

Week of 7/28/2024 - 8/3/2024

SUNDAY, July 28

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



MONDAY, July 29

- 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)
- 11:00 Pauline's Farewell (SR)
- 12:15 Posture & Balance (FC)
- 1:15 Safeway Shopping (LL/UL)
- 2:00 Water Fitness (SP)
- 3:30 Intro to Using Fitness Center Equipment (FC)
- 4:30 Leisure Night (SR)

TUESDAY, July 30

- 8:00 Tai Chi w/ Bobbie (SR)
- 8:45 Zumba w/ Noriko (SR)
- 9:30 Back & Abs w/ Marnie (SR)
- 9:30 Qi Gong with Patrick (PP)
- 11:00 Meditation Group - resident led (CFR)
- 12:15 Posture & Balance (FC)
- 1:00 Forum Chorus (SR)
- 1:15 Trader Joe's (LL/UL)
- 2:00 Water Fitness (SP)
- 3:00 Happy Hands, Happy Feet (ACR)
- 3:00 Full Spectrum Health & Wellness: U Matter! (SR)
- 7:30 Film Comm. Movie: Scoop (SR)

WEDNESDAY, July 31

- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 11:00 The Forum Luau Buffet (DR)
- 11:30 VST Balance Screening (FC)
- 12:15 Posture & Balance (FC)
- 2:30 Wesley Ukulele Band (SR)
- 3:30 Seated Core & More (FC)



THURSDAY, August 1

- 9:30 Qi Gong with Patrick (PP)
- 10:00 Food Comm. (GR)
- 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 Lucky Supermarket (LL/UL)
- 1:30 Pacific Hearing Services (DRO)
- 3:30 Functional Fitness (FC)
- 7:00 Duplicate Bridge (SR)

FRIDAY, August 2

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Back & Abs w/ Marnie (SR)
- 11:00 All About Authors with Darwin (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 Death Cafe Monthly Meeting (SR)
Topic: Awe & Joy facilitated by Ilana Sharaun
- 3:30 Seated Core & More (FC)

SATURDAY, August 3

- 9:30 Qi Gong with Patrick (PP)
- 11:00 Happy Hounds Play Day (DP)
- 2:00 No Host Knitting Group (LR)
- 7:00 Stanford Jazz Festival (LL)

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



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

Programs Department presents: *Just Around the Corner*

Monday, August 5, at 11:00am in the Sierra Room

Come join us for a new informational presentation of all upcoming outings and events. Bring any questions you may have. We will also be going over the Cubigo activities cube showing best practices when searching for specific activities.

Performance with Stas Venglevski on the Bayan (Accordion)

Friday, August 16, at 7:30pm in the Sierra Room

Come and prepare to be impressed. Bayanist (accordionist) Stas Venglevski's repertoire, which includes classical, contemporary and ethnic selections, will dazzle you. Hear J.S. Bach - *Toccat & Fugue in D minor*, N.Rymsky-Korsakov - *The Flight of the Bumble Bee*, *Lara's Theme* (from *Dr. Jivago*), plus Folk & popular music.

Extreme Heat and Senior Health: Presentation & Screening

Tuesday August 6, at 10:00am in the Sierra Room

What is extreme heat and the cause of extreme heat. What are the health-related illnesses and symptom, and tips to stay safe from heat? Breathe California of the Bay Area will deliver the presentation in the first hour and then in the second hour, they will do health screenings. For the health screening, they will measure Blood Pressure, Oxygen Saturation and Spirometry (Lung Health Screening).

Mixer Dinner

Tuesday August 13, 5:00pm in the Green Room

Join us for this opportunity to meet and dine with new and long-time residents. Hosted by the Wellness Committee and Dining Staff. **To reserve a space, please email: seranmohr@gmail.com**

Resident Birthday Dinner

Wednesday, August 14, at 5:00pm in the Sierra Room

Celebrate our August babies! Guests welcome. Each attendee will be charged 26 points. Celebrants; **Submit Picture and Sign-Up in Cubigo by Wednesday, August 7. Must Sign-Up**

Vista Center Outing

Thursday, August 15, leaving the Lower Lobby at 9:30am

“VISION LOSS IS NO LONGER A BARRIER TO INDEPENDENCE”

This visit will include an overview of services, various impairments, a demonstration on new technologies, and customized assessments and treatment. **Must Sign-Up in Cubigo**

\$ Stampin' Up Workshop

Friday, August 23, 1-3:00pm in the Arts & Crafts Room

Make your own beautiful greeting cards in this fun class. You will receive your own kit to make nine cards with instruction from Stampin' Up ! Demonstrator, Judy Iervolino. Bring your friends for a fun afternoon of creativity. Class fee, \$20, paid to resident Katherine Campodonico, includes all materials. **Must Sign-Up in Cubigo by August 2**

\$ WICKED at the Orpheum Theatre (SF)

Wednesday, September 18 leaving the Lower Lobby at 11:15am

This is for Orchestra Seating. We need 4 more people to sign up to meet the minimum transportation requirements. **Ticket: \$156.00; Must Sign-Up in Cubigo by August 7**