

# THE FORUM

AT RANCHO SAN ANTONIO

## Program Calendar September 2024



### Recurring Weekly Events

#### Saturday

7:30am - Walking/Hiking Group (LL)  
9:30am - Qi Gong w/ Patrick (PP)  
11:00am - Happy Hounds Play Day (DP)  
2:00pm - No Host Knitting Group (LR)

#### Sunday

7:30am - Walking/Hiking Group (LL)  
10:00am - Protestant Service (HCC)  
2:00pm - Ping Pong (ACR)

#### Monday

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)  
1:00pm - Posture & Balance w/ Marnie (FC)  
1:15pm - Safeway Shopping (LL/UL)  
2:00pm - Water Fitness (SP)  
4:30pm - Leisure Night (SR)

#### Tuesday

7:30am - Walking/Hiking Group (LL)  
8:45am - Zumba w/ Noriko (SR)  
9:30am - Back & Abs w/ Marnie (SR)  
9:30am - Qi Gong w/ Patrick (PP)  
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 - Happy Hands, Happy Feet (ACR)

#### Wednesday

7:30am - Walking/Hiking Group (LL)  
8:00am - Sit and Be Fit© w/ Brian (SR)  
8:45am - Back & Abs w/ Marnie (SR)  
11:30am - VST Balance (FC)  
12:15pm - Posture & Balance w/Marnie (FC)  
1:00pm - Posture & Balance w/ Marnie(FC)  
3:30pm - Core & More w/ Marnie (FC)

#### Thursday

7:30am - Walking/Hiking Group (LL)  
9:30am - Qi Gong w/ Patrick (PP)  
10:00am - Walking with Walking Sticks (FC)  
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)  
1:00pm - Posture & Balance w/ Marnie (FC)  
1:15pm - \*Rotating Shopping\* (LL/UL)  
3:30pm - Short Circuit w/ Marnie (FC)  
7:00pm - Duplicate Bridge (SR)

#### Friday

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 - 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

<b>ACR:</b> Arts & Crafts Room	<b>FC:</b> Fitness Center	<b>PL:</b> Parking Lot
<b>CB:</b> Community Building	<b>GAME RM:</b> Game Room	<b>PP:</b> Pool Patio
<b>CFR:</b> Conference Room	<b>GR:</b> Green Room	<b>SP:</b> Swimming Pool
<b>CS:</b> Country Store	<b>HCC:</b> Health Care Center	<b>SR:</b> Sierra Room
<b>DR:</b> Dining Room	<b>LL:</b> Lower Lobby	<b>TR:</b> Training Room
<b>DRP:</b> Dining Room Patio	<b>LOU:</b> Lounge	<b>UL:</b> Upper Lobby
<b>DRO:</b> Doctor's Office	<b>LR:</b> Living Room	<b>ULA:</b> Upper Landing (Dining Room)
<b>DP:</b> Dog Park	<b>PDR:</b> Private Dining Room	<b>WC:</b> Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 1:30 Library Acquisition Comm. (Email by Candy Carter) 3:00 Sustainability Group (CFR) 7:00 Team Trivia Challenge (LOU)	<b>3</b> 3:00 Safety Video (Ch.8) 7:30 Film Comm. Movie: The Long Game (SR) 	<b>4</b> 9:30 Finance Comm. (ACR) 11:00 Nancy's Chat (SR/ch8/Live) 5:45 Lee Allen on piano (ULA) 7:30 Ian Scarfe on Piano (SR)	<b>5</b> 10:00 Food Comm. (GR) 10:00 Elkhorn Slough Safari - Private Boat Tour & Lunch at Sea Harvest Moss Landing (LL)	<b>6</b> 11:00 All About Authors with Darwin (SR)  2:00 Death Cafe Monthly Meeting (SR) 4:30 FORUM RESIDENTS ART GALLERY SHOW (SR)	<b>7</b>
<b>8</b> 10:00 Catholic Church Service (SN-DR) 2:30 Grandparent's Day Pool Party (SR/PP) 	<b>9</b> 11:00 Programs Just Around the Corner (SR)  11:45 Book Mobile (PL) 1:00 Ambiance Comm. (CFR) 3:00 Sustainability Group (CFR) 7:00 Bingo Night (LOU)	<b>10</b> 9:00 Woodshop Comm. (CFR) 10:00 Country Store/Steering Committee (CFR) 10:00 Landscape Committee (LR) 11:00 El Camino Health presents Lifestyle: The Prescription for Cancer Prevention (SR) 2:00 Drop-in Clinic for Easy Tech Help (LOU) 7:30 Film Comm. Movie: Wicked Little Letters (2023) (SR)	<b>11</b> 10:00 Growing Through Grief - 8 week group sessions (LR) 11:00 Townhall (SR/ch8/Live) 5:00 September Resident Birthday Dinner (SR)	<b>12</b> 9:00 Private Tour of the Japanese American Museum of San Jose & Lunch at Yoshi Sushi (LL) 2:00 Film Comm. (CFR) 3:30 Architectural Review Comm. (CFR)	<b>13</b> 11:00 Waste Sorting with Recology (SR) 11:00 Parkinson's Support Group (ACR) 2:00 Technology Education Comm. (ACR) 7:30 Pianist/Vocalist Marilyn Cooney presents International Hits (SR) 	<b>14</b> 12:30 Milpitas Middle Eastern & Greek Food Festival (LL) 
<b>15</b> 12:30 Transportation to the CA Theatre for Opera San Jose 2024-2025 Season Subscription (LL)	<b>16</b> 11:00 Health Lecture with Ritika (SR) 7:00 Team Trivia Challenge (LOU)	<b>17</b> 9:15 Transportation to Morning Forum of Los Altos (LL) 11:00 SLAC National Accelerator Laboratory presented by EJ Maune (SR) 3:30 Wellness Committee (CFR) 7:30 Film Comm. Movie: Find Me Falling (2024) (SR)	<b>18</b> 10:00 Growing Through Grief - 8 week group (LR) 11:30 WICKED at the Orpheum Theater (SF) (LL)  5:45 Lee Allen on piano (ULA)	<b>19</b> 10:00 RHC/RSI Special Meeting (SR/ch8/Live)	<b>20</b> 11:00 Nuclear Waste by Dr. Walter D'Ardenne (SR) 7:30 Star Geezers "Still Kickin" (SR) 	<b>21</b>
<b>22</b>	<b>23</b> 11:00 Candidates for Cupertino City Council (SR)  11:45 Book Mobile (PL)	<b>24</b> 11:00 Resident Council OPEN Meeting (SR/Ch.8) 11:00 Christ Episcopal Church Communion Serv. (AL-GR) 2:00 Library Committee (CFR) 7:30 Film Comm. Movie: Mending the Line (2022) (SR)	<b>25</b> 9:30 RSI Board of Directors Regular Monthly Meeting (GR) 10:00 Growing Through Grief - 8 week group (LR) 11:30 Alpha (GR) 7:30 Karaoke with Mimi (SR)	<b>26</b> 10:00 RHC Open Meeting (SR/ch8/Live) 3:00 Compassion\Week Project sponsored by the Charitable Health Fund (SR) 3:30 Architectural Review Comm. (CFR)	<b>27</b>	<b>28</b> 8:30 Alzhaimers Walk (LL) - Lake Cunningham Park, San Jose 
<b>29</b>	<b>30</b>					