

Week of 10/27/2024 - 11/2/2024

**SUNDAY, Oct 27**

- 10:00 Protestant Service (HCC)
- 10:30 Christ Episcopal Church (Zoom)
- 11:00 Ping Pong (ACR)
- 12:30 **Chamber Music at the Century Club:  
Centuries of Sound with Ian Scarfe (LL)**



**MONDAY, Oct 28**

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 10:00 Monday Morning Sewing (ACR)
- 10:00 Caregiver Support Group (LR)
- 11:00 Chocolate Food of the Gods (SR)
- 11:15 Water Fitness with Diane (SP)
- 11:45 Book Mobile (PL)
- ~~12:15 & 1:00 Posture & Balance (FC)~~
- 12:30 **Intro to Memoir Writing (LR)**
- 1:00 Resident Council Board Meeting (CFR)
- 1:15 **Safeway Shopping (LL/UL)**
- 4:30 Leisure Night (SR)

**TUESDAY, Oct 29**

- 8:45 Zumba w/ Noriko (SR)
- 9:30 Qi Gong with Patrick (PP)
- 11:00 Meditation Group - resident led (CFR)
- ~~12:15 & 1:00 Posture & Balance (FC)~~
- 1:00 Forum Chorus (SR)
- 1:15 **Trader Joe's (LL/UL)**
- ~~3:30 Happy Hands, Happy Feet (ACR)~~
- 7:30 Film Comm. Movie: Fancy Dance (SR)

**WEDNESDAY, Oct 30**

- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 10:00 **Growing Through Grief (LR)**
- 11:30 Alpha (GR)
- 12:15 Posture & Balance (PP)
- 1:00 Forum Resident Council Committees Faire (SR)
- 3:30 Seated Core & More (ACR)

**THURSDAY, Oct 31**

- 9:30 Qi Gong with Patrick (PP)
- 10:00 Walking with Walking Sticks (FC)
- 11:15 Water Fitness (SP)
- 11:30 Mat Yoga w/ Ellen (LR)
- 12:15 Posture & Balance (PP)
- 12:45 Chair Yoga w/ Ellen (LR)
- 1:15 **Ranch 99 Shopping (LL/UL)**
- 3:00 Halloween Bash & Costume Contest (SR)
- ~~3:30 Short Circuit (FC)~~
- ~~7:00 Duplicate Bridge (SR)~~

**FRIDAY, Nov 1**

- 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 (PP)
- 1:00 Spanish Conversation (CFR)
- 2:00 **Rite Aid Pharmacy (LL/UL)**
- 2:00 Death Cafe Monthly Meeting (SR)
- 3:30 Seated Core & More (ACR)

**SATURDAY, Nov 2**

- 9:30 Qi Gong with Patrick (PP)
- 9:30 Back & Abs w/ Marnie (SR)
- 9:45 **SF Bottomless Mimosa Brunch Cruise (LL)**
- 10:30 Stretch & Balance w/ Marnie (SR)
- 11:00 Happy Hounds Play Day (DP)
- 11:30 Water Fitness (SP)
- 2:00 No Host Knitting Group (LR)
- 7:30 Performance: The Art of the Duo (SR)

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



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

### **\$ Tour of the new Stanford Robotics Center**

Sunday, November 3, leaving the Lower Lobby at 9:45am

The tour is scheduled to begin at 10:30 AM and will last approximately 1 hour and 45 minutes. Participants can look forward to a brief presentation followed by a guided tour featuring over 40 demonstrations of various robotic systems. **Transportation: \$15.00, Must Sign-Up in Cubigo and register on Eventbrite.**

### **Better Aging at Any Age presented by Sally Duplantier**

Monday, November 4, 11:00am in the Sierra Room

Learn the latest scientific research about three aging and chronic disease biomarkers: systemic inflammation, oxidative stress, and telomere length. Improve the way you age.

### **Estate Planning: Beyond the Basics presented by the Forum Charitable Fund**

Tuesday, November 5, 11:00am in the Sierra Room

Deborah Kramer Radin of Kramer Radin, LLP will discuss estate planning basics with a focus on living trusts and looking forward to 2025.

### **\$ An Afternoon with Executive Chef Abbie**

Wednesday, November 6, leaving the Lower Lobby at 10:00am

Gourmet meal created by Executive Chef Abbie plus history talk & tour of the I-House at UC Berkeley.

**Cost: \$44.00. Waitlist still available. Must Sign-up in Cubigo**

### **New Resident Reception**

Wednesday, November 6, 4:00pm in the Sierra Room

Doors open at 3:45pm. All are welcome to attend! Appetizers and Beverages will be served.

### **"Empowering women and girls: building literacy in Kenya and Morocco"**

Thursday, November 7, 11:00am in the Sierra Room

Barbara Mackraz and Oliveseed's work in Kenya involves working with villagers in the Maasai Mara, one of the most disadvantaged regions of East Africa. The purpose of the project is to boost learners at rural schools and villages through libraries and support for English literacy.

### **Mandatory Dog Swabbing Event**

Thursday, November 7, 12:00pm in the Pool Patio

Please, join us for the Mandatory Dog Swabbing Event. Food and refreshments will be provided.

### **Forum Health & Wellness Fair**

Saturday, November 9, 10:00am – 2:00pm at The Forum

Our annual event is back! Join us for more than 30 displays featuring information, resources and demonstrations focused on a healthy lifestyle for seniors.

### **Programs Just Around the Corner**

Monday, November 11, 11:00am in the Sierra Room

Learn about upcoming outings & events. Ask questions, discover the Activities Cube, and learn best practices when searching for activities. Come find out more about Yosemite 2026 and reserve your room!

### **Garage Sale**

November 13-15, in the Sierra Room

**GARAGE SALE COMING SOON! MARK YOUR CALENDARS!**

### **\$ Mary Cassatt at Work - Legion of Honor**

Wednesday, November 13, 10:00am (LL)

Cost: \$25.00/ Free if membership information is provided to Programs Dept. Dismissed as a sentimental painter of mothers and children, Mary Cassatt was a modernist pioneer. **Must Sign-Up in Cubigo**

### **Goodwill Truck Donations Collection**

Saturday, November 16, 9am -2pm in the parking lot.

Goodwill compensates us for donations based on weight. Proceeds go to Alzheimer's Assoc.