

ACTIVE LIVING PROGRAMS—JULY 2021



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Locations-Basement: Craft Room (CRFT) Fellowship Hall (FH) Garden Room (GR) Recreation

Locations- First Floor: Art Gallery (AG) Library (LB) Main Lobby (ML) Outdoor Patio (OP)

Second Floor: Health Center (HC)

Locations-Third Floor: Assisted Living (AL) **Fourth Floor:** Art Studio (AS) Audubon Room (AR) Computer Room (CR) Fitness Center (FC) Game Room (GAME) **Other:** Zoom (ZM)



4 Independence Day 1:30-2:15pm Worship Services with Pastor Beeman (VR)

5 (July 4- Observed) 11am-12pm Cardio Jam w/Sharon (ZM) 1-2pm ETC Shoppe Open- Basement 2-4:15pm Chair Joint 4-5pm Resident Council Meeting (FH & ZOOM) Mobility Etc. Otto 7pm Bridge (VR)

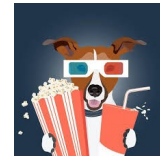
6 9:15-10:15am Line-dancing w/ Janet (RR) **11:30-3:30pm VOLUNTEER DAY at Alameda Food Bank (Pre-Ordered a sandwich from dining)** 1pm Writing Group (GR) 1-2pm Chorus with Larry (VR) 3:30-4:30 Energy Enhancement-Mitch (ZM)

7 10-11am Death Discourse- Rick Beeman (AR & Via ZM) 1-2pm ETC Shoppe Open 2-3pm Qi-Gong w/Isabelita (ZM) 3:45-4:45 Gentle Exercise w/Ziv (FC) 7pm Scrabble (AR)

8 10am Bridge Lessons (AR) 10:30-11:30am Yoga- Breath & Balance w/Bethany (FC) 1-2pm Men's Group Featuring: Joe Boonin (FH) 2-3pm Core w/Isabelita (ZM) 3-3:30pm QiGong w/Isabelita (ZM) **3:30-4:30pm Lovin' Harmony-Patriotic Songs (ML)**

9 9:45-10:45am Energy Enhancement w/Mitch (ZM) **11am-2:30pm Picnic-Lake Chabot- Whole Foods \$20** 11am-12pm Cardio Jam-Sharon (ZM) **12:30-2:30pm Art Class (AS)** 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch-(ZM)

10 9:15-10:15am Line-dance w/ Janet (RR) 7:15pm Movie Night (FH)



11 FITNESS LOCATIONS: Mitch- Zoom Isabelita: Zoom Sharon: Zoom Otto- (FC) Ziv: (FC) Bethany: (FC) Janet: basement (RecRoom)

12 10:30-11:30am Bob Lewis- Peruvian Per-egrinations (FH) 11am-12pm Cardio Jam w/Sharon (ZM) 1-2pm ETC Shoppe 2-4:15pm Chair Otto-(FC) **4-5pm Res. Council Meeting (FH/ZM)** 7pm Bridge (VR)

13 9:15-10:15am Line-dance w/Janet (RR) **10am-Noon "The Maestro" Presented by CV Herst, Producer (FH)** 1pm Writing Group (GR) 1-2pm Chorus with Larry (VR) 2-3:30pm Spirituality-McKay (FH) 3:30-4:30 Energy Enhancement-Mitch (ZM) 7:15pm Bingo (AR)

14 **10am-2pm Swap Meet DROP-OFF ONLY (RecRoom- basement)** 10-11am Comm. Connect. (ZM) 1-2pm ETC Shoppe Open 1-2pm Lake Park Book Club (AR) 2-3pm Qi-Gong -Isabelita (ZM) 3:45-4:45 Gentle Exercise w/Ziv (FC) **7:15pm Documentary Film- Kiss the Ground (FH)**

15 9-11am Jewelry Repairs (GR) **10am-2pm Swap Meet SHOP!! (RecRoom- basement)** 10:30-11:30am Yoga- Bethany (FC) 2-3pm Core w/Isabelita (ZM) 3-3:30pm QiGong w/Isabelita (ZOOM) **4-5pm Town Hall (FH/ZM)**

16 9:45-10:45am Energy Enhancement w/Mitch (ZM) **10am-2pm Swap Meet SHOP!! (RecRoom- basement)** 11am-12pm Cardio Jam-Sharon 12:30-2:30pm Art Class (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch-(ZM)

18 1:30-2:15pm Worship Services with Pastor Beeman (VR)

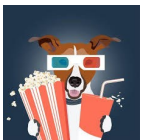
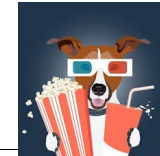
19 **9am-4pm Casino Day!** 11am-12pm Cardio Jam w/Sharon (ZM) 1-2pm ETC Shoppe Open- Basement 2-4:15pm Chair Tai Chi etc. w/Otto (FC) **4:15-5:15 pm New-comers Meet-up (GR)** 7pm Bridge (VR)

20 **9:30am-3:30pm Conservatory of Flowers \$7 + lunch Mersea \$\$** 9:15-10:15am Line-dance w/Janet (RR) 1pm Writing Group (GR) 1-2pm Chorus with Larry (VR) 3:30-4:30 Energy Enhancement-Mitch (ZM)

21 **9-11:30am SouthShore Shop!** 10-11am Community Connections w/ Rick Beeman (via ZM) 1-2pm ETC Shoppe Open 2-3pm Qi-Gong w/Isabelita (ZM) 3:45-4:45 Gentle Exercise w/Ziv (FC) 7pm Scrabble (AR)

22 10am Bridge Lessons (AR) **9:15am-3:15pm Ferry to SF Ferry Bldg. Farmers' Market Street Food Day \$** 10:30-11:30am Yoga- Breath & Balance w/Bethany (FC) 2-3pm Core Strengthening and 3-3:30pm QiGong w/Isabelita-(ZM) **3:30-4:30 Schoen/DeCuir (ML)** 7:15pm Great Courses (ZM/FH)

23 9:45-10:45am Energy Enhancement w/Mitch (ZOOM) 11am-12pm Cardio Jam-Sharon **12:30-2:30pm Art Class (AS)** 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM)



25 7-8pm Willis Hickox Piano Trio (ML)

26 9:30am Computer (LB) **10:30-11:30am Bob Lewis- The Changing Seasons (FH)** 11am-12pm Cardio Jam w/Sharon (ZM) 1-2pm ETC Shoppe 2-4:15pm Chair-Otto (FC) 7pm Bridge (VR)

27 **9-11:30am WalMart** 9:15-10:15am Line-dance w/Janet (RR) 1-2pm Chorus with Larry (VR) 2-3:30pm Spirituality-McKay (FH) 3:30-4:30 Energy Enhancement-Mitch (ZM) 7:15pm Bingo (AR)

28 10-11am Community Connections w/ Rick Beeman (via ZOOM) 1-2pm ETC Shoppe Open **1-2pm East Bay Parks Natural-ist Talk: Carquinez Straits** 2-3pm Qi-Gong w/Isabelita-ZM 3:45-4:45 Gentle Exer. w/Ziv (ZM) 7:15pm Doc. Film- Firestorm-72 Hours in Oakland (FH)

29 **10:30-2:30pm Wine Tasting- Rubino Winery \$20 + lunch \$** 10:30-11:30am Yoga- Breath & Balance w/Bethany (FC) 2-3pm Core Strengthening w/Isabelita (ZM) 3-3:30pm QiGong w/Isabelita-ZM **3:30-4:30pm The Therapists (ML)**

30 **9-11am Target** 9:45-10:45am Energy Enhancement w/Mitch-(ZOOM) 11am-12pm Cardio Jam-Sharon **12:30-2:30pm Art Class (AS)** 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch-Zoom **4-5pm Claudio Medeiros (ML)**

31 9:15-10:15am Line-dance w/ Janet (RR) 7:15pm Movie Night (FH)

