

THE FORUM

AT RANCHO SAN ANTONIO

Program Calendar April 2024



Recurring Weekly Events

Saturday	Monday	Tuesday
7:30am - Walking/Hiking Group (LL) 11:00am - Happy Hounds Play Day (DP) 2:00pm - No Host Knitting Group (LR)	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) 12:00pm - Posture & Balance w/Marnie (FC) 12:30pm - Posture & Balance w/Marnie (FC) 1:15pm - Aqua Jogging w/ Marnie (SP) 1:15pm - Safeway Shopping (LL/UL) 4:30pm - Leisure Night (SR)	7:30am - Walking/Hiking Group (LL) 8:00am - Tai Chi w/ Bobbie (SR) 8:45am - Zumba w/ Noriko (SR) 9:30am - Back & Abs w/ Marnie (SR) 11:00am - Meditation - Resident Led (CFR) 12:00pm - Posture & Balance w/Marnie(FC) 12:30pm - Posture & Balance w/Marnie(FC) 1:00pm - Chorus Practice (SR) 1:15pm - Water Aerobics w/Marnie (SP) 1:15pm - Trader Joe's (LL/UL) 3:00pm - Current Events w/Ken (Zoom)
Sunday	Thursday	Friday
7:30am - Walking/Hiking Group (LL) 10:00am - Protestant Service (HCC) 2:00pm - Ping Pong (ACR)	7:30am - Walking/Hiking Group (LL) 11:15am - Water Aerobics w/ Marnie (SP) 11:30am - Mat Yoga w/ Ellen (ACR) 12:00pm - Posture & Balance w/Marnie (FC) 12:30pm - Posture & Balance w/Marnie (FC) 12:45pm - Chair Yoga w/ Ellen (ACR) 1:15pm - Lucky Supermarket (LL/UL) 3:30pm - Short Circuit w/Marnie (FC) 7:00pm - Duplicate Bridge (SR)	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 w/ Marnie (SR) 12:00pm - Posture & Balance w/Marnie(FC) 12:00pm - Rosary Prayers (LR) 12:30pm - Posture & Balance w/Marnie(FC) 1:00pm - Spanish Conversation (LR) 2:00pm - Rite Aid Pharmacy (LL) 3:30pm - Core & More w/Marnie (FC)
Wednesday	Friday	
7:30am - Walking/Hiking Group (LL) 8:00am - Sit and Be Fit® w/ Brian (SR) 8:45am - Back & Abs w/ Marnie (SR) 11:30am - VST Balance (FC) 12:00pm - Posture & Balancew/Marnie(FC) 12:30pm - Posture & Balancew/Marnie(FC) 3:30pm - Core & More w/ Marnie (FC)		

Location Key

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1:30 Library Acquisition Comm. (CFR) 3:00 Sustainability Group (CFR) 7:00 Team Trivia Challenge (LOU)	2 3:00 Safety Video (Ch.8) 7:30 Film Comm. Movie: American Fiction (2023) (SR)	3 9:30 Finance Comm. 11:00 Nancy's Chat (SR/ch8/Live) 1:00 Computer History Museum Outing (LL) 2:00 An Introduction to Bridge - Bidding and Play with Ed Lechner (SR) 5:45 Lee Allen on piano (ULA) 7:30 Community School of Music & Arts Merit Scholars (SR)	4 10:00 Food Comm. (GR)	5 11:00 All About Authors with Darwin (SR)  2:00 An Introduction to Bridge - Bidding and Play with Ed Lechner (SR)	6
7	8 9:00 2024 Forum Masters Putting Tournament will begin in April. Please sign up! 10:00 Total Solar Eclipse 11:00 Sleep & Insomnia: Age-Related Changes and Remedies (SR) 1:00 Ambiance Comm. (CFR) 7:00 Bingo Night (LOU)	9 9:00 Woodshop Comm. (CFR) 10:00 Country Store/Steering Committee (CFR) 2:00 Drop-in Clinic for Easy Tech Help (LOU) 7:30 Film Comm. Movie: Boys in the Boat (2023) (SR)	10 11:00 Townhall (SR/Ch.8) 5:00 Birthday Dinner (SR) 	11 9:30 Silicon Valley Advanced Water Purification Center Tour (LL)  2:00 Film Comm. (CFR) 3:30 Architectural Review Comm. (CFR)	12 11:00 Why Birds Lift Our Spirits (SR) 1:00 Podiatry Clinic - Dr. Adam Howard 2:00 Technology Education Comm. (ACR) 7:30 Darin Neasham, Pianist, presents: "Spring is in the Air" (SR)	13
14	15 11:00 Advancing Health, Well-Being, and Quality of Life with Occupational Therapy (SR)  7:00 Team Trivia Challenge (LOU)	16 11:00 Renowned Stanford Women's Basketball Coach Tara VanDerveer (SR)  3:30 Wellness Committee (CFR) 6:30 Theatre Works: Tiger Style (LL) 7:30 Film Comm. Movie: The Great Debaters (2007) (SR) 	17 10:00 Programs Comm. Meeting (CFR) 10:30 Jewelry Sale (ACR) 11:00 A Journey of Awe & Joy presented by Ilana Sharaun, M.F.T. (SR) 5:45 Lee Allen on piano (ULA) 7:30 The Gershwin Brothers: Their Lives & Music by Marilyn Cooney (SR) 	18	19 2:00 Earth Day Event: "Celebrating our Present; Protecting our Future" (PL) 	20 2:00 Memorial for Ralph Cheek (SR) 7:30 The Gordon Fels Trio featuring Lisa Sanchez presents: American Jazz and Pop favorites (SR) 
21 2:00 The Story Behind the Clothes, Part Trois (SR)	22 11:45 Book Mobile (PL)	23 11:00 RHC/RSI Special Board of Directors Meeting (SR/Ch.8) 2:00 Library Committee (CFR) 5:00 Passover Seder Dinner (SR) 7:30 No Movie Showing Tonight (SR)	24 9:30 RSI Board of Directors Regular Monthly Meeting (GR) 11:30 Stanford Shopping (LL) 12:45 Christian Fellowship (LR) 7:00 Karaoke night with Mimi (SR) 7:30 Peninsula Women's Chorus presents Radiance (SR)	25 10:00 RHC Open Meeting (SR/ch8/Live) 3:30 Architectural Review Comm. (CFR)	26 1:00 Emergency Preparedness Meeting (SR) 6:30 California POPS Orchestra (LL) 	27
28	29 11:00 "Cyber Humanitarian Interventions" presented by Rhiannon Neilsen (SR) 	30 7:30 Film Comm. Movie: The Catcher Was a Spy (2018) (SR)				