

Week of 11/17/2024 - 11/23/2024

SUNDAY, Nov 17

- 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, Nov 18

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Stretch & Balance w/ Marnie (SR)
- 10:00 Monday Morning Sewing (ACR)
- 11:00 National Alzheimer's Disease Awareness Month by Ritika Malkani (SR)
- 12:15 Posture & Balance (FC)
- 1:15 **Safeway Shopping (LL/UL)**
- 1:30 Holiday Home Tour (LR)
- 2:00 Water Fitness (PP)
- 3:00 Tech Task Force (CFR)
- 4:30 Leisure Night (SR)
- 7:00 Team Trivia Challenge (LOU)

TUESDAY, Nov 19

- 8:45 Zumba w/ Noriko (SR)
- 9:15 **Transp. to Morning Forum of Los Altos (LL)**
- 9:30 Back & Abs w/ Marnie (SR)
- 9:30 Qi Gong with Patrick (PP)
- 10:00 Forum Charitable Fund (CFR)
- 11:00 Meditation Group - resident led (CFR)
- 12:15 Posture & Balance (FC)
- 1:00 Forum Chorus (SR)
- 1:15 **Trader Joe's (LL/UL)**
- 2:30 **Dr. Sarah Jacobson, Dermatologist (DRO)**
- 3:30 Wellness Committee (CFR)
- 3:30 Happy Hands, Happy Feet (ACR)
- 5:00 Safety In Your Homes (SR)
- 7:30 Film Comm: Inside the Mind of a Dog (SR)

WEDNESDAY, Nov 20

- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 10:00 RSI Board of Directors Meeting (GR)
- 12:15 Posture & Balance (FC)
- 1:00 Caregiver Support Group (LR)
- 3:30 Seated Core & More (FC)
- 5:00 **November Resident Birthday Dinner (SR)**
- 5:45 Lee Allen on piano (ULA)



THURSDAY, Nov 21

- 9:30 Qi Gong with Patrick (PP)
- 10:00 RHC Board of Dir. Regular Mtg. (SR/Ch.8/Live)
- 11:15 Water Fitness (SP)
- 11:30 Mat Yoga w/ Ellen (ACR)
- 12:15 Posture & Balance (FC)
- 12:45 Chair Yoga w/ Ellen (ACR)
- 1:15 **TARGET SHOPPING (LL/UL)**
- 1:30 **Pacific Hearing Services (DRO)**
- 3:30 Short Circuit (FC)
- 7:00 Duplicate Bridge (SR)

FRIDAY, Nov 22

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Back & Abs w/ Marnie (SR)
- 10:00 Walking with Walking Sticks (FC)
- 11:30 VST Balance Screening (By Appointment)
- 12:00 Rosary Prayers (LR)
- 12:15 Posture & Balance (FC)
- 1:00 Spanish Conversation (CFR)
- 1:00 "What Gets Better With Age" by Chip Conley (SR)
- 2:00 **Rite Aid Pharmacy (LL/UL)**
- 3:30 Seated Core & More (FC)
- 4:30 Art Gallery (SR)

SATURDAY, Nov 23

- 9:30 Qi Gong with Patrick (PP)
- 11:00 Happy Hounds Play Day (DP)
- 12:30 The "BIG GAME!" Stanford vs. CAL (SR)
- 2:00 No Host Knitting Group (LR)



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

Come From Away at Broadway San Jose

Sunday, November 24, leaving the Lower Lobby at 12:00pm

True story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them.

No Intermission. **Cost: \$58.00, Waitlist still available. Must be Signed-Up in Cubigo**

The Pumpkins led by Jean Lim, piano instructor

Monday, November 25, 11:00am in the Sierra Room.

Come watch this talented group of 7-15-year-olds, who love playing the piano and enjoy sharing music with others play for you.

Hearing Loss in Seniors presented by Kenneth Peters, MD

Tuesday, November 26, 11:00 in the Sierra Room

A discussion of epidemiology, symptoms, and effective management of hearing loss. Review different types of hearing aids, assistive listening devices and telecommunication services available.

An Evening of Klezmer with Asaf Ophir & Zina Pozen

Wednesday, November 27, 7:30pm in the Sierra Room

Hear a diverse collection of songs, and see how it's related to other cultures, as well as unique and influential in its own right. Asaf Ophir will be playing the clarinet and Zina Pozen on the accordion.

Bel Canto Flutes with resident Alice Davis

Sunday, December 1, 2:00pm in the Sierra Room.

Bel Canto Flutes, with resident Alice Davis, led by Gail Edwards, presents a concert of music playing traditional holiday melodies along with some classical favorites.

Toys & Patents with Howard Peters

Monday, December 2, 11:00am in the Sierra Room.

The Holidays are coming. Come explore the fun and nostalgia of some of our favorite toys that were once patented by the U.S. government. These include the SLINKY, FRISBEE, YOYO, RUBIK'S CUBE, LINCOLN LOGS, MONOPOLY, HULA HOOP, etc., etc.

What Is AI and How Do We Use it? Sponsored by the Forum Charitable Fund

Tuesday, December 3, 11:00am in the Sierra Room.

Explore the fascinating world of Artificial Intelligence, how it works, how it's changing our lives, and how to navigate this new technology landscape with confidence.

Chico's Fashion Show

Wednesday, December 4, 3:00pm in the Sierra Room.

Join us at this year's Chico's fashion show featuring our own Forum residents as they model the latest styles in a curated collection of chic, unique women's clothing, jewelry and accessories

CLASSICAL MEETS JAZZ Ian Scarfe with special guest:

GRAMMY award winning violinist, MADS TOLLING

Wednesday, December 4, 7:30pm in the Sierra Room.

From Classical to Jazz, explore favorite romantic works by Fritz Kreisler and Edvard Grieg, old standards from the Great American Songbook, and even original compositions!

Christmas Dinner & Sing-A-Long, sponsored by ALPHA

Thursday, December 5, 5:00pm in the Sierra Room.

After a sumptuous meal, Sarah Duarte, a local worship leader, will "Kick Off" the Christmas Season by leading us in our favorite carols. **Must Sign-Up in Cubigo**

Resident's Appreciation Party

Friday, December 6, 2:00pm in the Sierra Room.

Join us on this special gathering and hear team members give thanks to our residents for their generosity in contributing to the Residents' Appreciation Fund.