

Week of 7/6/2025 - 7/12/2025

SUNDAY, Jul 6

- *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)
- 11:00 Ping Pong (ACR)



MONDAY, Jul 7

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 10:00 Monday Morning Sewing (ACR)
- 1:15 Safeway Shopping (LL/UL)
- 1:30 Library Acquisition Comm. (CFR)
- 3:00 Sustainability Committee (CFR)
- 4:30 Leisure Night (SR)
- 7:00 Team Trivia Challenge (LOU)

TUESDAY, Jul 8

- 8:45 Zumba w/ Noriko (SR)
- 9:00 Woodshop Comm. (CFR)
- 9:30 Mat Pilates (SR)
- 10:00 Country Store/ Steering Committee (CFR)
- 10:00 Landscape Committee (LR)
- 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)
- 7:30 Film Comm. Movie: One Chance (SR)

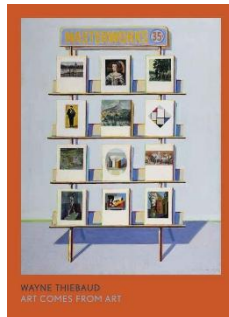
WEDNESDAY, Jul 9

- 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)
- 1:00 Duplicate Bridge (LOU)
- 2:00 Intro to Chinese Calligraphy (ACR)
- 3:30 Seated Core & More (FC)
- 5:00 COMBINED!! July & August
Resident Birthday Dinner (SR)



THURSDAY, Jul 10

- 10:00 Wayne Thiebaud: Art Comes from Art at the Legion of Honor (LL)
- 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 Ranch 99 Market (LL/UL)
- 2:00 Film Comm. (CFR)
- 2:30 NYE Line Dancing (SR)
- 3:30 Architectural Review Comm. (CFR)
- 7:30 Sonata for Seniors with Ethan Li and friends (SR)



FRIDAY, Jul 11

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Mat Pilates (SR)
- 11:00 All About Authors with Darwin (SR)
- 12:00 Rosary Prayers (LR)
- 1:00 Spanish Conversation (CFR)
- 1:00 Caregiver Support Group (LR)
- 2:00 Technology Education Comm. (ACR)
- 2:00 CVS Pharmacy (LL/UL)
- 2:00 Good Grief (LR)
- 3:30 Seated Core & More (FC)
- 4:30 ART GALLERY: Watercolors by Sally Broberg and Gretchen Sand (SR)



SATURDAY, Jul 12

- 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**



*** POSTURE & BALANCE CLASS is TUESDAY-SATURDAY at 12:15 PM in the FITNESS CENTER**

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

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

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!

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

Tuesday, June 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.

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!

\$ 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

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

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

YOU CAN BRING FAMILY MEMBERS OR FRINDS! 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