

Week of 7/7/2024 - 7/13/2024

SUNDAY, July 7

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



MONDAY, July 8

- 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)
- 11:45 Book Mobile (PL)
- 12:15 Posture & Balance (FC)
- 1:00 Ambiance Comm. (CFR)
- 1:00 Death Café Information Meeting (GR)
- 1:15 Safeway Shopping (LL/UL)
- 2:00 Water Fitness (SP)
- 4:30 Leisure Night (SR)
- 7:00 Bingo Night (LOU)

TUESDAY, July 9

- 8:00 Tai Chi w/ Bobbie (SR)
- 8:45 Line Dancing w/ Barbara (SR)
- 9:00 Woodshop Comm. (CFR)
- 9:30 Back & Abs w/ Diane (SR)
- 9:30 Qi Gong w/ Patrick (FC)
- 10:00 Country Store/ Steering Committee (CFR)
- 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)
- 2:00 Drop-in Clinic for Easy Tech Help (LOU)
- 3:00 Happy Hands Happy Feet (ACR)
- 7:30 Film Comm. Movie: Hit Man (SR)

WEDNESDAY, July 10

- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 10:00 Holiday Home Tour Meeting (LR)
- 11:00 Townhall (SR/ch8/Live)
- 11:30 VST Balance Screening (FC)
- 12:15 Posture & Balance (FC)
- 3:30 Seated Core & More (FC)
- 5:00 Resident Birthday Dinner (SR)



THURSDAY, July 11

- 9:30 Qi Gong w/ Patrick (FC)
- 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 Ranch 99 Market (LL/UL)
- 2:00 Film Comm. (CFR)
- 3:30 Architectural Review Comm. (CFR)
- 3:30 Functional Fitness (FC)
- 7:00 Duplicate Bridge (SR)

FRIDAY, July 12

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Back & Abs w/ Marnie (SR)
- 10:15 SF Signature Lunch Cruise (LL)
- 11:00 Parkinson's Support Group (ACR)
- 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)
- 2:00 Death Cafe Monthly Meeting (SR)
- 3:30 Seated Core & More (FC)

SATURDAY, July 13

- 9:30 Qi Gong w/ Patrick (FC)
- 11:00 Happy Hounds Play Day (DP)
- 2:00 No Host Knitting Group (LR)

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



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

\$ Joe Ferrara and Dinner at The Cats Restaurant

Sunday, July 14, leaving the Lower Lobby at 4:00pm

Dine and enjoy an evening with live music by San Jose native, Joe Ferrara. His repertoire includes over 1,500 songs from a variety of genres including Folk, Rock, Standards, and Show Tunes. Tables in the Lounge, in front of the stage, are reserved for our group. Dinner is at your own expense.

Must Sign-Up in Cubigo by July 7th

Lecture: Nutrition and Bone Health: What You Should Know

Tuesday, July 16, at 11:00am in the Sierra Room

Sally Duplantier, gerontologist, will talk about nutrition in preventing and treating osteoporosis including practical tips to keep your bones healthy and strong as you age.

\$ Legion of Honor Exhibition

Japanese Prints in Transition: From the Floating World to the Modern World

Thursday, July 18, leaving the Lower Lobby at 10:00am

This two-part exhibition highlights this stylistic transition and the work of one artist, Tsukioka Yoshitoshi. Cost: \$29.00 or Free for members. Waitlist still available. **Must Sign-Up in Cubigo**

Lecture: Hearing Loss and the Brain presented by Pacific Hearing

Thursday, July 18, at 1:00pm in the Sierra Room

We will talk about prevailing theories about why hearing loss seems to impact cognition and give you tips regarding what you can do about it.

The First Jews in America

Friday, July 19, at 11:00am in the Sierra Room

Ronald S. Gibbs presents *The First Jews in America*. Who were they? How were they affected and how they contributed to the American Revolution?

New Resident Reception

Friday, July 19, at 4:00pm in the Sierra Room

Doors open at 3:45pm. Appetizers and beverages will be served. Open to all!

Sean Keegan on Guitar

Wednesday, July 24, at 7:30pm in the Sierra Room

Sean will perform a variety of pieces from different musical periods, ranging from rhetorical Baroque, to the sensitive Romantic, and possibly some Brazilian jazz renditions.

Darin Neasham, pianist, presents Summer Variety

Friday, July 26, at 7:30pm in the Sierra Room

Darin, pianist and bassist for the last 46 years, will be playing a variety of favorites from many decades.

\$ SF Ballet presents STARRY NIGHTS at Stanford Live

Saturday, July 27, leaving the Lower Lobby at 6:30pm

SF Ballet returns to *Starry Nights* at Stanford Live with a full evening of repertory ranging from classical to contemporary, showcasing the dynamic range of SF Ballet's impressive roster of dancers.

2 spots available. Must Sign-Up in Cubigo by July 19th

\$ WICKED at the Orpheum Theatre (SF)

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

Ticket: \$156.00; Orchestra Seating. We need 6 more people to sign up to meet the minimum transportation requirements. **Must Sign-Up in Cubigo by August 7th**