

ACTIVE LIVING PROGRAMS—FEBRUARY 2019



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Locations
First Floor:
 Art Gallery (AG)
 Main Lobby (ML)
 Outdoor Patio (OP)
Second Floor:
 Health Center (HC)

Locations continued
Third Floor:
 Assisted Living (AL)
Fourth Floor:
 Art Studio (AS)
 Audubon Room (AR)
 Computer Room (CR)
 Fitness Center (FC)
 Game Room (GAME)

Locations Continued
Basement:
 Craft Room (CRFT)
 Fellowship Hall (FH)
 Garden Room (GR)
 Recreation Room (RR)
 Sewing Room (SR)
Solarium/Rooftop:
 Vista Room (VR)



1
 11am-2pm Walnut Creek Yacht Club- Lobster Feed #2 \$30+ (A)
 9:45-10:45am Energy Enhance.(FC)
 1-2pm ETC Shoppe Open
 2-3pm Cardio Jam-Sharon (FC)
 2:15-5pm Ms. Chappell Quartet (ML)
 3-4pm Tai Chi (FC)
 7:15pm Friday Night Movie (FH)

2 Groundhog Day
 9:15am-1pm NY Met @ AMC 16-Carmen (B)
 10:30-11:30am Cardio Jam-Sharon (FC)
 1:30pm Saturday Matinee Movie (FH)
 7:15pm movie (FH)

3 Super Bowl
 1:30-2:15pm Sunday Services with Rick Beeman (ML)
 3pm- Super Bowl Watching Party- beer and snacks! (FH)

4
 10-11:30am Dollar Store
 1-2pm ETC Shoppe Open
 2-3pm Balance Otto (FC)
 3-4 pm 1:1 Sessions-Otto (FC)
 4-5pm Resident Council Meeting (FH)
 7:00pm Bridge (VR)

5
 9:15-10:15 Line-dancing (RR)
 1:00-2:00 Chorus- Larry Iverson (AG)
 2:15-3:15 Gentle Slow Flow (3rd FL.)
 3:30-4:30 Energy Enhancement (FC)
 4-5 First Tuesday Knitting Group (Sewing Room)
 7pm Pool Games (GR)

6
 10:30-11:30am California End of Life Option. Discussion with Reverend Richard Beeman (FH)
 1-2pm ETC Shoppe Open
 1:30-2:15pm Restorative & Core (FC)
 2:15-3:00 pm Mindful—Qigong (FC)
 3:45-4:45 Gentle Exercise (FC)
 7:15pm Scrabble (AR)

7
 10:30-11:30am World Dance (FC)
 11am-2:30pm BAMPFA- FREE DAY + lunch at café or bring yours (B)
 1:30-2:20pm Chair Dance (FC)
 2:30-3:15pm Strengthen, Stretch & Tone—Isabelita (Third Floor)
 3:30-4pm Happy Hour-Socialize! (ML)
 4-5pm Sam Eldred (ML)
 7pm Duplicate Bridge (VR)

8
 9:45am-12:30pm White Elephant Sale- FREE Admittance (C)
 9:45-10:45am Energy Enhancement (FC)
 1-2pm ETC Shoppe Open
 1-3:30pm Art Class w/Patty (AS)
 2-3pm Cardio Jam-Sharon (FC)
 3-4pm Tai Chi (FC)
 7:15pm Friday Night Movie (FH)

9
 9:45-11:45am Hearing Loss Assn. (B)
 10:30-11:30am Cardio Jam-Sharon (FC)
 1:30pm Movie (FH)
 7:15pm movie (FH)

10
 7:15pm Craft Class (CRFT)

11
 10am-Noon Target Alameda
 1-2pm ETC Shoppe Open
 2-3pm Balance, Otto (FC)
 3-4 pm 1:1 Sessions-Otto (FC)
 7:00pm Bridge (VR)

12
 9:15-10:15 Line-dancing (RR)
 1:00-2:00 Chorus- Larry Iverson (AG)
 2:15-3:15 Gentle Slow Flow (3rd FL.)
 3:30-4:30 Energy Enhancement (FC)
 7:00pm- Bingo (AR)
 7pm Pool Games (GR)

13
 11:30am-2:30pm Treasure Island Dining \$20 CASH in advance! (A)
 12:30pm Tuna Literary Club (AR)
 1-2pm ETC Shoppe Open
 1:30-2:15pm Restorative & Core (FC)
 2:15-3:00 pm Mindful—Qigong (FC)
 3:45-4:45 Gentle Exercise (FC)

14 Valentine's Day
 10:30-11:30am World Dance (FC)
 1:30-2:20pm Chair Dance (FC)
 2:30-3:15pm Strengthen, Stretch & Tone—Isabelita (Third Floor)
 7pm Duplicate Bridge (VR)

15
 9:45-10:45am Energy Enhancement (FC)
 1-2pm ETC Shoppe Open
 2-3pm Cardio Jam-Sharon (FC)
 3-4pm Tai Chi (FC)
 3:3-5pm Lunar New Year Celebration! Helen Wang, Chinese Dancers! + food and drinks (ML)
 7:15pm Friday Night Movie (FH)

16
 9:30-11:30am WalMart
 10:30-11:30am Cardio Jam-Sharon (FC)
 1:30pm Movie (FH)
 7:15pm movie (FH)



17
 1:30-2:15pm Sunday Services with Rick Beeman (ML)
 3:30-5pm Stagebridge- Playback Theater (FH)

18 Presidents Day NO Transportation
 1-2pm ETC Shoppe Open
 2-3pm Balance-Otto (FC)
 3-4 pm 1:1 Sessions-Otto (FC)
 4-5pm Newcomers (GR)
 7:00pm Bridge (VR)



19
 9:15-10:15 Line-dancing (RR)
 1:00-2:00 Chorus- Larry Iverson (AG)
 2-3:30pm OLLI Presents: The Modoc War (FH)
 2:15-3:15 Gentle Slow Flow (3rd FL.)
 3:30-4:30 Energy Enhancement (FC)
 7pm Pool Games (GR)

20
 1-2pm ETC Shoppe Open
 1-3pm Ruby Wang- jewelry repairs (GR)
 1:30-2:15pm Restorative & Core (FC)
 2:15-3:00 pm Mindful—Qigong (FC)
 3:45-4:45 Gentle Exercise (FC)
 4-5pm Dan Chan Magic Show (ML)
 7:15pm Scrabble (AR)

21
 10:30-11:30am World Dance (FC)
 1:30-2:20pm Chair Dance (FC)
 2:30-3:15pm Strengthen, Stretch & Tone—Isabelita (Third Floor)
 4:00pm Town Hall Meeting (FH)
 7pm Duplicate Bridge (VR)
 7:15pm- Rita Reining and Barbara Olival- Recent Amazon Trip Presentation (FH)



22 NO Transportation
 9:45-10:45am Energy Enhance. (FC)
 1-2pm ETC Shoppe Open
 1-3:30pm Art Class w/Patty (AS)
 2-3pm Cardio Jam-Sharon (FC)
 2-2:30 Asst. Living Res. 3rd Fl.
 3-4pm Tai Chi (FC)
 6:45 & 7:30pm depart, 10pm return Oakland Symphony
 7:15pm Friday Night Movie (FH)

23 NO Transportation
 10:30-11:30am Cardio Jam-Sharon (FC)
 1:30pm Movie (FH)
 7:15pm movie (FH)

24
 5pm Oscar Watching Party - Prizes for most correct guesses! Food and drinks! (FH)
 7:15pm Craft Class (CRFT)

25
 1-2pm ETC Shoppe Open
 2-3pm Balance-Otto (FC)
 3-4 pm 1:1 Sessions-Otto (FC)
 7:00pm Bridge (VR)

26
 9:15-10:15 Line-dancing (RR)
 11:30-2pm Soul Food lunch-Lena's \$25+ Celebrate Black History Month! (A)
 1:00-2:00 Chorus- Larry Iverson (AG)
 2:15-3:15 Gentle Slow Flow (3rd FL.)
 3:30-4:30 Energy Enhancement (FC)
 7:00pm- Bingo (AR)
 7pm Pool Games (GR)

27
 9-11:30am South Shore Shopping
 1-2pm ETC Shoppe Open
 1:30-2:15pm Restorative & Core (FC)
 2:15-3:00 pm Mindful—Qigong (FC)
 3:45-4:45 Gentle Exercise (FC)

28
 10:30-11:30am World Dance (FC)
 1:30-2:20pm Chair Dance (FC)
 2:30-3:15pm Strengthen, Stretch & Tone—Isabelita (Third Floor)
 4-5pm Thea Becker, Piano recital (FH)
 7pm Duplicate Bridge (VR)



Lake Park Active Living Programs:
February 2019

Entertainment, Events & Presentations:

Friday 2/1, 2:15-5pm Janet Chapple & Friends Quartet (ML) Please come and enjoy the classical music provided by resident Janet Chapple.

Sundays (1st & 3rd) 2/3 & 2/17 1:30-2:15pm (ML)
Pastor Rick Beeman with Larry Iverson on piano

Sunday 2/3, 3pm...? Super Bowl Watching Party (FH) Drink beer, eat chips and cheer for your favorite team of brutes!

Wednesday 2/6, 10:30-11:30am California End of Life Option, Discussion with Reverend Richard Beeman (FH) Please bring your questions.

Thursday 2/7, 3:30-5pm Happy Hour featuring Sam Eldred (ML) Eat drink and be soothed by the Classical handpan and your friends here at Lake Park!

Friday 2/15, 3:30-5pm Lunar New Year Celebration Featuring Helen Wang Chinese Dancers (ML) Rice wine/Tsing Tao Beer/Moon Cakes & more plus music and dancers.

Sunday 2/17, 3:30-5pm Stagebridge Playback Theatre (FH) Fun and funny. Watch as actors take on YOUR story!

Tuesday 2/19, 2-3:30pm OLLI Presents: The Modoc War (FH) Listen and learn.

Wednesday 2/20, 1-3pm Jewelry and watch repairs (GR) Ruby Wang will make repairs and change batteries

Wednesday 2/20, 4-5pm Dan Chan Magic Show! (ML) How did he do that?! Come and see...the magic.

Thursday 2/21, 7:15pm Rita Reining and Barbara Olival share their recent Amazon Trip pictures (FH) Whet your appetite for travel or just see how it is done by residents Rita and Barbara.

Sunday 2/24, 5pm-? Oscar Watching Party (FH)
Prizes for most correct guesses, drinks and snacks.

Thursday 2/28, 4-5pm Thea Becker- Piano Recital (FH) Watch and listen as Thea lights up the Steinway.

Sign-Up in the Activity Book at the Front Desk:

Friday 2/1- 11am-2pm Walnut Creek Yacht Club- Lobster Feed \$30++/PAY post meal (A)

Bring your bib and your appetite for the second of two lobster feed lunches.

Saturday 2/2, 9:15am-1pm, Carmen - Live from the Met at AMC 16 in Emeryville (B) Buy your tickets in advance at Fandango!

Thursday 2/7, 11am-2:30pm- FREE First Thursdays Berkeley Art Museum (B) Japanese exhibit is highlighted.

Friday 2/8, 9:45am-12:30pm White Elephant Sale- (C) LOTS of walking, bring bags, NO food for sale.

Saturday 2/9, 9:45-11:45am Kaiser Hearing Loss Association Meeting (B) Open to all

Sunday 2/10, 2:30-4pm Sunday Drives with Talecia (A) Get on the Magic bus and take a jaunt around the bay area.

Wednesday 2/13, 11:30am-2:30pm Treasure Island Culinary Academy \$20 in advance (A) Let's see what the students can come up with this time around!

Friday 2/22, 6:45 & 7:30-10pm Oakland Symphony at The Paramount- (A) NO Transportation

Tuesday 2/26, 11:30am-2pm Celebrate Black History Month with Soul Food at Lena's \$25+ tip + beverage (A) Price is approximate and includes, main course, sides and dessert, final amount TBD

Sign-Up for Shopping Trips:

Dollar Store- Alameda Shopping
Monday February 4, 10-11:30am

Target Alameda Shopping
Monday February 11, 10am-12pm

WalMart San Leandro Shopping
Saturday February 16, 9:30-11:30am

South Shore- Senior Discount Day, 10% discount
Wednesday February 27, 9-11:30am

Monthly Meetings:

First Monday, 2/4, 4-5pm (FH)
Residents' Council Meeting- Please participate!

Third Thursday, 2/21, 4-5pm (FH)
Town Hall Meeting (FH)

Last Friday 2/22, 2-2:30pm
Assisted Living Residents Meeting - 3rd floor

Ongoing On-Site Resident Led Activities:

These activities are either weekly or on a rotating schedule as noted, along with their locations.

Sundays: Craft Class with Charlotte, 7:15pm (2nd & 4th Sun. (CR) basement).

Mondays: ETC Shoppe 1-2pm (Basement), Kitchen Tour with Andre 1:30- 2pm sign up in the dining room lobby. **Resident Council Meeting (First Mondays) 4-5pm (FH)**, Newcomers Meeting (Third Mondays) 4-5pm (GR) Bridge, 7:00pm (VR)

Tuesdays: Chorus with Larry Iverson 1-2pm (AG), First Tuesday Knitting Group (First Tuesdays) 4-5pm (Sewing Room), Bingo, 7pm (2nd & 4th Tues. AR), Pool Games, 7pm (GAME)

Wednesdays: Tuna Literary Club 12:30 (2nd Weds. AR), ETC Shoppe, 1-2pm (Basement), Birthday Dinner 5:15 (3rd Weds. Even # months- Feb., April, June, Aug., Oct., Dec. AG), Scrabble 7:15pm (1st & 3rd Weds.-AR)

Thursdays: Duplicate Bridge 7pm (VR)

Fridays: ETC Shoppe, 1-2pm (Basement), Evening Movie, 7:15pm (FH).

Saturdays: Matinee movie 1:30pm (FH) Evening Movie, 7:15pm (FH).

Announcements:

Please see advance sign-ups for:

- **Thursday March 7- SF Symphony Dress Rehearsal \$28**
 - **Van departs at 7:30am!**

NO Transportation:

- **Monday February 18**
- **Friday February 22**
- **Saturday February 23**
- **NO Transportation to the Oakland Symphony Friday February 22.**

Cardio Jam with Sharon moves from Thursdays at 3:30pm to:

Fridays 2-3pm in the 4th Floor Fitness Center

- **There is now a ping pong table in the Game Room on the 4th Floor.**
 - **The card table has been moved to the Audubon Room.**

FEBRUARY 2019 Fitness Schedule:

MONDAY:

2:00-3:00pm Balance and Movement- Otto (FC)

3:00-4:00pm Open Gym & Sign up in Fitness Center for private 25 minute session with Otto (see clipboard on desk in Fitness Center) (FC)

TUESDAY:

9:15-10:15 am Line-Dancing- Janet (RR) No class February 5

2:15-3:15pm Gentle, Slow-Flow, Adaptive Exercises in a Chair- Mitch (Third Floor)

3:30-4:30pm Energy Enhancement with Mitch-(FC)

WEDNESDAY:

1:30-2:20pm - Restorative and Core Strengthening, light weights-Isabelita (FC)

2:20-3:10pm Mindful Movement-Qigong - Isabelita (FC)

3:45-4:45pm Gentle Exercise- Ziv (FC)

THURSDAY:

10:30-11:30am World Dance for All- Leia (FC)

1:30-2:20pm Chair Dance- Isabelita (FC)

2:30-3:15pm- Strengthen, Stretch & Tone- Isabelita (3rd FL)

FRIDAY:

9:45-10:45am- Energy Enhancement- Mitch (FC)

- **2-3pm Cardio Jam- Sharon (FC) NEW DAY & TIME!**

3-4pm Tai Chi- Mitch (FC)

SATURDAY:

10:30-11:30am Cardio Jam with Sharon (FC)

February 2019 Weekly Fitness Schedule

MONDAY

2-3pm	Balance and Body Awareness (FC)	Otto
3-4pm	Open Gym and Fitness Testing (FC) Sign up for a 25 minute personal assessment and instruction in the Fitness Center	Otto

TUESDAY

9:15-10:15 am	Line-Dancing – Rec Room in basement (RR) NO class Feb. 5	Janet
2:15-3:15pm	Gentle, Slow-Flow, Adaptive Exercises in a Chair In Assisted Living - Third Floor	Mitch
3:30-4:30 pm	Energy Enhancement (FC)	Mitch

WEDNESDAY

1:30-2:15 pm	Restorative & Core Strengthening (FC)	Isabelita
2:15-3:00pm	Mindful Movement-Qigong (FC)	Isabelita
3:45-4:45 pm	Gentle Exercise (FC)	Ziv

THURSDAY

10:30-11:30 am	World Dance for All (FC)	Leia
1:30-2:20 pm	Chair Dance (FC)	Isabelita
2:30-3:15 pm	Strengthen Stretch & Tone In Assisted Living - Third Floor	Isabelita

FRIDAY

9:45-10:45 am	Energy Enhancement (FC)	Mitch
2-3pm	Cardio Jam (FC) NOTE NEW DAY & TIME	Sharon
3-4pm	Tai Chi (FC)	Mitch

SATURDAY

10:30-11:30am	Cardio Jam - Join this fun and exhilarating work-out class and get your heart pumping! (FC)	Sharon
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FC- Fitness Center on the 4th Floor/**Third Floor-** assisted living /**RR-** Rec Room/Game Room in basement