

Lake Park November 2021

Active Living Programs

Special LIVE &/or Zoom Presentations:

Monday 11/1, 10-11:30am Oakland Recycles Presentation (FH) Let's really UNDERSTAND how to recycle

Tuesday 11/2, 10:30am-Noon, (FH) Immune Booster Tips with Estelle Schneider (Part 4 of 6- various topics) Let's ensure we stay healthy.

Wednesday 11/3, 10-11am, (FH) California Phones- FREE phones for seniors Yes- FREE

Thursday (First) 11/4, 1-2pm (FH) Men's Group with Rick Beeman Listen, talk, and understand your issues with others.

Thursday 11/4, 3:30-4:30pm (ML) Birthday Party for Wenefrett Watson and Dorothy Huff with Medicine Ball Trio Cake, singing, music!

Fridays 11/5, 11/12, 11/19, NO 11/26 1-3pm, ART CLASS WITH PATTY Ongoing and new students are all welcome! All materials are provided

Sundays (1st, 3rd) 11/7, 11/21 1:30-2:15pm Worship Services (FH) Please join Rick Beeman with music provided by Larry Iverson- when available.

Monday 11/8, 9-10am Road Scholar Live Presents: Churchill's Darkest Decision (FH via live-stream)

Tuesday 11/9, 10:30-Noon (GR) Laura Bernell Poetry Workshop Part 2 of 3 Create- Flow!

Tuesday, Wednesday, Thursday 11/9- 11am-3pm 11/11 (RecRoom) Swap Meet Drop off Tuesday, SHOP Wednesday/Thursday

Wednesday (2nd) 11/10, 10-11am Death Discourse with Rick Beeman (AR) A safe place to discuss various end of life issues.

Friday 11/12, 4-5pm Rivka Amado- Sephardic Music (ML)

Sunday 11/14, 7:15pm Sunday Night Jazz, The Therapists (ML) Swing Jazz tunes for the soul.

Monday 11/15, 10am-Noon The Singer's Gym- (ML) Watch video of performance with Ben Berstein + Q&A

Tuesday 11/16, 10:30am-Noon, (FH) Parkinson's Update with Estelle Schneider (Part 5 of 6- various topics) Let's ensure we stay healthy.

Wednesday 11/17, 12-2pm (ML) See's Candy Sales

Thursday (3rd) 11/18, 9-11am Jewelry Repair (GR)

Tuesday 11/23, 10:30-Noon (GR) Laura Bernell Poetry Workshop Part 3 of 3 Create- Flow!

Wednesday 11/24, Grief Group (AR) There is a lot to discuss- bring your emotions to a safe place.

Tuesday 11/30, 10:30am-Noon, (FH) The Importance of Hydration w/Estelle Schneider (Part 5 of 6- various topics) Let's ensure we stay healthy.

Sign-Up in the Activity Book at Reception: For all OFF-SITE outings:

Thursday 11/4, 8am-1pm SF Symphony Rehearsal-Gimeno \$15 (B) Bring snacks & H2O

Monday 11/8 10:30am-4pm, 10:30am-4pm Asian Art Museum (B) \$15 FREE w/membership - bring money for lunch

Wednesday 11/17, 1-4:30pm Rosie the Riveter State Park FREE (B) Bring \$ for food or eat early

Thursday 11/18, 8am-1pm SF Symphony Rehearsal-MTT \$15 (B) Bring snacks & water

Friday 11/19, 6:30 & 7:15-10pm Oakland Symphony- The Music Returns (A) Purchase your own tickets- sign up for a ride in the van

Monday 11/22, 11:30am-3:30pm VOLUNTEER DAY- Alameda County Community Food Bank (B) Bring Lunch & Wear Layers!

Sign-Up for Shopping Trips:

Please sign up at Reception with for rides to medical/dental & shopping. Please respect the five-mile radius.

Friday 11/5, 10-11:30am Dollar Store

Wednesday 11/10, 1-3:30pm South Shore

Thursday 11/11, 9:30-11:30am & Monday 11/29, 1-3pm Target Alameda

Friday 11/12, 9-1-3:30pm Costco

Tuesday 11/16, 1-3:30pm WalMart San Leandro

Ongoing Monthly Meetings:

FIRST Monday, 11/1, 4-5pm (FH & ZOOM) Resident Council Meeting

THIRD Thursday, 11/18, 3-4pm (FH & ZOOM) Town Hall Meeting: with Tammy Hauck

Ongoing On-Site (and/or via ZOOM)

Resident Led Activities:

Mondays: 9:30am Computer 101 (LAST) with Mel McKey & Ted Keech in the Library ETC Shoppe 1-2pm (Basement), **Resident Council Meeting (First Mondays) 4-5pm (FH & ZOOM)**, Newcomers Meeting (Third Mondays) 4-5pm (GR), Bridge (VR) 7pm

Tuesdays: Chorus with Larry Iverson, 1-2pm (VR), Writing Group 1-2pm (AR), Spirituality with Nancy McKay 2-3:30pm (2nd & 4th), (AR), Bingo, 7pm (2nd & 4th) (AR), Pool Games, 7pm (GAME)

Wednesdays: Lake Park Book Club, 1pm (2nd-Weds.) (AR), ETC Shoppe, 1-2pm (Basement) Scrabble 7pm (1st, 3rd & 5th) (AR), Documentary Films, 7:15pm (2nd & 4th) (FH)

Thursdays: Bridge Lessons w/Peter Freeman 9:30am (AR), (2nd & 4th) Men's Group, 1pm (1st Thursday) (FH), The Great Courses 7:15pm (2nd & 4th) led by Ted Keech (Via ZOOM & FH)

Fridays: ETC Shoppe, 1-2pm (Basement)

Saturdays: Evening Movie, 7:15pm (FH).

***NEW HOURS* PS SALON**

Tuesdays 9am-3pm OPEN! On the 2nd Floor

Calendar Contact: Rachel Matthews, Director of Active Living Programs and Transportation 510-273-2129 rachelmatthews@cnmh.org

Outings Ratings:

- A- EASY for one and all
- B- SOME walking required
- C- Difficult terrain and/or lots of walking

NOVEMBER 2021 Fitness Schedule:

Note locations: FC- 4th Floor/RR- basement

MONDAY:

11am-Noon Cardio Jam with Sharon (**ZOOM**)

2-4:15pm Chair Based Joint Mobility/Easy Tai Chi Standing/ Tai Chi Walking -Otto (**FC**)

TUESDAY:

9:15-10:15am Line-Dancing with Janet (**RR**)

3:30-4:30pm Energy Enhancement-Mitch (**ZOOM**)

WEDNESDAY:

2-3pm Meditation with Isabelita (**VIA ZOOM**)

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

THURSDAY: NO class on Thanksgiving

***NEW CLASS* 10:30-11:30am Yoga with Muey Saechao (FC) NO class 11/11 or 11/25**

2-3pm Core Strengthening- Isabelita (**VIA ZOOM**)

3-3:30pm Core- Isabelita (**VIA ZOOM**)

FRIDAY:

9:45-10:45am- Energy Enhancement- Mitch (**ZOOM**)

11am-Noon Cardio Jam- Sharon (**ZOOM**)

3-4pm Tai Chi- Mitch (**ZOOM**)

SATURDAY:

9:15-10:15am Line-Dancing with Janet (**RR**)

- Mitch, Isabelita and Sharon's fitness classes are via ZOOM.
- Otto, Ziv and Janet are ON-SITE
- Muey Saechao- NEW Yoga Class!!