

Week of 9/15/2024 - 9/21/2024

**SUNDAY, Sep 15**

- \*7:30 Walking/Hiking Group (LL) \*
- 10:00 Protestant Service (HCC)
- 10:30 Christ Episcopal Church (Zoom)
- 11:00 Ping Pong (ACR)
- 12:30 **Transportation for Opera San Jose (LL)**



**MONDAY, Sep 16**

- 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 Understanding AFIB (SR)
- ~~12:15 & 1:00 Posture & Balance (FC)~~
- 1:15 **Safeway Shopping (LL/UL)**
- 2:00 Water Fitness (PP)
- 4:30 Leisure Night (SR)
- 7:00 Team Trivia Challenge (LOU)

**TUESDAY, Sep 17**

- 8:45 Zumba w/ Noriko (SR)
- 9:15 **Transp. for Morning Forum of Los Altos (LL)**
- 9:30 Qi Gong with Patrick (PP)
- 9:30 Back & Abs w/ Diane (SR)
- 11:00 Meditation Group - resident led (CFR)
- 11:00 SLAC National Accelerator Laboratory (SR)
- ~~12:15 & 1:00 Posture & Balance (FC)~~
- 1:00 Forum Chorus (SR)
- 1:15 **Trader Joe's (LL/UL)**
- ~~2:00 Water Fitness (SP)~~
- 2:30 **Dr. Sarah Jacobson, Dermatologist (DRO)**
- 3:30 Wellness Committee (CFR)
- ~~3:30 Happy Hands, Happy Feet (ACR)~~
- 7:30 Film Comm. Movie: Find Me Falling (SR)

**WEDNESDAY, Sep 18**

- 8:00 Sit & Be Fit w/ Brian (SR)
- ~~8:45 Back & Abs w/ Marnie (SR)~~
- 10:00 **Growing Through Grief (LR)**
- 11:30 **WICKED at the Orpheum Theater (LL)**
- ~~12:15 & 1:00 Posture & Balance (FC)~~
- 3:30 Seated Core & More w Diane (FC)
- 5:45 Lee Allen on piano (ULA)



**THURSDAY, Sep 19**

- 9:30 Qi Gong with Patrick (PP)
- 10:00 RHC/RSI Special Joint Open Meeting of the Boards of Directors (SR/ch8/Live)
- ~~10:00 Walking with Walking Sticks (FC)~~
- 11:15 Water Fitness w Eileen and Patti (SP)
- 11:30 Mat Yoga w/ Ellen (ACR)
- ~~12:15 & 1:00 Posture & Balance (FC)~~
- 12:45 Chair Yoga w/ Ellen (ACR)
- 1:15 **Target (LL/UL)**
- 1:30 **Pacific Hearing Services (DRO)**
- ~~3:30 Short Circuit (FC)~~
- 7:00 Duplicate Bridge (SR)

**FRIDAY, Sep 20**

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- ~~9:30 Back & Abs w/ Marnie (SR)~~
- 11:00 Nuclear Waste by Dr. Walter D'Ardenne (SR)
- ~~11:30 VST Balance Screening (FC)~~
- 12:00 Rosary Prayers (LR)
- ~~12:15 & 1:00 Posture & Balance (FC)~~
- 1:00 Spanish Conversation (CFR)
- 2:00 **Rite Aid Pharmacy (LL/UL)**
- 2:00 Ice Cream Social Celebrating John Brauman (SR)
- 3:30 Seated Core & More w Diane (FC)
- 7:30 Star Geezers "Still Kickin" (SR)

**SATURDAY, Sep 21**

- 7:30 Walking/Hiking Group (LL)
- 9:30 Qi Gong with Patrick (PP)
- 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!...

### Candidates for Cupertino City Council

Monday, September 23, at 11:00am in the Sierra Room

Each candidate will introduce themselves and tell Forum residents why they should vote for them. Forum residents can ask questions once all candidates have spoken.

### Karaoke with Mimi

Wednesday, September 25, at 7:00pm in the Sierra Room

Come join us for a fun night of singing in front of a live audience. Or listen and dance in the large open space, and cheer for your fellow singers.

### Compassion Week Project Sponsored by the Charitable Health Fund

Thursday, September 26, at 3:00pm in the Sierra Room

Volunteers needed for project focusing on basic needs of less fortunate seniors in our neighboring communities. Contact Rowena Chow, resident, for more information. **Must Sign-Up in Cubigo**

### WALK to END ALZHEIMER's (Lake Cunningham Park, San Jose)

Saturday, September 28, leaving the lower lobby at 8:30am

Help Team Forum reach its goal of raising \$5000. Turn your suggested donation into the Program Office – LCS will match our efforts. Donation levels \$50-\$100-\$250. Boxed lunches will be provided.

**Must Sign-Up in the Fitness Center by September 19**

### \$ American Beauty: The Osher Collection of American Art

Tuesday, October 1, leaving the Lower Lobby at 10:00am

**Cost: \$20.00/ Free if you provide your membership information to the Programs Dept.**

This exhibition celebrates one of the most transformative gifts of art in the history of the Fine Arts Museums of San Francisco. Anchored by the works of Impressionist and Realist masters of the late 19th and early 20th centuries, the collection describes the dynamic and complicated ways in which American art was shaped both by its international influences and by its regional character.

### \$ Rosh Hashanah Dinner

Wednesday, October 2, 5:00pm in the Sierra Room

Join us in celebrating the Jewish New Year. The biblical name for this holiday is *Yom Teruah*, literally "day of shouting or blasting". **Cost: 26 points, Must Sign-Up in Cubigo**

### Oktoberfest Happy Hour

Thursday, October 3, at 3:00pm in the Sierra Room

Resident accordionist Bill Likens and his German music friends, The Oktober Schlager Band, will be here to entertain you. There will also be a Schuhplattler dance demonstration. Refreshments & hors d'oeuvres provided. We have extended the invitation to our Oak Valley neighbors who are providing Oak Valley Brewing Company's craft beers that they hope the Forum will enjoy. Together we will show gratitude for the wonderful community spirit that exists between the Forum and the Oak Valley Neighborhood.

### Intro to Memoir Writing

Every Monday, from October 7 – November 4, from 12:30 – 2:30pm in the Living Room

Start your personal memoir project. Join the Forum's own memoir writing class, led by resident Lyn Christenson. Must know how to use email and Zoom, and be comfortable writing multi-page essays weekly. Sessions are 2 hours each. Space is limited. **Must Sign-Up in Cubigo by September 26**

### \$ Chamber Music at the Century Club: Centuries of Sound with Ian Scarfe

Sunday, October 27, leaving the Lower Lobby at 12:30pm

Ian takes the Century Club's 1950 Steinway on a tour of great music from across the centuries. The program will feature a diverse array of music arranged in thematic sets, including *Love and Heartbreak* (music by Robert and Clara Schumann and Johannes Brahms), *Patterns and Meditation* (Philip Glass, Johann Sebastian Bach, and Franz Liszt), and *The Awe of Creation* (Amy Beach, Ottorino Respighi, and Olivier Messiaen) **Cost: \$54.00, Must Sign-Up by October 18**