

# Program Calendar

## November 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)  
 12:15pm - 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 - Caregiver Support Group (LR)  
 3:30pm - Core & More w/ Marnie (FC)

#### Thursday

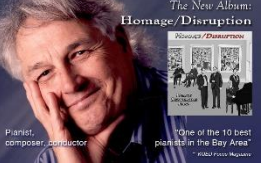





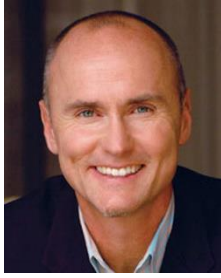



7:30am - Walking/Hiking Group (LL)  
 9:30am - Qi Gong w/ Patrick (PP)  
 10:00am - Walking with Walking Sticks (FC)  
 11:15am - Water Fitness (SP)  
 11:30am - Mat Yoga w/ Ellen (ACR)  
 12:15pm - Posture & Balance w/ Marnie (FC)  
 12:45pm - Chair Yoga w/ Ellen (ACR)  
 1:15pm - \*Rotating Shopping\* (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 - 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>
					<p><b>11:00</b> All About Authors with Darwin: George Eliot and the Great English Novel Middlemarch (SR)</p> <p><b>2:00</b> Death Cafe Monthly Meeting (SR)</p>	<p><b>9:45</b> SF Premier Bottomless Mimosa Brunch Cruise (LL)</p> <p><b>7:30</b> Performance: The Art of the Duo (SR)</p> 
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p><b>9:45</b> Tour of the new Stanford Robotics Center (LL)</p> 	<p><b>11:00</b> <i>Better Aging at Any Age</i> presented by Sally Duplantier (SR)</p> <p><b>12:30</b> Intro to Memoir Writing (LR)</p> <p><b>1:30</b> Library Acquisition Comm. (CFR)</p> <p><b>7:00</b> Team Trivia Challenge (LOU)</p>	<p><b>9:15</b> Transportation to Morning Forum of Los Altos (LL)</p> <p><b>11:00</b> <i>Estate Planning: Beyond the Basics</i>, Sponsored by the Forum Charitable Fund (SR)</p> <p><b>7:30</b> Film Comm. Movie: <i>Widow</i> Cliquot (SR)</p>	<p><b>9:30</b> Finance Comm. (ACR)</p> <p><b>10:00</b> An Afternoon with Executive Chef Abbie (LL)</p> <p><b>11:00</b> Nancy's Chat (SR/ch8/Live)</p> <p><b>4:00</b> New Resident Reception (SR)</p> <p><b>5:45</b> Lee Allen on piano (ULA)</p>	<p><b>10:00</b> Food Comm. (GR)</p> <p><b>11:00</b> "Empowering women and girls: building literacy in Kenya and Morocco" (SR)</p> <p><b>12:00</b> Mandatory Dog Swabbing Event (PP)</p> 	<p><b>11:00</b> Parkinson's Support Group (ACR)</p> <p><b>1:00</b> Tech Task Force (LR)</p> <p><b>2:00</b> Technology Education Comm. (ACR)</p>	<p><b>10:00</b> Forum Health &amp; Wellness Fair (CB)</p> 
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><b>10:00</b> Catholic Mass Service (SN -DR)</p>	<p><b>VETERANS DAY</b></p>  <p><b>10:30</b> Holiday Home Tour Meeting (LR)</p> <p><b>11:00</b> Programs Just Around the Corner (SR)</p> <p><del><b>11:45</b> Book Mobile (PL)</del></p> <p><b>1:00</b> Ambiance Comm. (CFR)</p> <p><b>3:00</b> Sustainability Group (CFR)</p> <p><b>7:00</b> Bingo Night (LOU)</p>	<p><b>9:00</b> Woodshop Comm. (CFR)</p> <p><b>10:00</b> Country Store/Steering Committee (CFR)</p> <p><b>10:00</b> Landscape Committee (LR)</p> <p><b>2:00</b> Drop-in Clinic for Easy Tech Help (LOU)</p> <p><b>7:30</b> Film Comm. Movie: <b>CANCELED DUE TO THE GARAGE SALE</b> (SR)</p>	<p><b>10:00</b> Mary Cassatt at Work - Legion of Honor (LL)</p>  <p><b>11:00am - 1:00pm</b> <b>2:00pm - 4:00pm</b> Garage Sale - STAFF ONLY (SR)</p>	<p><b>11:00am - 1:00pm</b> <b>2:00pm - 4:00pm</b> Garage Sale - RESIDENTS &amp; STAFF (SR)</p> <p><b>2:00</b> Film Comm. (CFR)</p> <p><b>3:30</b> Architectural Review Comm. (CFR)</p>	<p><b>11:00am - 1:00pm</b> Garage Sale - FINAL SALE (SR)</p> <p><b>4:30</b> Shabbat Service (LR)</p>	<p><b>9:00</b> Goodwill Truck Donations Collection (PL)</p> <p><b>7:30</b> COOLEY at the Piano (SR)</p> 
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p><b>12:30</b> Transportation for Opera San Jose (LL)</p>	<p><b>11:00</b> Health Lecture presented by Ritika Malkani (SR)</p> <p><b>3:00</b> Tech Task Force (CFR)</p> <p><b>7:00</b> Team Trivia Challenge (LOU)</p>	<p><b>9:15</b> Transportation to Morning Forum of Los Altos (LL)</p> <p><b>10:00</b> Forum Chaitable Fund (CFR)</p> <p><b>3:30</b> Wellness Committee (CFR)</p> <p><b>7:30</b> Film Comm. Movie: <i>Inside the Mind of a Dog</i> (SR)</p>	<p><b>5:00</b> November Resident Birthday Dinner (SR)</p>  <p><b>5:45</b> Lee Allen on piano (ULA)</p>	<p><b>10:00</b> RHC Open Meeting (SR/Ch.8/Live)</p>	<p><b>1:00</b> "What Gets Better With Age" presented by Chip Conley (SR)</p>  <p><b>4:30</b> Art Gallery (SR)</p>	<p>TBD</p> <p>The "BIG GAME" Stanford vs. Cal (SR)</p> 
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p><b>12:00</b> Come From Away at Broadway San Jose (LL)</p>	<p><b>11:00</b> <i>The Pumpkins</i>, a group of 7-15 year-olds, led by Jean Lim, piano instructor (SR)</p>  <p><b>11:45</b> Book Mobile (PL)</p>	<p><b>11:00</b> <i>Hearing Loss in Seniors</i> presented by Kenneth Peters M.D. (SR)</p> <p><b>11:30</b> Alpha (GR)</p> <p><b>2:00</b> Library Committee (CFR)</p> <p><b>7:30</b> Film Comm. Movie: <i>Rez Ball</i> (SR)</p>	<p><b>7:30</b> Music Performance by Asaf Ophir and Zina Pozen (SR)</p>	<p><b>THANKSGIVING</b></p>  <p><b>11:00</b> Thanksgiving Buffet (DR)</p> <p><b>11:30</b> Gail on the flute (UL)</p>		