

# Week of 8/3/2025 - 8/9/2025

## SUNDAY, Aug 3

- \*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)



## MONDAY, Aug 4

- 8:00 & 8:45 Sit & Be Fit w/ Brian (SR)
- 9:00 Handcar Tour by Monterey Coast & Lunch at I'm Thai Cuisine restaurant (LL)
- 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, Aug 5

- 8:45 Zumba VIDEO (SR)
- 9:30 Mat Pilates (SR)
- 11:00 Meditation Group - resident led (CFR)
- 11:00 Silver Savvy- Staying Safe in a Digital World, presented by Kai Etkin & Rohan Desai, students (SR)
- 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)
- 4:00 National Night Out (PP)
- 7:30 Film Comm. Movie: Rogue Agent (SR)



## WEDNESDAY, Aug 6

- 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)
- 12:15 Posture & Balance (FC)
- 1:00 Duplicate Bridge (LOU)
- 2:00 Calligraphy Workshop with Lora (ACR)
- 3:30 Seated Core & More (FC)
- 5:00 90's Masquerade Birthday Dinner (SR)
- 6:00 Lee Allen on piano (ULA)



## THURSDAY, Aug 7

- 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)
- 12:15 Posture & Balance (FC)
- 12:45 Chair Yoga w/ Ellen (ACR)
- 1:15 Lucky Shopping (LL/UL)
- 1:30 Pacific Hearing Services, Audiologist (DRO)
- 2:00 Drop-in Clinic for Easy Tech Help (LOU)
- 5:00 90's Masquerade Birthday Dinner (SR)



## FRIDAY, Aug 8

- 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 Technology Education Comm. (ACR)
- 2:00 CVS Pharmacy (LL/UL)
- 2:30 NYE Line Dancing (SR)
- 3:30 Seated Core & More (FC)
- 7:30 Performance by pianist, David Saliamonas (SR)



## SATURDAY, Aug 9

- 9:00 Short Circuit for Bone density (SR)
- 9:30 Qi-Gong with Patrick (SR)
- 10:00 Library Open House (Forum Library)
- 10:00 Stretch & Balance w/ Marnie (SR)
- 10:00 Transportation for Rotary Club of Los Altos (LL)
- 11:00 Happy Hounds Play Day (DP)
- 11:15 Aqua Fitness (SP)
- 12:15 Posture & Balance (FC)
- 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!...

### **Resident, Walter D'Ardenne, shares his presentation to High School Students with The Forum**

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

Dr. D'Ardenne gave this presentation to high school students. In the presentation he discusses scorpions, fear, Chernobyl wild animals, and climate change. Dr. D'Ardenne has been a Resident of the Forum for over 27 years. He has a BS in Mechanical Engineering from the Pennsylvania State University and a PhD in Nuclear Engineering from the Massachusetts Institute of Technology.

### **\$ Ruth Asawa: Retrospective at San Francisco Museum of Modern Art (SFMOMA)**

Tuesday, August 12, leaving the Lower Lobby at 10:00am 28PAX

This first posthumous retrospective celebrates six decades of Ruth Asawa's pioneering artistic journey, showcasing over 300 works that span her iconic looped- and tied-wire sculptures, intricate miniatures, vibrant drawings, clay masks, and bronze pieces. Tickets: \$34, Must be Signed-Up

### **The Forum Annual Health & Wellness Fair – Thrive in 2025**

Saturday, August 16, from 10:00am – 2:00pm at THE FORUM

Our annual event is back! Join us for more than 30 displays featuring information, resources and demonstrations focused on a healthy lifestyle for seniors.

### **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.

### **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!

### **\$ 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

### **\$ Les Misérables at the Orpheum Theatre & Brunch at the Boulevard Café**

Wednesday, October 1, leaving the Lower Lobby at 9:30am 35PAX

Join us for a delightful day out, starting with a relaxing brunch at Boulevard Café in Daly City. Then 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.

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

### **\$ 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

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

Thursday, October 16, leaving the Lower Lobby at 10:45am NO ESCORT 35PAX

Art of Manga spotlights iconic Japanese artwork and its influence on global storytelling and social commentary. Tickets: \$25 or free if you are a Member. Must Sign-Up by September 15

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