

Program Calendar July 2024

THE FORUM
AT RANCHO SAN ANTONIO



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) 10:00am - Caregiver Support Group (LR) 12:15pm - Posture & Balance w/Marnie (FC) 1:15pm - Safeway Shopping (LL/UL) 2:00pm - Water Fitness (SP) 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) 12:15pm - Posture & Balance w/Marnie(FC) 1:00pm - Chorus Practice (SR) 1:15pm - Trader Joe's (LL/UL) 2:00pm - Water Fitness (SP) 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 Fitness (SP) 11:30am - Mat Yoga w/ Ellen (ACR) 12:15pm - 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 - Rosary Prayers (LR) 12:15pm - Posture & Balance w/Marnie(FC) 1:00pm - Spanish Conversation (CFR) 2:00pm - Rite Aid Pharmacy (LL) 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	5	6
	<p>11:00 US Nuclear Weapons Testing: a historical and environmental legacy (SR) 1:30 Library Acquisition Comm. (CFR) 3:00 Sustainability Group (CFR) 7:00 Team Trivia Challenge (LOU)</p>	<p>3:00 Safety Video (Ch.8) 7:30 Film Comm. Movie: <i>Wonder</i> (SR)</p> 	<p>9:30 Finance Comm. (ACR) 11:00 Nancy's Chat (SR/ch8/Live) 5:45 Lee Allen on piano (ULA)</p>	 <p>2:00 Rhythmaires 4th of July Performance (SR)</p> 	<p>11:00 All About Authors with Darwin (SR) 4:30 Art Gallery (SR)</p> 	
7	8	9	10	11	12	13
	<p>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 Comm. (LR) 2:00 Drop-in Clinic for Easy Tech Help (LOU) 7:30 Film Comm. Movie: <i>Hit Man</i> (SR)</p> 	<p>11:00 Townhall (SR/ch8/Live) 5:00 Resident Birthday Dinner (SR)</p>	<p>10:00 Food Comm. (GR) 2:00 Film Comm. (CFR) 3:30 Architectural Review Comm. (CFR)</p>	<p>10:15 SF Signature Lunch Cruise on the Hornblower (LL)</p>  <p>11:00 Parkinson's Support Group (ACR) 2:00 Technology Education Comm. (ACR)</p>	
14	15	16	17	18	19	20
<p>10:00 Catholic Church Service (HCC-SN) 4:00 Joe Ferrara and Dinner at The Cats Restaurant (LL)</p> 	<p>7:00 Team Trivia Challenge (LOU)</p>	<p>11:00 Nutrition and Bone Health: What You Should Know (SR) 3:30 Wellness Committee (CFR) 7:30 Film Comm. Movie: <i>LIFT</i> (SR)</p> 	<p>10:00 Program Comm. Meeting (CFR) 5:45 Lee Allen on piano (ULA) 7:30 Karaoke w/ Mimi (SR)</p>	<p>10:00 Legion of Honor Exhibition- Japanese Prints in Transition: From the Floating World to the Modern World (LL)</p>  <p>1:00 Hearing Loss and the Brain presented by Pacific Hearing (SR)</p>	<p>11:00 The First Jews in America (SR) 4:00 New Resident Reception (SR)</p> 	
21	22	23	24	25	26	27
	<p>11:45 Book Mobile (PL)</p>	<p>11:00 Resident Council OPEN Meeting (SR/Ch.8/Live) 2:00 Library Committee (CFR) 7:30 Film Comm. Movie: <i>Fundamentals of Caring</i> (SR)</p> 	<p>9:30 RSI Board of Directors Regular Monthly Meeting (GR) 11:30 Alpha (GR) 7:30 Sean Keegan on guitar (SR)</p> 	<p>10:00 RHC Open Meeting (SR/ch8/Live) 3:30 Architectural Review Comm. (CFR)</p>	<p>7:30 Darin Neasham, Pianist presents "Summer Variety" (SR)</p>	<p>6:30 SFBallet presents STARRY NIGHTS at Stanford Live (LL)</p> 
28	29	30	31			
		<p>3:00 Full Spectrum Health & Wellness: U Matter! (SR) 7:30 Film Comm. Movie: <i>Scoop</i> (SR)</p> 	<p>11:00 Luau Buffet (DR) 2:30 Wesley Ukelele Band (SR)</p> 			