

Week of 5/11/2025 - 5/17/2025

SUNDAY, May 11

HAPPY MOTHER'S DAY

***7:30** Walking/Hiking Group (LL) *
9:30 Qi-Gong with Patrick (SR)
10:00 Protestant Service (HCC)
10:00 Catholic Mass Service (SN-DR)
10:15 Zorba the Greek Line Dance (SR)
10:30 Christ Episcopal Church (Zoom)
11:30 Jesse Bautista on the saxophone (ULA)
1:45 **California Pops Orchestra - Big Band SWING! (LL)**



MONDAY, May 12

8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
10:00 Monday Morning Sewing (ACR)
11:45 Book Mobile (PL)
1:00 Ambiance Comm. (CFR)
1:15 **Safeway Shopping (LL/UL)**
4:00 Tech Task Force (CFR)
4:30 Leisure Night (SR)
7:00 Bingo Night (LOU)

TUESDAY, May 13

8:45 Zumba w/ Noriko (SR)
9:00 Woodshop Comm. (CFR)
9:30 Back & Abs w/ Marnie (SR)
10:00 Country Store/ Steering Committee (CFR)
10:00 Landscape Committee (LR)
11:00 Meditation Group - resident led (CFR)
11:00 Healthy Aging in Place in Independent Living (SR)
12:15 Posture & Balance (CFR)
1:00 Forum Chorus (SR)
1:15 **Trader Joe's (LL/UL)**
2:30 & 3:30 **Taiko Drumming with Ed Cohen**
3:30 Managing Arthritis in the Hands and Feet (ACR)
7:30 Film Comm. Movie: The Life List (SR)

WEDNESDAY, May 14

8:00 Sit & Be Fit w/ Brian (SR)
8:45 Back & Abs w/ Marnie (SR)
9:30 Qi-Gong with Patrick (SR)
11:00 Townhall (SR/Live)
12:15 Posture & Balance (CFR)
1:00 **Duplicate Bridge (LOU)**
3:30 Seated Core & More (ACR)
5:00 **COMBINED!! May & June Resident Birthday Dinner (SR)**

THURSDAY, May 15

10:00 Arbitration Clause ~ Contract Amendment Information Session (SR/Live)
11:15 Aqua Fitness (LR)
11:30 Mat Yoga w/ Ellen (ACR)
12:15 Posture & Balance (LR)
12:45 Chair Yoga w/ Ellen (ACR)
1:00 RHC Special Board Meeting
 zumBrunnen Fixed Asset Report (SR/Live)
1:15 **TARGET SHOPPING (LL/UL)**
1:30 **Pacific Hearing Services (DRO)**
3:30 Short Circuit for Bone Density (ACR)

FRIDAY, May 16

8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
9:30 Back & Abs w/ Marnie (SR)
10:30 Walking with Walking Sticks (FC)
12:00 Rosary Prayers (LR)
12:15 Posture & Balance (CFR)
1:00 Spanish Conversation (CFR)
1:00 Caregiver Support Group (LR)
2:00 **Rite Aid Pharmacy (LL/UL)**
3:30 Seated Core & More (CFR)
4:00 New Resident Reception (SR)
4:45 Shabbat Service (LR)
7:30 Shiori & Maryam Present: Joint Piano Concert from Baroque to Contemporary (SR)

SATURDAY, May 17

9:00 Short Circuit for Bone density (SR)
9:30 Qi-Gong with Patrick (SR)
10:00 Stretch & Balance w/ Marnie (SR)
11:00 Happy Hounds Play Day (DP)
12:15 Posture & Balance (CFR)
1:00 Soft Foam Rolling (SR)
2:00 No Host Knitting Group (LR)
2:15 Aqua Fitness (SR)

*** Walking/Hiking Group meets EVERY DAY at 7:30 AM in the Lower Lobby**



*** If a Program is completely in BOLD, that is a Program that you MUST SIGN-UP for**

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

"Navigating a Sustainable Future" speaker series **"It's not just the Polar Bears-Your Health & Climate Change"**

Tuesday, May 20 at 11:00 AM in the Sierra Room

Sponsored by the Sustainability Committee, join us for an engaging presentation by Dr. Barbara Erny. Her talk will explain the intersection between climate change and our personal health and how residents of The Forum can protect themselves, integrate sustainable practices into their lives and advocate for mitigation.

Voting for the RHC Board of Directors and the Arbitration Amendment

Wednesday, May 21 – Friday June 20

Voting starts May 21. You can pick up your ballot at the Front Desk M-F between 8:00 am and 5:00 pm.

There are two items on the ballot. Please vote on both. Information on both can be found on Cubigo under the Information cube. Scroll down to the RHC 2025 Election header. By clicking on this header, you will be able to find important information about the issues.

"Bharatnatyam" - An Indian classical dance performance by Samhitha Bellamkonda

Wednesday, May 21, at 7:30pm in the Sierra Room

Samhitha Bellamkonda will perform 4 pieces, After a short introduction to the dance form, she will perform a short 5 min introductory piece, followed by two pieces that are 8 min and 10 min, then a 10 min finale piece. In between the pieces, she will describe each dance and its meaning and have time for Q & A.

Aurora Singers Spring Concert

Saturday, May 24, at 1:30pm in the Sierra Room

Aurora Singers will offer an upbeat and delightful concert performing in a variety of vocal styles from pop, to Americana, to spirituals and beyond!

\$ Joe Ferrara and Dinner at The Cats Restaurant

Saturday, May 24, at 1:30pm in the Sierra Room

Tables in the Lounge, in front of the stage, are reserved for our group. Dinner is on your own. Joe Ferrara will be performing from 5:30pm - 8:30pm. Transportation: \$15, Sign-Up by June 1st

MODERN JAZZ DIGS THE CLASSICS with Denny Berthiaume (piano) and Chuck Bennett (bass)

Saturday, May 24, at 1:30pm in the Sierra Room

Denny Berthiaume (piano) and Chuck Bennett (bass) return to The Forum with a concert that demonstrates their interest and involvement in the blend of European musical forms and harmonies with rhythms and syncopation and improvisation associated with bebop and swing in the 20th and 21st centuries.

Karaoke Night with Mimi

Wednesday May 28, at 7:00pm in the Sierra Room

Come join us for a fun night of singing in front of a live audience. Or listen and dance in the large open space, and cheer for your fellow singers.

RODGERS AND HAMMERSTEIN: THEIR LIVES AND MUSIC presented by Marilyn Cooney

Friday, June 6, at 7:30pm in the Sierra Room

Let's honor these giants of musical theatre and learn the backstories of their shows. Listen or singalong to timeless songs like Edelweiss, Bali Hai, Shall We Dance, Oklahoma, and more!

Mixer Dinner

Tuesday, June 10 at 5:00pm in the Green Room

Join us for a delightful Mixer Dinner, specially sponsored by our Food & Beverage department and the Wellness Committee! This event is designed to bring together new and established residents for an evening of connection and community spirit. The dinner is for new residents and established residents.

Established residents may attend once a year. **To reserve a space, email Seran Mohr at seranmohr@gmail.com**