

Week of 4/14/2024 - 4/20/2024

SUNDAY, Apr 14

- 7:30 Walking/Hiking Group (LL)
- 10:00 Protestant Service (HCC)
- 10:30 Christ Episcopal Church (Zoom)
- 11:00 Ping Pong (ACR)



MONDAY, Apr 15

- 7:30 Walking/Hiking Group (LL)
- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Stretch & Balance w/ Marnie (SR)
- 10:00 Monday Morning Sewing (ACR)
- 11:00 Advancing Health, Well-Being, and Quality of Life with Occupational Therapy (SR)
- 12:00 & 12:30 Posture & Balance (FC)
- 1:15 Safeway Shopping (LL/UL)
- 1:15 Water Fitness (SP)
- 4:30 Leisure Night (SR)
- 7:00 Team Trivia Challenge (LOU)

TUESDAY, Apr 16

- 7:30 Walking/Hiking Group (LL)
- 8:00 Tai Chi w/ Bobbie (SR)
- 8:45 Zumba w/ Noriko (SR)
- 9:30 Back & Abs w/ Marnie (SR)
- 11:00 Meditation Group - resident led (CFR)
- 11:00 Coach Tara VanDerveer (SR)
- 12:00 & 12:30 Posture & Balance (FC)
- 1:00 Forum Chorus (SR)
- 1:15 Trader Joe's (LL/UL)
- 3:00 Current Events w/Ken Peterson (Zoom)
- 3:30 Short Circuit (FC)
- 3:30 Wellness Committee (CFR)
- 6:30 Theatre Works: Tiger Style (LL)
- 7:30 Film Comm: The Great Debaters (SR)

WEDNESDAY, Apr 17

- 7:30 Walking/Hiking Group (LL)
- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 10:00 Programs Comm. Meeting (CFR)
- 10:30 Jewelry Sale (ACR)
- 11:00 A Journey of Awe & Joy (SR)
- 11:30 VST Balance Screening (FC)
- 12:00 & 12:30 Posture & Balance (FC)
- 3:00 Happy Hounds Play Day (DP)
- 3:30 Seated Core & More (FC)
- 5:45 Lee Allen on piano (ULA)
- 7:30 The Gershwin Brothers: Their Lives & Music by Marilyn Cooney (SR)

THURSDAY, Apr 18

- 7:30 Walking/Hiking Group (LL)
- 9:30 Qi Gong with Patrick (FC)
- 11:15 Water Exercise w/ Marnie (SP)
- 11:30 Mat Yoga w/ Ellen (ACR)
- 12:00 & 12:30 Posture & Balance (FC)
- 12:45 Chair Yoga w/ Ellen (ACR)
- 1:15 Marina Food (LL/UL)
- 3:30 Short Circuit (FC)
- 7:00 Duplicate Bridge (SR)

FRIDAY, Apr 19

- 7:30 Walking/Hiking Group (LL)
- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Back & Abs w/ Marnie (SR)
- 11:30 VST Balance Screening (FC)
- 12:00 Rosary Prayers (LR)
- 12:00 & 12:30 Posture & Balance (FC)
- 1:00 Spanish Conversation (CFR)
- 2:00 Rite Aid Pharmacy (LL/UL)
- 2:00 Earth Day Event (PL)
- 3:30 Seated Core & More (FC)

SATURDAY, Apr 20

- 7:30 Walking/Hiking Group (LL)
- 9:30 Qi Gong with Patrick (FC)
- 11:00 Happy Hounds Play Day (DP)
- 2:00 No Host Knitting Group (LR)
- 7:30 The Gordon Fels Trio (SR)

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

The Story Behind the Clothes, Part Trois

Sunday, April 21, at 2:00pm in the Sierra Room

Join us for a unique fashion show where our resident models will share the stories behind their stunning outfits. Don't miss out on this exciting event that celebrates fashion and personal style!

Refreshments will be provided.

\$ Passover Seder Dinner

Tuesday, April 23, at 5:00pm in the Sierra Room

All are invited and welcome to attend. As the door opened for Elijah to enter, may peace also enter your home. **Must Sign-Up in Cubigo**

Stanford Shopping

Wednesday, April 24, leaving the Lower Lobby at 11:30am

Residents will have 3 hours to shop and have lunch on their own. Drop off & pick up only.

Must Sign-Up in Cubigo

Peninsula Women's Chorus presents Radiance

Wednesday, April 24, 7:30pm in the Sierra Room

PWC's chamber ensemble, Radiance, featuring Paula Chacon (Forum's Chorus Director), is excited to share selections of their 2023-24 repertoire with you. We will highlight works from well-known composers such as Mozart, Felix Mendelssohn, and Alice Parker, as well as exciting new compositions from modern composers. We look forward to delighting and inspiring you.

\$ California POPS Orchestra

Friday, April 26, leaving the Lower Lobby at 6:30pm

Miller, Goodman, Dorsey & more celebrating the Big Bands from the 30s to today. Ticket: \$47.00
Transportation: \$17.40 Tickets have been purchased: No refunds. **Must Sign-Up in Cubigo**

"On Algorithms & Atrocities: Cyber Humanitarian Interventions in 21st Century Conflicts" presented by Rhiannon Neilsen

Monday, April 29, 11am in the Sierra Room

Rhiannon Neilsen is the Cyber Security Fellow at the Center for International Security and Cooperation.

Her research focuses on new technologies in conflict. At CISAC, she will be working on her project, "Algorithms for Atrocity Prevention," where she argues for using "cyber humanitarian interventions" and online influence operations to protect populations from mass atrocities.

\$ Cirque Du Soleil KOOZA, Under The Big Top, Santa Clara County Fairgrounds

Sunday, May 19, leaving the Lower Lobby at 12:00pm

Cost: \$83.87 KOOZA is an innovative journey viewed through the perspective of "The Innocent", an endearing yet naïve clown looking for his place in the world. A mystery item is delivered to The Innocent one day when he is flying his kite. The self-discovery journey of The Innocent, who is miraculously transferred to a bizarre but exotic world, is followed in KOOZA under the watchful eye of an enigmatic trickster with remarkable abilities. **Must Sign-Up in Cubigo**

\$ Broadway San Jose presents Peter Pan

Thursday, June 27, leaving the Lower Lobby at 6:00pm

A new adaptation by playwright Larissa FastHorse. This extraordinary musical features iconic and timeless songs including "I'm Flying", "I Gotta Crow", "I Won't Grow Up" and "Neverland". PETER PAN embraces the child in all of us so go on a journey from the second star to the right and straight on 'til morning - your entire family will be Hooked! Tickets: \$69.00 Transportation: \$11.29 **Sign up by April 18 in Cubigo**

\$ Transportation for Opera San Jose 2024-2025 Season Subscription

Sunday Matinee Series B: Sept 15, Nov 17, Feb 16, April 20. Leaving the Lower Lobby at 12:30pm

Tickets purchased on your own. Transportation Cost: \$45.16 for ALL 4 shows..

Must Sign Up in Cubigo