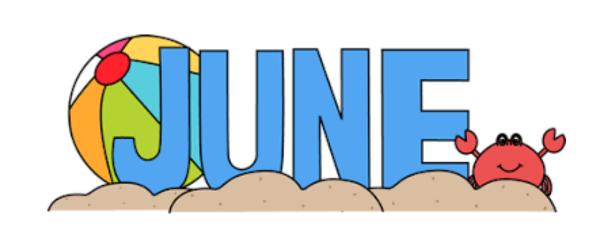# THE FORUM
## AT RANCHO SAN ANTONIO

# Program Calendar
# JUNE 2025



## Recurring Weekly Events

### Saturday
7:30am - Walking/Hiking Group (LL)
9:00am - Short Circuit - Bone Density(SR)
9:30am - Qi Gong w/ Patrick (SR)
10:00am - Stretch & Balance w/Marnie(SR)
11:00am - Happy Hounds Play Day (DP)
12:15pm - Posture & Balance w/ Marni(FC)
1:00pm - Soft Foam Rolling (LR)
2:00pm - No Host Knitting Group (LR)
2:00pm - Aqua Fitness (FC)

### Sunday
7:30am - Walking/Hiking Group (LL)
9:30am - Qi Gong w/ Patrick (SR)
10:00am - Protestant Service (HCC)
10:00am – Catholic Mass (HCC)
2:00pm - Ping Pong (ACR)

### Monday
7:30am - Walking/Hiking Group (LL)
8:00am & 8:45am - Sit and Be Fit® w/ Brian (SR)
10:00am - Monday Morning Sewing (ACR)
1:15pm - Safeway Shopping (LL/UL)
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)
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)
2:30pm - Taiko Drumming w/Ed Cohen (FC)
3:00pm - Happy Hands, Happy Feet (ACR)
3:30pm - Taiko Drumming w/Ed Cohen (FC)

### Wednesday
7:30am - Walking/Hiking Group (LL)
8:00am - Sit and Be Fit© w/ Brian (SR)
8:45am - Back & Abs w/ Marnie (SR)
9:30am - Qi Gong w/ Patrick (SR)
11:30am - VST Balance (FC)
12:15pm – Posture& Balancew/Marnie(FC)
1:00pm - Duplicate Bridge (LOU)
3:30pm - Core & More w/ Marnie (FC)

### Thursday
7:30am - Walking/Hiking Group (LL)
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)

### 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)
10:30am - Walking with Walking Sticks (FC)
12:00pm - Rosary Prayers (LR)
12:15pm - Posture & Balance w/Marnie (FC)
1:00pm - Spanish Conversation (CFR)
1:00pm - Caregiver Support Group (LR)
2:00pm - Rite Aid Pharmacy (LL)
3:30pm - Core & More w/ Marnie (FC)

## Location Key

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|---|---|---|
| **ACR:** Arts & Crafts Room | **FC:** Fitness Center | **PL:** Parking Lot |
| **CB:** Community Building | **GAME RM:** Game Room | **PP:** Pool Patio |
| **CFR:** Conference Room | **GR:** Green Room | **SP:** Swimming Pool |
| **CS:** Country Store | **HCC:** Health Care Center | **SR:** Sierra Room |
| **DR:** Dining Room | **LL:** Lower Lobby | **TR:** Training Room |
| **DRP:** Dining Room Patio | **LOU:** Lounge | **UL:** Upper Lobby |
| **DRO:** Doctor's Office | **LR:** Living Room | **ULA:** Upper Landing (Dining Room) |
| **DP:** Dog Park | **PDR:** Private Dining Room | **WC:** Wellness Center |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>**10:15** Zorba the Greek Line Dance (SR)<br>**2:00** Celebrate the Life of Joan Hausman (SR) | **2**<br>**3:00** Sustainability Committee (CFR)<br>**7:00** Team Trivia Challenge (LOU) | **3**<br>**9:15** **Transportation to Morning Forum of Los Altos (LL)**<br>**7:30** Film Comm. Movie: Touch (2024) (SR) | **4**<br>**9:30** Finance Comm. (ACR)<br>**11:00** Nancy's Chat (SR/Live)<br>**5:45** Lee Allen on piano (ULA) | **5**<br>**10:00** Food Comm. (GR)<br>**11:00** **San Francisco Giants vs. San Diego Padres (LL)**<br>**2:00** Drop-in Clinic for Easy Tech Help (LOU) | **6**<br>**7:30** RODGERS AND HAMMERSTEIN: THEIR LIVES AND MUSIC Presented by Marilyn Cooney (SR) | **7** |
| **8**<br>**4:00** Joe Ferrara and Dinner at The Cats Restaurant (LL) | **9**<br>**11:45** Book Mobile (PL)<br>**1:00** Ambiance Comm. (CFR)<br>**4:00** Technology Task Force (CFR)<br>**7:00** Bingo Night (LOU) | **10**<br>**9:00** Woodshop Comm. (CFR)<br>**10:00** Country Store/ Steering Committee (CFR)<br>**10:00** Landscape Committee (LR)<br>**1:00** Readers Theater Auditions (SR)<br>**5:00** **Mixer Dinner (GR)**<br>**7:30** Film Comm. Movie: The Music of Silence (2017) (SR) | **11**<br>**11:00** Townhall (SR/Live)<br>**2:00** Finance Comm. (ACR) | **12**<br>**10:00** **Paul McCartney Photographs 1963–64: Eyes of the Storm at the de Young Museum (LL)**<br>**10:00** RHC - RSI Special Open Board Meeting – Insurance Renewal (SR/Live)<br>**2:00** Film Comm. (CFR)<br>**2:00** Good Grief (SR)<br>**3:30** Architectural Review Comm. (CFR) | **13**<br>**11:00** **Parkinson's Support Group (ACR)**<br>**11:00** Coffee Klatch 2025 "All about Contracts" - Buildings 1 & 2 (SR/Live)<br>**2:00** Technology Education Comm. (ACR)<br>**2:00** Coffee Klatch 2025 "All about Contracts" - Building 3 (SR/Live)<br>**2:30** Readers Theater Auditions (LR)<br>**7:30** STOCappella presents: "Stage and Screen" (SR) | **14** |
| **15**<br>**10:15** Zorba the Greek Line Dance (SR)<br>**11:00** **Father's Day Buffet (DR)**<br>**11:30** Peter Cor (UL)<br>**11:30** **A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL (LL)** | **16**<br>**7:00** Team Trivia Challenge (LOU) | **17**<br>~~**3:30** Wellness Committee (CFR)~~<br>**7:30** Film Comm. Movie: The Idea of You (2024) (SR) | **18**<br>**10:30** Garage Sale Collection (SR)<br>**1:00** Coffee Klatch 2025 "All about Contracts" - Building 4 (SR/Live)<br>**2:30** NYE Line Dancing "Criminal" (SR)<br>**5:45** Lee Allen on piano (ULA) | **19**<br>**10:00** RHC & RSI Special Open Board Meeting – Fixed Asset Reserve Budget LTS 2$^{nd}$ Pass (SR/Live) | **20**<br>**10:45** **Lunch at the Shadowbrook Restaurant in Capitola – JAUNT OUTING (LL)**<br>**11:00** "The Relationship between Osteoporosis and Exercise" Understanding how Physical Activity Impacts Bone Health (SR)<br>**1:00** Coffee Klatch 2025 "All about Contracts" - Building 5 & Villas 1 - 40 (SR/Live)<br>**4:45** Shabbat Service (LR) | **21**<br>**9:00** Goodwill Truck Donations Collection (PL)<br>**7:30** Romero plays the Russian Romantics (SR) |
| **22** | **23**<br>**11:00** "Our Love of Sugar" presented by Sally Duplantier (SR)<br>**11:45** Book Mobile (PL) | **24**<br>**10:00** Heart Matters (LR)<br>**11:00** Christ Episcopal Church Communion Service (AL-GR)<br>**1:00** NYE Line Dancing "Feel Good" (SR)<br>**2:00** Library Committee (CFR)<br>**7:30** Film Comm. Movie: I Used to be Famous (2022) (SR) | **25**<br>**10:00** RHC & RSI Annual Open Board Meeting (SR/Live)<br>**2:00** **Chinese Calligraphy Workshop with Lora Wang (ACR)**<br>**7:30** Music for Cello and Piano by Romantic Composers presented by Ching Shih and Glenn Fischer (SR) | **26**<br>**10:00** RHC Open Meeting (SR/Live)<br>**2:00** Coffee Klatch 2025 "All about Contracts" - Villas 41 - 83 (SR/Live)<br>**3:30** Architectural Review Comm. (CFR) | **27**<br>**11:00** Lecture sponsored by the Forum Charitable Fund, presented by Jennifer Cohen, Palliative Care Physician at Kaiser SJ<br>**1:00** Emergency Preparedness Meeting (SR) | **28** |
| **29** | **30** | | | | | |