

Program Calendar

May 2024

THE FORUM
AT RANCHO SAN ANTONIO



Recurring Weekly Events

Saturday			Monday			Tuesday		
7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	8:00am - Sit and Be Fit® w/ Brian (SR)	8:00am - Tai Chi w/ Bobbie (SR)	8:00am - Tai Chi w/ Bobbie (SR)	8:45am - Zumba w/ Noriko (SR)	8:45am - Zumba w/ Noriko (SR)	8:45am - Zumba w/ Noriko (SR)
11:00am - Happy Hounds Play Day (DP)	8:45am - Sit and Be Fit® w/ Brian (SR)	8:45am - Sit and Be Fit® w/ Brian (SR)	9:30am - Stretch & Balance w/Marnie (SR)	9:30am - Stretch & Balance w/Marnie (SR)	9:30am - Stretch & Balance w/Marnie (SR)	9:30am - Back & Abs w/ Marnie (SR)	9:30am - Back & Abs w/ Marnie (SR)	9:30am - Back & Abs w/ Marnie (SR)
2:00pm - No Host Knitting Group (LR)	10:00am - Monday Morning Sewing (ACR)	10:00am - Monday Morning Sewing (ACR)	10:00am - Monday Morning Sewing (ACR)	10:00am - Monday Morning Sewing (ACR)	10:00am - Monday Morning Sewing (ACR)	11:00am - Meditation - Resident Led (CFR)	11:00am - Meditation - Resident Led (CFR)	11:00am - Meditation - Resident Led (CFR)
Sunday			Thursday			Friday		
7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)	7:30am - Walking/Hiking Group (LL)
10:00am - Protestant Service (HCC)	11:15am - Water Fitness (SP)	11:15am - Water Fitness (SP)	11:15am - Water Fitness (SP)	11:15am - Water Fitness (SP)	11:15am - Water Fitness (SP)	8:00am - Sit and Be Fit© w/ Brian (SR)	8:00am - Sit and Be Fit© w/ Brian (SR)	8:00am - Sit and Be Fit© w/ Brian (SR)
2:00pm - Ping Pong (ACR)	11:30am - Mat Yoga w/ Ellen (ACR)	11:30am - Mat Yoga w/ Ellen (ACR)	11:30am - Mat Yoga w/ Ellen (ACR)	11:30am - Mat Yoga w/ Ellen (ACR)	11:30am - Mat Yoga w/ Ellen (ACR)	8:45am - Sit and Be Fit© w/ Brian (SR)	8:45am - Sit and Be Fit© w/ Brian (SR)	8:45am - Sit and Be Fit© w/ Brian (SR)
	12:15pm - Posture & Balance w/Marnie (FC)	12:15pm - Posture & Balance w/Marnie (FC)	12:15pm - Posture & Balance w/Marnie (FC)	12:15pm - Posture & Balance w/Marnie (FC)	12:15pm - Posture & Balance w/Marnie (FC)	9:30am - Back & Abs w/ Marnie (SR)	9:30am - Back & Abs w/ Marnie (SR)	9:30am - Back & Abs w/ Marnie (SR)
	1:15pm - Safeway Shopping (LL/UL)	1:15pm - Safeway Shopping (LL/UL)	1:15pm - Safeway Shopping (LL/UL)	1:15pm - Safeway Shopping (LL/UL)	1:15pm - Safeway Shopping (LL/UL)	12:00pm - Rosary Prayers (LR)	12:00pm - Rosary Prayers (LR)	12:00pm - Rosary Prayers (LR)
	2:00pm - Water Fitness (SP)	2:00pm - Water Fitness (SP)	2:00pm - Water Fitness (SP)	2:00pm - Water Fitness (SP)	2:00pm - Water Fitness (SP)	12:15pm - Posture & Balance w/Marnie(FC)	12:15pm - Posture & Balance w/Marnie(FC)	12:15pm - Posture & Balance w/Marnie(FC)
	4:30pm - Leisure Night (SR)	3:30pm - Short Circuit w/Marnie (FC)	3:30pm - Short Circuit w/Marnie (FC)	3:30pm - Short Circuit w/Marnie (FC)	3:30pm - Short Circuit w/Marnie (FC)	1:00pm - Spanish Conversation (LR)	1:00pm - Spanish Conversation (LR)	1:00pm - Spanish Conversation (LR)
		7:00pm - Duplicate Bridge (SR)	7:00pm - Duplicate Bridge (SR)	7:00pm - Duplicate Bridge (SR)	7:00pm - Duplicate Bridge (SR)	2:00pm - Rite Aid Pharmacy (LL)	2:00pm - Rite Aid Pharmacy (LL)	2:00pm - Rite Aid Pharmacy (LL)
						3:30pm - Core & More w/Marnie (FC)	3:30pm - Core & More w/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	2	3	4
			<p>9:30 Finance Comm. 11:00 Nancy's Chat (SR/ch8/Live) 5:45 Lee Allen on piano (ULA) 7:30 "Excursions in Classical Music" with Ian Scarfe (SR)</p> 	<p>10:00 Food Comm. (GR)</p>	<p>11:00 All About Authors with Darwin (SR) 4:30 Quilting Journey The Art of Kimberlie Moutoux (daughter of Marianne Moutoux, resident) (SR)</p> 	
5	6	7	8	9	10	11
<p>2:00 Let's Celebrate Cinco De Mayo (LOU)</p> 	<p>1:30 Library Acquisition Comm. (CFR) 3:00 Sustainability Group (CFR) 7:00 Team Trivia Challenge (LOU)</p>	<p>11:00 Social Isolation, Loneliness and Health (SR) 3:00 Safety Video (Ch.8) 3:00 Readers Theater Auditions (SR) 7:30 Film Comm. Movie: The Color Purple (2023) (SR)</p>	<p>11:00 Townhall (SR/ch8/Live) 5:00 Birthday Dinner (SR)</p> 	<p>10:00 de Young Museum (SF): Irving Penn exhibit (LL) 2:00 Film Comm. (CFR) 3:00 Readers Theater Auditions (SR) 3:30 Architectural Review Comm. (CFR)</p>	<p>11:00 Pollinators, People, and the Planet (SR) 11:00 Art Therapy for Parkinson's Disease (ACR) 2:00 Technology Education Comm. (ACR) 7:30 Silicon Chamber Ensemble (SR)</p>	<p>6:30 San Jose Symphony (LL)</p> 
12	13	14	15	16	17	18
<p>11:00 Mother's Day Buffet (DR)</p>  <p>12:00 Gail Edwards on the Flute (ULA)</p>	<p>11:00 National Stroke Awareness Month Presentation (SR) 11:00 Stairwell Safety Training 2024 11:45 Book Mobile (PL) 1:00 Ambiance Comm. (CFR) 7:00 Bingo Night (LOU)</p>	<p>9:00 Woodshop Comm. (CFR) 10:00 Country Store/ Steering Committee (CFR) 10:00 Landscape Committee (LR) 11:00 Stairwell Safety Training 2024 2:00 Drop-in Clinic for Easy Tech Help (LOU) 5:00 Mixer Dinner (GR) 7:30 Film Comm. Movie: The Beautiful Game (2024) (SR)</p>	<p>11:00 Stairwell Safety Training 2024 5:45 Lee Allen on piano (ULA)</p> 	<p>11:00 Stairwell Safety Training 2024</p>	<p>11:00 Stairwell Safety Training 2024 7:30 The Fabulous Jeweltones (SR)</p> 	
19	20	21	22	23	24	25
<p>12:00 Cirque Du Soleil KOOZA (LL)</p> 	<p>11:00 Meet the Candidates (SR/ch8/Live) 7:00 Team Trivia Challenge (LOU)</p>	<p>11:00 Resident Council Open Meeting (SR) 3:30 Wellness Committee (CFR) 7:30 Film Comm. Movie: The Miracle Club (2023) (SR)</p>	<p>9:30 RSI Board of Directors Regular Monthly Meeting (GR) 11:00 Cardiovascular Disease Prevention (SR) 11:30 Stanford Shopping (LL)</p> 	<p>10:00 RHC Open Meeting (SR/ch8/Live) 3:30 Fun & Easy Art w/Elise (ACR) 3:30 Architectural Review Comm. (CFR)</p>	<p>11:00 Cupertino Matters w/ Jean Bedord (SR) 7:30 COOLEY Show – Piano Bar Party (SR)</p> 	
26	27	28	29	30	31	
<p>7:30 Loved, Lost, and Found Again: The Art of Arthur Szyk (SR)</p> 	<p>10:00 Memorial Day Ceremony (PL)</p> 	<p>2:00 Library Committee (CFR) 7:30 Film Comm. Movie: Shirley (2024) (SR)</p>	<p>11:00 San Francisco Giants VS Philadelphia Phillies (LL)</p>  <p>12:45 Christian Fellowship (LR) 7:30 Aurora Singers (SR)</p>			