

Week of 6/29/2025 - 7/5/2025

SUNDAY, Jun 29

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 Ping Pong (ACR)

MONDAY, Jun 30

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)

TUESDAY, Jul 1

8:45 Zumba w/ Noriko (SR)
9:30 Mat Pilates (SR)
11:00 Meditation Group - resident led (CFR)
1:00 Forum Chorus (SR)
1:15 Trader Joe's (LL/UL)
2:30 & 3:30 Taiko Drumming with Ed Cohen (FC)
6:30 TRANSPORTATION for Theatre Works (LL)
7:30 Film Comm. Movie: Air Force Elite: Thunderbirds (SR)

WEDNESDAY, Jul 2

8:00 Sit & Be Fit w/ Brian (SR)
8:45 Back & Abs w/ Marnie (SR)
9:30 Finance Comm. (ACR)
9:30 Qi-Gong with Patrick (SR)
11:00 Nancy's Chat (SR/Live)
1:00 Duplicate Bridge (LOU)
3:30 Seated Core & More (FC)
5:45 Lee Allen on piano (ULA)

THURSDAY, Jul 3

10:00 Food Comm. (GR)
~~**10:00** Short Circuit for Bone Density (FC)~~
~~**11:15** Aqua Fitness (SP)~~
~~**11:30** Mat Yoga w/ Ellen (ACR)~~
~~**12:45** Chair Yoga w/ Ellen (ACR)~~
1:15 Lucky Shopping (LL/UL)
1:30 Pacific Hearing Services (DRO)
2:00 Drop-in Clinic for Easy Tech Help (LOU)



FRIDAY, Jul 4 **INDEPENDENCE DAY!**

PROGRAMS & TRANSPORTATION OFFICE CLOSED TODAY FOR THE HOLIDAY

8:45 Sit & Be Fit w/ Brian (SR)
11:00 4th of July Buffett (DR)
11:30 Jess Bautista on Saxophone (UL)
~~**12:00** Rosary Prayers (LR)~~
~~**1:00** Spanish Conversation (CFR)~~
~~**1:00** Caregiver Support Group (LR)~~



SATURDAY, Jul 5

~~**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)
~~**11:15** Aqua Fitness (SP)~~
2:00 No Host Knitting Group (LR)

*** 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!...

\$ COMBINED!! July & August Resident Birthday Dinner

Wednesday, July 9, at 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.

\$ Wayne Thiebaud: Art Comes from Art at the Legion of Honor

Thursday, July 10, leaving the Lower Lobby at 10:00am

Highlighting work from across the beloved artist's six-decade career, this exhibition features Thiebaud's inventive reinterpretations and direct copies of famous artworks, as well as objects from his personal art collection that inspired him. Tickets: \$25 or free if you are a Member. Must be Signed-Up

Sonata for Seniors with Ethan Li and friends

Thursday, July 10, at 7:30pm in the Sierra Room

This classical music performance will also feature some modern styles and include intermediate to advance pieces on piano, violin, guitar, and vocals.

All About Authors with Darwin

Friday, July 11, at 11:00am in the Sierra Room

Balzac, the French Realist, wrote over 100 books, including *Lost Illusions*, which deals with social climbing, and *Father Goriot*, which deals with ungrateful daughters.

ART GALLERY

Friday, July 11, at 4:30pm in the Sierra Room

This next Art Gallery will feature Watercolors by residents, Sally Broberg and Gretchen Sand. Join us for this reception with appetizers and refreshments. Doors open at 4:15pm.

Revolutionizing Fitness: The Ethereal VR-Driven Fitness System

Monday, July 14, at 11:00am in the Sierra Room

Scott Summit, founder of Ethereal Matter, Inc., presents an innovative approach to personal fitness that combines virtual reality, haptics, AI, and robotics. The Ethereal exercise machine transforms traditional workouts into immersive, full-body experiences set in limitless interactive environments.

\$ 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 July 6.

Readers Theater presents: "FOUR ONE-ACT COMEDIES"

Friday, July 18 & Saturday, July 19, at 7:30pm in the Sierra Room

Readers Theater will be presenting their comedy performance on two nights this year! Come enjoy an evening of laughter as your Forum Friends deliver a lively, scripted show full of wit and fun.

Don't miss this chance to support the cast and share in the joy—two nights, double the laughs!

\$ San Francisco 49ers vs. Atlanta Falcons at Levi's Stadium

Sunday, October 19, leaving the Lower Lobby at 3:15pm

Tickets are on a temporary hold, SIGN UP NOW BEFORE IT'S TOO LATE! Seats are in the 300s Section, with plenty of Elevator/Escalator Access and Minimal Stairs. Light Walking from Bus to the Stadium/Golfcart Transport Option. Sign-Up now before it is too late, or this event may unfortunately be canceled. Ticket, Transportation, & Bus Parking: \$242.00/person