

September 2024



Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (LIB) 10:30 Rummikub (GR) 1:00 Rhapsody in Blue with Ronny Michael Greenberg (AR) 2:30 Walking Club (L) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	2 LABOR DAY 9:00 Exercise with Caroline (AR) 10:30 Open Ceramics Studio (ART) 1:30 Walking Club (L) 2:00 Friends and Family Happy Hour (LIB) 3:30 Bingo (AR) 7:00 Movie (AR)	3 9:15 Tai Chi with Janet (AR) 10:00 Local Shopping (L) 10:30 Active Aging Fitness Strategies for Seniors (AR) 11:30 Outing: Lunch at Elena's Mexican Restaurant 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	4 9:00 Chair Dancing with Bruce(AR) 10:00 AWE; Art with Andrew (ART) 1:30 Walking Club (L) 3:30 Daydreamers Introduction Session (AR) 7:00 Movie (AR)	5 9:30 Exercise with Carl (AR) 10:30 Activities Committee (ART) 11:30 Outing: Yerba Buena Gardens Festival & Picnic Lunch 1:30 Walking Club (L) 1:30 Parkinson's Support Group (AR) 2:30 Local Shopping (L) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	6 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	7 10:00 Exercise DVD (AR) 11:00 Walking Club (L) 1:00 Movie Committee (AR) 2:30 BroadwayHD: <i>First Date</i> (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
8 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (LIB) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Frank Cefalu; Guitar & Song (AR) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	9 9:00 Exercise with Caroline (AR) 10:30 Open Ceramics Studio (ART) 1:00 Frommcast: <i>Exploring the Theatre of Harold Pinter</i> (AR) 1:30 Walking Club (L) 2:00 Creative Writing Weekly Workshop (ART) 3:30 Bingo (AR) 7:00 Movie (AR)	10 9:15 Tai Chi with Janet (AR) 10:00 Local Shopping (L) 10:30 Beading and Jewelry Making(ART) 11:30 Outing: Poetic Tuesdays with MoAD 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 6:00 Presidential Debate Viewing (AR)	11 9:00 <i>Shopping Delivery Requests Due</i> 9:00 Chair Dancing with Bruce(AR) 10:00 AWE; Art with Andrew (ART) 1:30 Walking Club (L) 2:00 Open Dining Committee (AR) 3:30 Drag Bingo with Elsa Touche (AR) 7:00 Movie (AR)	12 9:30 Exercise with Carl (AR) 10:30 Meditation Sitting with Don (AR) 1:15 Chair Yoga with Ilya (AR) 1:15 Outing: Contemporary Jewish Museum 1:30 Walking Club (L) 2:30 Local Shopping (L) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	13 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	14 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 BroadwayHD: <i>The Adventures of Pericles</i> (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
15 9:00 Exercise with Phil (AR) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Charged Particles (AR) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	16 9:00 Exercise with Caroline (AR) 10:30 Open Ceramics Studio (ART) 1:00 Frommcast: <i>Exploring the Theatre of Harold Pinter</i> (AR) 1:30 Walking Club (L) 2:00 Creative Writing Weekly Workshop (ART) 3:30 Drag Bingo with Dottie Lux (AR) 7:00 Movie (AR)	17 9:15 Tai Chi with Janet (AR) 10:00 Local Shopping (L) 10:30 Beading and Jewelry Making (ART) 11:30 Outing: Noontime Concert at Old Saint Mary's Cathedral 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	18 LIMITED TRANSPORTATION 9:00 Chair Dancing with Bruce(AR) 10:00 AWE; Art with Andrew (ART) 1:15 Outing: Marin Senior Fair (L) 1:30 Walking Club (L) 2:00 Jeopardy with Tallulah (AR) 7:00 Movie (AR)	19 9:30 Exercise with Carl (AR) 10:00 Hospitality Committee (ART) 1:15 Chair Yoga with Ilya (AR) 1:15 Outing: Scenic Drive Marin Headlands 1:30 Walking Club (L) 2:30 Local Shopping (L) 2:30 Parkinson's Support Group (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	20 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 10:30 Exotic History of Jews with Ken Blady (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	21 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:00 WAGNER & KONG; Cello Piano Duo (AR) 2:30 Movie Committee (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
22 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (LIB) 10:30 Rummikub (GR) 1:00 Lauren Mayer & Scott Grinthal; Singers and Their Signature Songs (AR) 2:00 Portraiture & Life Stories Project Reception (LIB) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	23 9:00 am - 4 pm Vaccine Clinic (ART) 9:00 Exercise with Caroline (AR) 1:30 Walking Club (L) 2:00 Musicians of the SF Opera Performance (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	24 9:15 Tai Chi with Janet (AR) 10:00 Local Shopping (L) 10:30 Beading and Jewelry Making (ART) 11:30 September Birthday Lunch 1:15 Outing: The Magnes Collection of Jewish Art & Life 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	25 9:00 <i>Shopping Delivery Requests Due</i> 9:00 RORYOGRAPHY! (AR) 10:00 AWE; Art with Andrew (ART) 11:30 September Birthday Lunch 1:30 Walking Club (L) 2:00 Monthly Resident Meeting (AR) 7:00 Movie (AR)	26 9:30 Exercise with Carl (AR) 10:30 Meditation Sitting with Don (AR) 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:30 Local Shopping (L) 2:30 Outing: ArtSpan's SF Open Studios Exhibition 2:30 Movie Discussion Matinee Showing; <i>The Station Agent</i> (AR) 3:30 Flower Arranging (ART) 7:00 Movie Discussion Showing; <i>The Station Agent</i> (AR)	27 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 10:15 Board Games with JFCS Volunteers (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	28 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:00 Movie Discussion with Sabrina (AR) 2:30 BroadwayHD: <i>[title of show]</i> (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
29 9:00 Exercise with Phil (AR) 10:30 Rummikub (GR) 1:00 Caroline Dahl Boogie Woogie Piano (AR) 2:00 O wonderful, wonderful...and yet again wonderful Art Reception (GR) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	30 9:00 Exercise with Caroline (AR) 10:30 Open Ceramics Studio (ART) 1:00 Frommcast: <i>Exploring the Theatre of Harold Pinter</i> (AR) 1:30 Walking Club (L) 2:00 Creative Writing Weekly Workshop (ART) 3:30 Bingo (AR) 7:00 Movie (AR)					
						AR = Activity Room ART = Art Room L = Lobby G = 3rd Floor Gym OR = Olive Room LIB = Library GR = Game Room PDR = Private Dining Room