

## Week of 8/10/2025 - 8/16/2025

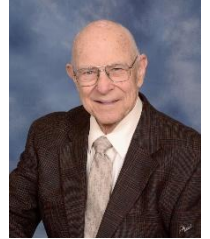
### SUNDAY, Aug 10

- \*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, Aug 11

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 10:00 Monday Morning Sewing (ACR)
- 11:00 Resident, Walter D'Ardenne, shares his presentation to Students w/ Forum residents (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)
- ~~7:00 Bingo Night (LOU)~~



### TUESDAY, Aug 12

- 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)
- 10:00 **Ruth Asawa: Retrospective at San Francisco Museum of Modern Art (SFMOMA) (LL)**
- 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)**
- 7:30 Film Comm. Movie: *La Dolce Villa* (SR)



### WEDNESDAY, Aug 13

- 8:00 Sit & Be Fit w/ Brian (SR)
- 8:45 Back & Abs w/ Marnie (SR)
- 9:30 Qi-Gong with Patrick (SR)
- 12:15 Posture & Balance (FC)
- ~~1:00 Duplicate Bridge (LOU)~~
- 2:00 **Calligraphy Workshop with Lora (ACR)**
- 3:30 Seated Core & More (FC)

### THURSDAY, Aug 14

- 10:00 Short Circuit for Bone Density (FC)
- 10:00 RHC Board Meeting - Study Session (SR/Live)
- 11:00 Holiday Decoration Committee (LR)
- 11:15 Aqua Fitness (SP)
- 11:30 Mat Yoga w/ Ellen (ACR)
- 12:15 Posture & Balance (FC)
- 12:45 Chair Yoga w/ Ellen (ACR)
- 1:15 **Ranch 99 Market (LL/UL)**
- 2:00 Film Comm. (CFR)
- 3:30 Architectural Review Comm. (CFR)

### FRIDAY, Aug 15

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:30 Mat Pilates (SR)
- 12:00 Rosary Prayers (LR)
- 12:15 Posture & Balance (FC)
- 1:00 Spanish Conversation (CFR)
- 1:00 Caregiver Support Group (LR)
- 2:00 **CVS Pharmacy (LL/UL)**
- 3:30 Seated Core & More (FC)
- 4:45 Shabbat Service (LR)

### SATURDAY, Aug 16

- 10:00 Health & Wellness Fair "Thrive in 2025"
- 11:00 Happy Hounds Play Day (DP)
- 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!...

**Joss Lee, Magician and Educator, presents:**  
**The Science Behind Illusions: How You Are Fooled**

Monday, August 18, 11:00am in the Sierra Room

Bend your own mind with tests and experiments that reshape your understanding of reality. This lecture is a science-based talk that goes over why people are fooled by magicians, and how that carries over into everyday life. There are a series of interactive "tests" to show how fallible the human mind is and a lot of examples from neuroscience studies.

**The Lobster Food Truck Social & Games**

Tuesday, August 19, at 4pm in the Pool Patio

For any purchase from the Food Truck receive 2 complimentary beverages including beer and wine. Listen to music, play fun boardgames with your Forum friends on the patio, and enjoy the weather.

**\$ The San Francisco Exploratorium presents: "Adventures in AI"**

Thursday, August 21, leaving the Lower Lobby at 10:00am 28PAX

Discover how AI sees, thinks, and creates in this hands-on exhibit featuring interactive art, image generators, and real-world applications. Tickets: \$26, Must be Signed-Up.

**Wesley Ukulele Band**

Saturday, August 23, at 2:30pm in the Sierra Room

This Ukulele Band will be performing some Hawaiian favorites along with graceful hula. Audience participation encouraged where you can learn hula! Aloha!

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

Monday, August 25 at 11:00am in the Sierra Room

If you're Signed Up for the Paso Robles trip from Wednesday October 22 – Friday October 24, please join us for an information session! We'll be providing more details about the itinerary — including the winery we'll be visiting, looking at lunch options for the picnic lunch at the Winery, and optional activities for your free time on the final day. We'll also be answering any questions you may have.

**Performance by Mads Tolling & Adam Klipple "From Gershwin to Glen Campbell"**

Wednesday, August 27, 7:30pm in the Sierra Room

Grammy-winning violinist Mads Tolling—formerly of the Turtle Island Quartet and The Stanley Clarke Band, and now with Bob Weir & Wolf Bros—joins acclaimed pianist Adam Klipple of Blood Sweat & Tears for an evening of jazz, featuring Gershwin, "My Favorite Things," and original works.

**\$ SF Signature Lunch Cruise on the Hornblower**

Friday, August 29, leaving the Lower Lobby at 10:15am 28PAX

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. MORE SPOTS AVAILABLE FOR 35PAX

**\$ Broadway San Jose presents & Juliet**

Sunday, October 12, leaving the Lower Lobby at 6:30pm 35PAX

This hilarious new musical flips the script on the greatest love story ever told. **& JULIET** asks: what would happen next if Juliet didn't end it all over Romeo? Get whisked away on a fabulous journey as she ditches her famous ending for a fresh beginning and a second chance at life and love—her way. Ticket: \$106.00 Transportation: \$16.00. Must Sign-Up by September 5

LL/UL = Lower Lobby/Upper Lobby, SR = Sierra Room, LR = Living Room, CFR = Conference Room,  
ACR = Arts & Crafts Room, FC = Fitness Center, DRO = Doctor's Office, PP = Pool Patio,  
SP = Swimming Pool, GR = Green Room, LOU = Lounge, HCC = Health Care Center,  
SN-DR = Skilled Dining Room, PL = Parking Lot, DP = Dog Park