

Week of 6/15/2025 - 6/21/2025

<p>SUNDAY, Jun 15 HAPPY FATHER'S DAY</p> <p>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) 10:30 Christ Episcopal Church (Zoom) 11:00 Father's Day Buffet (DR) 11:00 Ping Pong (ACR) 11:30 Peter Cor on the Piano (UL) 11:30 THE NEIL DIAMOND MUSICAL in SF (LL)</p> 	<p>MONDAY, Jun 16</p> <p>8:00 & 8:45 Sit & Be Fit w/ Brian (SR) 10:00 Monday Morning Sewing (ACR) 1:15 Safeway Shopping (LL/UL) 4:30 Leisure Night (SR) 7:00 Team Trivia Challenge (LOU)</p>
<p>TUESDAY, Jun 17</p> <p>8:45 Zumba w/ Noriko (SR) 9:30 Mat Pilates w/ Marnie (SR) 11:00 Meditation Group - resident led (CFR) 12:15 Posture & Balance (FC) 1:15 Trader Joe's (LL/UL) 2:30 & 3:30 Taiko Drumming with Ed Cohen (FC) 7:30 Film Comm. Movie: The Idea of You (SR)</p>	<p>WEDNESDAY, Jun 18</p> <p>8:00 Sit & Be Fit w/ Brian (SR) 8:45 Mat Pilates w/ Marnie (SR) 10:30 Garage Sale Collection (SR) 11:30 ALPHA (GR) 12:15 Posture & Balance (FC) 1:00 Duplicate Bridge (LOU) 1:00 Session 2 "All about Contracts" (SR) 2:30 NYE Line Dancing "Criminal" (SR) 3:30 Seated Core & More (FC) 5:45 Lee Allen on piano (ULA)</p>
<p>THURSDAY, Jun 19 JUNETEENTH</p> <p>PROGRAMS & TRANSPORTATION OFFICE CLOSED TODAY FOR THE HOLIDAY</p>  <p>11:30 Mat Yoga w/ Ellen (ACR) 12:45 Chair Yoga w/ Ellen (ACR)</p>	<p>FRIDAY, Jun 20</p> <p>8:00 & 8:45 Sit & Be Fit w/ Brian (SR) 9:30 Mat Pilates w/ Marnie (SR) 10:45 Lunch at the Shadowbrook Restaurant (LL) 11:00 "The Relationship between Osteoporosis and Exercise" (SR) 12:00 Rosary Prayers (LR) 12:15 Posture & Balance (FC) 1:00 Spanish Conversation (CFR) 1:00 Caregiver Support Group (LR) 1:00 Session 2 "All about Contracts" (SR) 2:00 Rite Aid Pharmacy (LL/UL) 3:30 Seated Core & More (FC) 4:40 Shabbat Service (LR)</p>
<p>SATURDAY, Jun 21</p> <p>9:00 Short Circuit for Bone density (SR) 9:00 Goodwill Truck Donations Collection (PL) 9:30 Qi-Gong with Patrick (SR) 10:00 Stretch & Balance w/ Marnie (SR) 11:00 Happy Hounds Play Day (DP) 11:15 Aqua Fitness -classes BACK IN THE POOL (SP) 12:15 Posture & Balance (FC) 1:00 Soft Foam Rolling (FC) 2:00 No Host Knitting Group (LR) 7:30 Romero plays the Russian Romantics (SR)</p>	<p>* Walking/Hiking Group meets <u>EVERY DAY</u> at <u>7:30 AM</u> in the Lower Lobby</p>  <p>* <u>If a Program is completely in BOLD, that is a Program that you MUST SIGN-UP for</u></p>

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

RHC Board of Directors and Arbitration Amendment Election Update

Wednesday May 21- Friday June 20

This is the last week to vote in the Forum election! We urge you to cast your vote for both the arbitration amendment and the Board of Directors candidates. Take this opportunity to make your voice heard. Information on both issues can be found at the front desk and on the Cubigo information tab under the RHC 2025 Election heading. Questions? Contact Inspector of Elections, Anne Fuller

"Our Love of Sugar" presented by Sally Duplantier

Monday, June 23, 11:00am in the Sierra Room

Why is sugar so compelling, and how can we learn to eat less of it? Learn more with gerontologist and researcher, Sally Duplantier.

Romantic Sonatas by Kreisler and Saint-Saens

Wednesday, June 25, at 7:30pm in the Sierra Room

Music performance presented by Ching Shih on piano, Norine Chang on violin, and Glenn Fisher on cello.

Advanced Planning 101: Untangling palliative care, hospice, and planning paperwork

Friday, June 27, at 11:00am in the Sierra Room

Jennifer Cohen, Kaiser SJ Palliative Care Physician explains palliative care versus hospice, an advanced directive, and a POLST form. Sponsored by Forum Charitable Fund.

\$ COMBINED!! July & August Resident Birthday Dinner

Wednesday, July 9, 5:00pm in the Sierra Room

Celebrate our July & August babies! There is a link on Cubigo that you can click on and fill out a form for you to choose your Entrée. Submit a Baby/Child/Teen/Young Adult Photo for the Slideshow by emailing it or bringing it down to the Programs Office. Email to dominiquehobbs@theforumrsa.com.

Guests Welcome. Cost: 26 points.

\$ Stanford Jazz Festival - Ruth Davies' Blues Night with Chris Cain

Wednesday, July 16, leaving the Lower lobby at 6:30pm

Join Bay Area bassist Ruth Davies for her annual *Blues Night* at this year's Stanford Jazz Festival, featuring the electrifying debut of blues guitar virtuoso Chris Cain. Known for his jazz-infused Memphis-style blues and deep emotional storytelling, Cain brings a sound reminiscent of B.B. and Albert King. This unforgettable evening celebrates pure, soulful blues with some of the Bay Area's finest musicians. Cost: \$60 (ticket & transportation) Must sign up by June 23.

\$ "The Drowsy Chaperone - A Musical Within a Comedy"

Friday, July 25, leaving the Lower Lobby at 7:15pm

This musical is a modern, original musical comedy which pays tribute to the Jazz-age shows of the 1920's. It is based on the tale of a pampered Broadway starlet who wants to give up show business to get married, her producer who sets out to sabotage the nuptials, her chaperone, the debonair, groom, the dizzy chorine, the Latin lover and a couple of gangsters.

Tickets: \$54, Must Sign Up by July 11.

\$ SF Signature Lunch Cruise on the Hornblower

Friday, August 29, leaving the Lower Lobby at 10:15am

Enjoy a two-hour buffet lunch cruise around the San Francisco Bay. The dress code is Casual Attire: Khakis, nice jeans, dresses, button-up shirts, and blouses. Dress in layers.

Tickets: \$97, Must be Signed-Up by June 6, No Refunds After This Date.