

# August 2024



# Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR = Activity Room ART = Art Room L = Lobby G = 3rd Floor Gym OR = Olive Room LIB = Library GR = Game Room PDR = Private Dining Room				<b>1</b>	<b>2</b>	<b>3</b>
				<b>9:30</b> Exercise with Carl (AR) <b>11:30 Outing: Yerba Buena Gardens Festival Concert with Picnic Lunch</b> <b>1:15</b> Chair Yoga with Ilya (AR) <b>1:30</b> Walking Club (L) <b>2:30</b> Local Shopping (L) <b>2:30</b> Matinee Movie (AR) <b>3:30</b> Flower Arranging (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:00</b> Open Gym with a Trainer (G) <b>1:00</b> Walking Club (L) <b>1:30</b> RORYOGRAPHY! (AR) <b>3:30</b> Shabbat Services with Rabbi Me'irah (OR) <b>7:00</b> Movie (AR)	<b>10:00</b> Chair Yoga with Ilya (AR) <b>11:00</b> Walking Club (L) <b>1:00</b> <b>Movie Committee</b> (AR) <b>2:30</b> BroadwayHD: <i>Coppelia Ballet</i> (AR) <b>3:30</b> Board Games in the Cafe (LIB) <b>7:00</b> Movie (AR)
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>9:00</b> Exercise with Phil (AR) <b>10:00</b> SPCA Visit (LIB) <b>10:30</b> Rummikub (GR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Moonglow Duo</b> (AR) <b>3:30</b> TV Showing - Downton Abbey (AR) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:30</b> <b>John Rothmann Lecture</b> (AR) <b>1:00</b> Frommcast: <i>Making Sense of Health &amp; Illness in 21st Century</i> (AR) <b>1:30</b> Walking Club (L) <b>3:00</b> <b>Movie Discussion with Mick Lasalle</b> (AR) <b>7:00</b> Movie (AR)	<b>9:00</b> Local Shopping (L) <b>9:15</b> Tai Chi with Janet (AR) <b>10:30</b> Beading and Jewelry Making (ART) <b>11:45</b> <b>Outing: Lunch at The Tailor's Son</b> <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Len Sperry Sings Comedy Songs</b> (AR) <b>3:00</b> <b>Activities Committee</b> (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> Chair Dancing with Bruce (AR) <b>10:00</b> AWE; Art with Andrew (ART) <b>11:15</b> <b>New Resident Council Board Meet &amp; Greet!</b> (LIB) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Daydreamers Introduction Session</b> (AR) <b>7:00</b> Movie (AR)	<b>10:30</b> <b>Meditation Sitting with Don</b> (AR) <b>1:15</b> Chair Yoga with Ilya (AR) <b>1:15</b> <b>Outing: KitTea Café</b> <b>1:30</b> Walking Club (L) <b>2:30</b> <b>Parkinson's Support Group</b> (AR) <b>3:30</b> Flower Arranging (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:00</b> Open Gym with a Trainer (G) <b>10:30</b> <b>Rememore Info Session</b> (AR) <b>1:00</b> Walking Club (L) <b>1:00</b> Matinee Movie (AR) <b>3:30</b> Shabbat Services with Rabbi Me'irah (OR) <b>7:00</b> Movie (AR)	<b>10:00</b> Chair Yoga with Ilya (AR) <b>11:00</b> Walking Club (L) <b>1:30</b> BroadwayHD: <i>Antony and Cleopatra</i> (AR) <b>3:30</b> Board Games in the Cafe (LIB) <b>7:00</b> Movie (AR)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>9:00</b> Exercise with Phil (AR) <b>10:00</b> SPCA Visit (LIB) <b>1:00</b> <b>Swing Shift Trio</b> (AR) <b>3:00</b> <b>The Jewish Question: One Man Show</b> (OR) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:30</b> <b>Open Ceramics Studio</b> (ART) <b>1:00</b> Frommcast: <i>Making Sense of Health &amp; Illness in 21st Century</i> (AR) <b>1:30</b> Walking Club (L) <b>3:30</b> Bingo (AR) <b>7:00</b> Movie (AR)	<b>9:00</b> Local Shopping (L) <b>9:15</b> Tai Chi with Janet (AR) <b>10:30</b> Beading and Jewelry Making (ART) <b>11:30</b> <b>Outing: Noontime Concert at Old Saint Mary's Cathedral</b> <b>1:30</b> Walking Club (L) <b>2:00</b> Met Opera Showing (AR) <b>3:00</b> Painting with Kimberley (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> <i>Shopping Delivery Requests Due</i> <b>9:00</b> Chair Dancing with Bruce (AR) <b>10:00</b> AWE; Art with Andrew (ART) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Open Dining Committee</b> (AR) <b>3:30</b> <b>Piano Hour with Mike Tekulsky</b> (LIB) <b>7:00</b> Movie (AR)	<b>9:30</b> <b>Exercise DVD</b> (AR) <b>10:00</b> <b>Outing: Outdoor Walk at Mission Dolores Park</b> <b>1:15</b> Chair Yoga with Ilya (AR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Outing: Outdoor Walk at Mission Dolores Park</b> <b>2:30</b> Matinee Movie (AR) <b>3:30</b> Flower Arranging (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:00</b> Open Gym with a Trainer (G) <b>10:30</b> <b>'Can the Center Hold?' with David Peritz</b> (AR) <b>1:00</b> Walking Club (L) <b>1:00</b> Matinee Movie (AR) <b>3:30</b> Shabbat Services with Rabbi Me'irah (OR) <b>7:00</b> Movie (AR)	<b>10:00</b> Chair Yoga with Ilya (AR) <b>11:00</b> Walking Club (L) <b>1:00</b> <b>Movie Committee</b> (AR) <b>2:30</b> BroadwayHD: <i>American Theatre Wing Centennial Concert</i> (AR) <b>3:30</b> Board Games in the Cafe (LIB) <b>7:00</b> Movie (AR)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>9:00</b> Exercise with Phil (AR) <b>10:00</b> SPCA Visit (LIB) <b>10:30</b> Rummikub (GR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Cello Piano Duo: Angela Lee &amp; Britton Day</b> (AR) <b>3:30</b> TV Showing - Downton Abbey (AR) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:30</b> <b>Open Ceramics Studio</b> (ART) <b>1:00</b> Frommcast: <i>Making Sense of Health &amp; Illness in 21st Century</i> (AR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Creative Writing and Performance Weekly Workshop</b> (ART) <b>3:30</b> Bingo (AR) <b>7:00</b> Movie (AR)	<b>9:15</b> Tai Chi with Janet (AR) <b>10:00</b> Local Shopping (L) <b>10:30</b> Beading and Jewelry Making (ART) <b>1:30</b> Walking Club (L) <b>1:30</b> <b>Outing: California Academy of Sciences</b> <b>2:00</b> Met Opera Showing (AR) <b>3:00</b> Painting with Kimberley (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> Chair Dancing with Bruce (AR) <b>10:00</b> AWE; Art with Andrew (ART) <b>11:30</b> <b>Book Club Luncheon-RSVP Required</b> (PDR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Book Discussion: Claire Berger "How Much Is Enough?"</b> (AR) <b>7:00</b> Movie (AR)	<b>9:30</b> Exercise with Carl (AR) <b>10:00</b> <b>Hospitality Committee</b> (ART) <b>10:30</b> <b>Meditation Sitting with Don</b> (AR) <b>1:15</b> Chair Yoga with Ilya (AR) <b>1:15</b> <b>Outing: Scenic Drive: Mill Valley</b> <b>1:30</b> Walking Club (L) <b>2:30</b> Local Shopping (L) <b>2:30</b> <b>Parkinson's Support Group</b> (AR) <b>3:30</b> Flower Arranging (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:00</b> Open Gym with a Trainer (G) <b>1:00</b> Walking Club (L) <b>1:30</b> RORYOGRAPHY! (AR) <b>3:30</b> Shabbat Services with Rabbi Me'irah (OR) <b>7:00</b> Movie (AR)	<b>10:00</b> Chair Yoga with Ilya (AR) <b>11:00</b> Walking Club (L) <b>2:00</b> <b>Violin &amp; Piano Concert: Ariel Pawlik-Zwiebel and Markus Pawlik</b> (AR) <b>3:30</b> Board Games in the Cafe (LIB) <b>7:00</b> Movie (AR)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>9:00</b> Exercise with Phil (AR) <b>10:00</b> SPCA Visit (LIB) <b>10:30</b> Rummikub (GR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Ian Scarfe Piano Performance</b> (AR) <b>3:30</b> TV Showing - Downton Abbey (AR) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:30</b> <b>Open Ceramics Studio</b> (ART) <b>1:00</b> Frommcast: <i>Exploring the Theatre of Harold Pinter</i> (AR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Creative Writing and Performance Weekly Workshop</b> (ART) <b>3:30</b> Bingo (AR) <b>7:00</b> Movie (AR)	<b>9:00</b> Local Shopping (L) <b>9:15</b> Tai Chi with Janet (AR) <b>10:30</b> Beading and Jewelry Making (ART) <b>10:45</b> <b>Outing: Lunch at Sam's Chowder House</b> <b>1:30</b> Walking Club (L) <b>2:00</b> Met Opera Showing (AR) <b>3:00</b> Painting with Kimberley (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> <i>Shopping Delivery Requests Due</i> <b>9:00</b> RORYOGRAPHY! (AR) <b>10:00</b> AWE; Art with Andrew (ART) <b>11:30</b> <b>August Birthday Lunch</b> (PDR) <b>1:30</b> Walking Club (L) <b>2:00</b> <b>Monthly Resident Meeting</b> (AR) <b>7:00</b> Movie (AR)	<b>9:30</b> Exercise with Carl (AR) <b>1:15</b> Chair Yoga with Ilya (AR) <b>1:15</b> <b>Outing: Museum of Craft &amp; Design</b> <b>1:30</b> Walking Club (L) <b>2:30</b> Local Shopping (L) <b>2:30</b> Matinee Movie (AR) <b>3:30</b> Flower Arranging (ART) <b>7:00</b> Movie (AR)	<b>9:00</b> Exercise with Caroline (AR) <b>10:00</b> Open Gym with a Trainer (G) <b>1:00</b> Walking Club (L) <b>1:30</b> RORYOGRAPHY! (AR) <b>3:30</b> Shabbat Services with Rabbi Me'irah (OR) <b>7:00</b> Movie (AR)	<b>10:00</b> Chair Yoga with Ilya (AR) <b>11:00</b> Walking Club (L) <b>1:00</b> <b>Movie Committee</b> (AR) <b>2:30</b> BroadwayHD: <i>Incident at Vichy</i> (AR) <b>3:30</b> Board Games in the Cafe (LIB) <b>7:00</b> Movie (AR)