobby, CFR = Conference Room, GRR2F = Green Room, DP = Dog Park, LL = Lower Lobby, ACR = Arts & Crafts Room

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

### Special Movie Showing: Killer of the Flower Moon

Sunday, March 3, at 1:00pm in the Sierra Room

The film committee will be showing this . When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one—until the FBI steps in to unravel the mystery. Based on a true story. Nominated for 11 Academy Awards. Rating: R. **Note that this movie is 3.5 hours long** and therefore will be shown on Sunday with an intermission (and popcorn).

### “Russia vs. Ukraine - How will it end?” with James Goldgeier, Visiting Scholar, Stanford CISAC

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

A lecture series at **The Forum** to help us understand our world of challenging international issues.

### Bel Canto Flutes

Sunday, March 10, at 1:00pm in the Sierra Room

Bel Canto Flutes is delighted to share their joy of music making on flutes of all sizes and shapes. Join us as we show the versatility and beauty of the flute in songs known and new.

### \$ Academy Awards

Sunday, March 10, at 4:00pm in the Sierra Room

The 96th annual Academy Award nominations raised the definitive movie question of the season: Is this the year of “Barbie” or “Oppenheimer?” With the amount of good movies and impressive talent this past year, it’s hard to say what film, if any, will sweep in the big categories. Watch this upcoming ceremony presented by the Academy of Motion Picture Arts and Sciences, which will honor the best films of 2023.

Each attendee will be charged 26 points.

### \$ Birthday Dinner

Wednesday, March 13, at 5:00pm in the Sierra Room

Help us celebrate our March babies! If you’re a resident, feel free to bring along a guest to join the fun. Each attendee will be charged 26 points. Sign up in Cubigo under the Activities cube.

### \$ De Young Museum (SF) Fashioning San Francisco: A Century of Style

Thursday, March 14, leaving the Lower Lobby at 10:00am

Explore the history of San Francisco through fashion. Featuring one of the most iconic collections of 20th- and 21st-century women’s clothing in the United States, this exhibition includes 100 collection highlights, along with local loans of high fashion and haute couture. The designs on view, many never shown before, reflect San Francisco’s long-standing tradition of self-expression through fashion.

Sign up in Cubigo under the Activities cube.

### St. Patrick’s Day Celebration

Friday, March 15, at 3:00pm in the Sierra Room

Experience Celtic music at it’s best with the powerful and passionate vocals of Peter Daldry. Try your luck at tossing the coin into the pot of gold or musical shamrocks. Appetizers and beverages will be served.

### \$ Monterey Bay Aquarium

Wednesday, March 27, leaving the Lower Lobby at 9:30am

From football-sized giant isopods to transparent jellies that glow, the deep sea is brimming with life. View these mysterious and wonderful animals in our newest exhibit — the largest collection of deep-sea animals in North America. Enjoy the antics of our playful southern sea otters as they romp, tumble and wrestle like they do in the wild. Lunch on your own at café. Sign up in Cubigo under the Activities cube.

### \$ Jake’s of Saratoga & Footloose the Musical @Westmont H.S., Campbell

Thursday, March 28, leaving the Lower Lobby at 4:45pm

First, Jake’s for dinner, then see this story of intergenerational conflict and teen censorship come to life. When city boy Ren moves to a small town where dancing is outlawed, he finds himself an outsider and a target of the local preacher who pushed for the ban-especially after attracting the attention of the reverend’s rebellious daughter. Help support this local high school and enjoy a celebration of self expression and the power of youth with great singing & dancing! Sign up in Cubigo.