

Week of 7/13/2025 - 7/19/2025

SUNDAY, Jul 13

- 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)



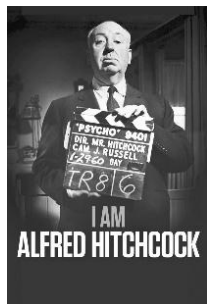
MONDAY, Jul 14

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 10:00 Monday Morning Sewing (ACR)
- 11:00 Revolutionizing Fitness: The Ethereal VR-Driven Fitness System presented by Scott Summit, founder of Ethereal Matter, Inc. (SR)
- 11:45 Book Mobile (PL)
- 1:00 Ambiance Comm. (CFR)
- 1:15 **Safeway Shopping (LL/UL)**
- 4:00 Technology Task Force (CFR)
- 4:30 Leisure Night (SR)



TUESDAY, Jul 15

- 8:45 Zumba w/ Noriko (SR)
- 9:30 Mat Pilates (SR)
- 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 & 3:30 **Taiko Drumming with Ed Cohen (FC)**
- 3:30 Wellness Committee (CFR)
- 7:30 Film Comm. Movie: I am Alfred Hitchcock (SR)




WEDNESDAY, Jul 16

- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 9:30 Qi-Gong with Patrick (SR)
- 10:00 Programs Comm. (CFR)
- 11:00 **Stanford Shopping - Jaunt Outing (LL)**
- 12:15 Posture & Balance (FC)
- 1:00 **Duplicate Bridge (LOU)**
- 3:30 Seated Core & More (FC)
- 6:00 Lee Allen on piano (ULA)
- 6:30 **Stanford Jazz Festival - Ruth Davies' Blues Night with Chris Cain (LL)**



THURSDAY, Jul 17

- 11:15 Aqua Fitness (SP)
- 11:30 Mat Yoga w/ Ellen (ACR)
- 12:45 Chair Yoga w/ Ellen (ACR)
- 1:15 **TARGET SHOPPING (LL/UL)** 
- 1:30 Pacific Hearing Services (DRO)

FRIDAY, Jul 18

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 12:00 Rosary Prayers (LR)
- 1:00 Spanish Conversation (CFR)
- 1:00 Caregiver Support Group (LR)
- 2:00 **CVS Pharmacy (LL/UL)**
- 4:45 Shabbat Service (LR)
- 7:30 Readers Theater presents:
"FOUR ONE-ACT COMEDIES" (SR)

SATURDAY, Jul 19

- 9:30 Qi-Gong with Patrick (SR)
- 11:00 Happy Hounds Play Day (DP)
- 11:15 Aqua Fitness (SP)
- 2:00 No Host Knitting Group (LR)
- 7:30 Readers Theater presents:
"FOUR ONE-ACT COMEDIES" (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!...

Epi de Leon, MD presents: POLST and Advanced Directive Topics

Monday, July 21, at 11:00am in the Sierra Room

Dr. Epi de Leon, MD, Regional Chief Medical Officer for Suncrest Hospice, will discuss the POLST form and Advance Directives. He is Co-Founder of Rossmoor Medical Associates and has over 18 years of experience in geriatrics, plus more than a decade in hospice and skilled nursing leadership.

Joss Lee, Magician and Educator, presents: Hidden Tools of Warfare

Tuesday, July 22, at 11:00am in the Sierra Room

Uncovered subterfuge and secrets in World War II, followed by a psychological warfare campaign during the Vietnam War that began with a single deck of cards.

\$ Hong Kong East Ocean Seafood Restaurant - Jaunt Outing

Wednesday, July 23, leaving the Lower Lobby at 10:00am

Established in 1989 at Emeryville Marina, this is a premier Bay Area destination known for its authentic Cantonese cuisine and dim sum, offering panoramic views of the San Francisco Bay that make it ideal for weddings, corporate events, and special occasions.

Transportation: \$15, Lunch on your own. You will sit and pay in groups of 6.

NEW!! AROUND THE WORLD Cooking Demo Series: Mexican Tamales w/ Dante & Esmeralda

Wednesday, July 23, at **11:00am & 2:00pm** in the Sierra Room

Join our 1-hour tamale-making class!

Travel to Mexico through flavor as you fill, wrap, and steam tamales.

No experience needed — just bring your appetite!

Spots are limited, MUST SIGN-UP

Performance with Preston Hong, classical guitarist, and vocalist Tina Yu

Thursday, July 24, at 7:30pm in the Sierra Room

Preston Hong, student at California Conservatory of Music and Tina Yu, who trains with Tony-Award-Winning baritone Eugene Brancoveanu will perform some classical, pop, and jazz pieces.

\$ 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 within a 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 Lating lover and a couple of gangsters. Tickets: \$54, Must Sign Up by July 14.

Ian Scarfe and the Trinity Alps Festival Trio

Saturday, July 26, 7:30pm in the Sierra Room

Featuring Scarfe on piano, Czech violinist Petr Masek, and Bay Area cellist James Jaffe. With works by Beethoven, Francis Poulenc, and Robert and Clara Schumann.

2-Night Hearst Castle & Paso Robles Wine Tasting Tour – INFORMATION SESSION

Monday, July 28 at 11:00am in the Sierra Room

If you're Signed Up or on the Waitlist for the Paso Robles trip from Wednesday October 22 – Friday October 24, please come join us for an information session! We'll be providing more details about the itinerary — including the winery we'll be visiting, optional activities for your free day, and deciding other important trip information (roommates and lunch options). We'll also be answering any questions you may have. This trip is currently full, but if you would like to join — please also attend!

\$ 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. No Refunds after June 6.

\$ Handcar Tour by Monterey Coast & Lunch at I'm Thai Cuisine restaurant

NEW DATE - Monday, August 4, leaving the Lower Lobby at 9am

Tour is about 1.5hrs long with a break halfway. Lunch on your own at local Thai restaurant. Pedal over our six-mile tour route aboard our fleet of electric-assist rail bicycle vehicles. Our machines have comfortable seats and use wood-centered wheels to smooth the ride. Our all-new California-built, solidly engineered rail bicycles carry two people and include a state-of-the-art electric propulsion system that will help you climb the hills of the Monterey Rail Line without exertion. These electric assist machines make traveling across our rail line easy. Sign-Up by Tuesday, July 15
LAST CHANCE TO GO BEFORE THEY CLOSE FOR GOOD

\$ Les Misérables at the Orpheum Theatre & Brunch at the Boulevard Cafe

Wednesday, October 1, leaving the Lower Lobby at 9:30am

Join us for a delightful day out, starting with a relaxing brunch at Boulevard Cafe in Daly City. This charming, retro-style restaurant offers a warm atmosphere and a wide selection of tasty favorites—from classic breakfast dishes to satisfying lunch options. After brunch, we'll head to the beautiful Orpheum Theater in San Francisco to enjoy a captivating 3-hour matinee performance of *Les Misérables*, the beloved musical filled with unforgettable songs and an inspiring story. It's sure to be a day full of good food, great company, and wonderful entertainment!

Cost: \$151.00, Must Sign-Up by August 29

\$ de Young Museum presents: "ART OF MANGA"

Thursday, October 16, leaving the Lower Lobby at 10:45am NO ESCORT

Art of Manga spotlights iconic Japanese artwork and its influence on global storytelling and social commentary. The presentation will spotlight manga, a genre of innovative Japanese comics and graphic novels characterized by evocatively drawn artwork. Through more than 600 drawings by influential manga artists, *Art of Manga* will enable visitors to gain an understanding of its creative and immersive power and the social impact of manga in the world today.

Tickets: \$25 or free if you are a Member. Must Sign-Up by September 15