

Week of 5/5/2024 - 5/11/2024

**SUNDAY, May 5**

- \* 7:30 Walking/Hiking Group (LL) \*
- 10:00 Protestant Service (HCC)
- 11:00 Ping Pong (ACR)
- 2:00 Cinco De Mayo Celebration (LOU)



**MONDAY, May 6**

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Stretch & Balance w/ Marnie (SR)
- 10:00 Monday Morning Sewing (ACR)
- 10:00 Caregiver Support Group (LR)
- 12:15 Posture & Balance (FC)
- 1:15 Safeway Shopping (LL/UL)
- 1:30 Library Acquisition Comm. (CFR)
- 2:00 Water Fitness (SP)
- 3:00 Sustainability Group (CFR)
- 4:30 Leisure Night (SR)
- 7:00 Team Trivia Challenge (LOU)

**TUESDAY, May 7**

- 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 Social isolation, Loneliness and Health (SR)
- 12:15 Posture & Balance (FC)
- 1:00 Forum Chorus (SR)
- 1:15 Trader Joe's (LL/UL)
- 2:00 Water Fitness (SP)
- 3:00 Readers Theater (SR)
- 3:00 Current Events w/Ken Peterson (Zoom)
- 3:00 Safety Video (Ch.8)
- 3:30 Functional Fitness (FC)
- 7:30 Film Comm. Movie: *The Color Purple* (SR)

**WEDNESDAY, May 8**

- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 11:00 Townhall (SR/ch8/Live)
- 11:30 VST Balance Screening (FC)
- 12:15 Posture & Balance (FC)
- 3:00 Happy Hounds Play Day (DP)
- 3:30 Seated Core & More (FC)
- 5:00 Birthday Dinner (SR)

**THURSDAY, May 9**

- 9:30 Qi Gong with Patrick (FC)
- 10:00 de Young Museum (SF): Irving Penn Ex. (LL)
- 11:15 Water Fitness (SP)
- 11:30 Mat Yoga w/ Ellen (ACR)
- 12:15 Posture & Balance (FC)
- 12:45 Chair Yoga w/ Ellen (ACR)
- 1:15 Ranch 99 Market (LL/UL)
- 2:00 Film Comm. (CFR)
- 3:00 Readers Theater (SR)
- 3:30 Architectural Review Comm. (CFR)
- 3:30 Functional Fitness (FC)
- 7:00 Duplicate Bridge (SR)

**FRIDAY, May 10**

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:00 Cubigo Cafe (LOU)
- 9:30 Back & Abs w/ Marnie (SR)
- 11:00 Parkinson's Support Group (ACR)
- 11:00 Pollinators, People, and the Planet (SR)
- 11:30 VST Balance Screening (FC)
- 12:00 Rosary Prayers (LR)
- 12:15 Posture & Balance (FC)
- 1:00 Spanish Conversation (CFR)
- 2:00 Rite Aid Pharmacy (LL/UL)
- 2:00 Technology Education Comm. (ACR)
- 3:30 Seated Core & More (FC)
- 7:30 Classical Music Concert (SR)

**SATURDAY, May 11**

- 9:30 Qi Gong with Patrick (FC)
- 11:00 Happy Hounds Play Day (DP)
- 2:00 No Host Knitting Group (LR)
- 6:30 San Jose Symphony: Passionate Puccini (LL)

\* Walking/Hiking Group meets **EVERYDAY** at **7:30 AM** in the Lower Lobby \*



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

### National Stroke Awareness Month, with Ritika Malkani (Outpatient Therapy Program Director)

Monday, May 13, at 11:00am in the Sierra Room

Join Ritika Malkani for an educational discussion highlighting common stroke issues, identification, and risk factors. Understand preventative approaches to health and wellness as well as exploring benefits that therapy can provide following a stroke and tips to how to live with the effects of stroke.

### Mixer Dinner

Tuesday, May 14, at 5:00pm in the Green Room

Meet and dine with new and long-time residents. Hosted by the Wellness Committee and Dining Staff. To reserve a space contact: Seran Mohr seranmohr@gmail.com or at 650-279-0617

### The Fabulous JewelTones

Friday, May 17, at 7:30pm in the Sierra Room

A versatile group of 11 Bay Area women (& one great piano man) who perform songs from the turn of the century through the 1950s with an emphasis on the great old songs of the 30s & 40s. They have been performing & kibitzing around the Bay Area for clubs, organizations, businesses, & private parties for 24 years. You'll hear songs like *Chattanooga Choo Choo*, *Route 66*, *Boogie Woogie Bugle Boy*, & more.

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

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

KOOZA is an innovative journey viewed through the perspective of The Innocent, an endearing yet naïve clown looking for his place in the world, 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.

**Cost: \$83.87 Must Sign-Up in Cubigo**

### You Have the Power to Prevent Cardiovascular Disease presented by Dr. Frederick St. Goar

Wednesday, May 22, at 11:00am in the Sierra Room

Dr. Frederick St. Goar, medical director of the Norma Melchor Heart & Vascular Institute, is a cardiologist who has been practicing at El Camino Health for 33 years. In his clinical practice Dr. St. Goar takes a special interest in the wellness and active longevity of his patients, and he is a strong proponent of patients proactively managing their cardiovascular risk factors and general health.

### Cupertino Matters presented by Jean Bedord

Friday, May 24, at 11:00am in the Sierra Room

Hear her story on why she started Cupertino Matters and the political process to elect better council members. She will talk about new housing developments including Vallco and the construction at the former Oaks, now Westport, site across from De Anza College.

### COOLEY at the Piano

Friday, May 24, at 7:30pm in the Sierra Room

COOLEY Show Piano Bar Party: 2 parts Bobby Darin, 1 part Neil Diamond, and a splash of Elton John.

### \$ Broadway San Jose presents Peter Pan

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

A new adaptation, featuring the iconic and timeless songs "*I Won't Grow Up*" and "*Neverland*", PETER PAN embraces the child in us all so go on a journey from the second star to the right and straight on 'til morning, your entire family will be Hooked! Cost: \$80.29 **Must Sign-Up in Cubigo**

### \$ Stanford Jazz Festival

Saturday, August 3, leaving the Lower Lobby at 7:00pm

A phenomenal jazz storyteller and Broadway veteran with serious marquee credits, Carmen Lundy is a master at transporting you on a journey through the range of human emotions, effortlessly weaving between swinging jazz, soulful ballads, and grooving R&B.

Cost: \$59.88 (ticket & transportation) **Must Sign-Up in Cubigo by May 15**