

**THE FORUM**  
AT RANCHO SAN ANTONIO

# Program Calendar

## October 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>	<b>3</b>	<b>4</b>	<b>5</b>
		<p><b>8:00 Neursantys Assessment Clinic (ACR)</b></p> <p><b>9:15 Transportation to Morning Forum of Los Altos (LL)</b></p> <p><b>10:00 American Beauty: The Osher Collection of American Art (LL)</b></p> <p><b>3:00 Safety Video (Ch.8)</b></p> <p><b>7:30 Film Comm. Movie: Pelican Brief (1991) (SR)</b></p>	<p><b>9:30 Finance Comm. (ACR)</b></p> <p><b>10:00 Growing Through Grief (LR)</b></p> <p><b>11:00 Nancy's Chat (SR/ch8/Live)</b></p> <p><b>5:00 Rosh Hashanah Dinner (SR)</b></p> <p><b>5:45 Lee Allen on piano (ULA)</b></p>	<p><b>10:00 Food Comm. (GR)</b></p> <p><b>3:00 OKTOBERFEST HAPPY HOUR (SR)</b></p> 	<p><b>11:00 All About Authors with Darwin: Henry James and his Novellas Daisy Miller and Washington Square (SR)</b></p> <p><b>2:00 Death Cafe presents Good Grief (SR)</b></p>	<p><b>6:30 San Jose Symphony 2024-2025 Season Subscription Transportation (LL)</b></p>
<b>6</b>	<b>7</b> ACTIVE AGING WEEK	<b>8</b> ACTIVE AGING WEEK	<b>9</b> ACTIVE AGING WEEK	<b>10</b> ACTIVE AGING WEEK	<b>11</b> ACTIVE AGING WEEK	<b>12</b>
	<p><b>11:00 Prostate Cancer: What Is New by Walter D'Ardenne (SR)</b></p> <p><b>12:30 Intro to Memoir Writing (LR)</b></p> <p><b>1:30 Library Acquisition Comm. (CFR)</b></p> <p><b>3:00 Sustainability Group (CFR)</b></p> <p><b>7:00 Team Trivia Challenge (LOU)</b></p>	<p><b>9:00 Woodshop Comm. (CFR)</b></p> <p><b>10:00 Country Store/Steering Committee (CFR)</b></p> <p><b>10:00 Landscape Committee (LR)</b></p> <p><b>11:00 Science-Based Strategies To Support Your Immune System (SR)</b></p> <p><b>2:00 Drop-in Clinic for Easy Tech Help (LOU)</b></p> <p><b>7:30 Film Comm. Movie: Thelma (2024) (SR)</b></p>	<p><b>10:00 Growing Through Grief (LR)</b></p> <p><b>11:00 Townhall (SR/ch8/Live)</b></p> <p><b>5:00 October Resident Birthday Dinner (SR)</b></p>	<p><b>10:00 RHC/RSI Special Joint Open Mtg. - Budget (SR/ch8/Live)</b></p> <p><b>2:00 Film Comm. (CFR)</b></p> <p><b>3:00 Our Aging Immune System &amp; Possible Consequences for Training the 70+ Population presented by Hartmut Broring (SR)</b></p> <p><b>3:30 Architectural Review Comm. (CFR)</b></p>	<p><b>11:00 Parkinson's Support Group (ACR)</b></p> <p><b>1:00 Taiko Drumming Performance (SR)</b></p> <p><b>2:00 Technology Education Comm. (ACR)</b></p>	<p><b>7:30 Joe Ferrara, Guitarist/Vocalist (SR)</b></p> 
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p><b>10:00 Catholic Mass Service (SN-DR)</b></p>	<p><b>Columbus Day</b></p> <p><b>11:00 Programs Just Around the Corner (SR)</b></p> <p><b>11:45 Book Mobile (PL)</b></p> <p><b>12:30 Intro to Memoir Writing (LR)</b></p> <p><b>1:00 Ambiance Comm. (CFR)</b></p> <p><b>2:30 Holiday Home Tour Comm. (LR)</b></p> <p><b>3:00 Tech Task Force (CFR)</b></p> <p><b>7:00 Bingo Night (LOU)</b></p>	<p><b>9:00 Vaccination Clinic with Safeway Pharmacy (LR)</b></p> <p><b>9:15 Transportation to Morning Forum of Los Altos (LL)</b></p> <p><b>3:30 Wellness Committee (CFR)</b></p> <p><b>7:30 Film Comm. Movie: Made in Italy (2020) (SR)</b></p>	<p><b>10:00 Growing Through Grief (LR)</b></p> <p><b>10:00 Programs Committee Meeting (CFR)</b></p> <p><b>11:00 Los Altos Shopping (LL)</b></p> <p><b>11:00 The Basics of CPR presented by BEAT CPR Training Center (SR)</b></p> <p><b>5:45 Lee Allen on piano (ULA)</b></p>	<p><b>9:00 Handcar Tour by Monterey Coast &amp; Lunch at I'm Thai Cuisine restaurant (LL)</b></p> 	<p><b>11:00 Prevent Dementia: What's In Your Control presented by Kevin Symes of The Key (SR)</b></p> <p><b>4:45 Shabbat Service (LR)</b></p> <p><b>7:30 Darin Neasham, pianist (SR)</b></p>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<p><b>11:00 Managing Depression and Anxiety during Seasonal Changes (SR)</b></p> <p><b>12:30 Intro to Memoir Writing (LR)</b></p> <p><b>7:00 Team Trivia Challenge (LOU)</b></p>	<p><b>11:00 Presentation, Pacific Hearing: Tinnitus (SR)</b></p> <p><b>11:00 Christ Episcopal Church Communion Service (AL-GR)</b></p> <p><b>2:00 Library Committee (CFR)</b></p> <p><b>6:30 Transportation for TheatreWorks (LL)</b></p> <p><b>7:30 Film Comm. Movie: Napoleon (2023) (SR)</b></p>	<p><b>9:30 RSI Board of Directors Regular Monthly Meeting (GR)</b></p> <p><b>10:00 Growing Through Grief (LR)</b></p> <p><b>10:30 Garage Sale Collection (SR)</b></p> <p><b>11:30 Alpha (GR)</b></p> <p><b>7:00 Karaoke with Mimi (SR)</b></p> 	<p><b>10:00 RHC Open Meeting (SR/ch8/Live)</b></p> <p><b>3:30 Architectural Review Comm. (CFR)</b></p>	<p><b>1:00 Emergency Preparedness Meeting (SR)</b></p> <p><b>1:00 Stampin Up Workshop (ACR)</b></p>	<p><b>7:30 Aurora Mandolin Orchestra Returns (SR)</b></p> 
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 		
<p><b>12:30 Chamber Music at the Century Club: Centuries of Sound with Ian Scarfe (LL)</b></p>	<p><b>11:45 Chocolate: "Food for the Gods" with Sally and Howard Peters (SR)</b></p> <p><b>11:45 Book Mobile (PL)</b></p> <p><b>12:30 Intro to Memoir Writing (LR)</b></p>	<p><b>11:00 Resident Council OPEN Meeting (SR/ch8)</b></p> <p><b>7:30 Film Comm. Movie: Fancy Dance (2023) (SR)</b></p>	<p><b>10:00 Growing Through Grief (LR)</b></p> <p><b>11:00 Forum Comimittee's Fair (SR)</b></p> 	<p><b>3:00 HALLOWEEN BASH &amp; COSTUME CONTEST (SR)</b></p> 		