



ACTIVE LIVING PROGRAMS—NOVEMBER 2021



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



1
10-11:30am Oakland Recycles w/WM (FH)
11am-Noon Cardio Jam w/Sharon (ZM)
1-2pm ETC Shoppe
2-4:15 Balance (FC)
4-5pm Res Council Meeting (FH/ZM)
7pm Bridge (VR)

2
9:15-10:15am Line-dancing w/ Janet (RR)
10:30-Noon Immune Booster
Tips 4 pf 6 w/Estelle Schneider (FH)
1pm Writing Group (AR)
1-2pm Chorus with Larry (AG)
2-3:30-4:30 Energy Enhancement (FC)

3
10-11am California Phones-FREE phones for seniors (FH)
1-2pm ETC Shoppe Open
2-3pm Meditation w/Isabelita
3:45-4:45 Gentle Exer. (FC) Ziv
7pm Scrabble (AR)

4 Dorothy Huff 100!!
8am-1pm SF Symphony Rehearsal Gimeno - \$15 (B)
9:30am Bridge Lessons (AR)
10:30-11:30am Yoga- Muey (FC)
1-2pm Men's Group (FH)
2-3:30pm Core Isabelita (ZM)
3:30-4:30pm Birthday Party for Dorothy and Wenefrett with Medicine Ball Trio (ML)

5 Diversity Dinner- Hispanic
9:45-10:45am Energy Enhancement w/Mitch (ZM)
10-11:30am Dollar Store
11am-Noon Cardio Jam w/ Sharon (ZM)
1-3pm Art Class (AS)
1-2pm ETC Shoppe Open
3-4pm Tai Chi w/Mitch (ZM)

6
9:15-10:15am Line-dancing w/Janet (RR)
7:15pm Movie Night (FH)

7 DAYLIGHT SAVINGS ENDS-FALL BACK.
1:30-2:15pm Worship Services with Pastor Beeman (VR)

8
9-10am Road Scholar: Churchill's Dark-est Decision (FH)
10:30am-4pm Asian Art Museum \$15/FREE/members (B)
11am-12 Cardio Jam w/Sharon (ZM)
1-2pm ETC Shoppe
2-4:15 Balance-(FC)
7pm Bridge (VR)

9
9:15-10:15am Line-dancing (RR)
10:30-Noon Laura Bernell- Poetry Part 2 of 3 (GR)
11am-3pm Swap Meet- DROP OFF- Basement RecRoom
1pm Writing Group (AR)
1-2pm Chorus with Larry (AG)
2-3:30pm Spirituality- N. McKay (AR)
3:30-4:30 Energy Enhance..(FC)
7:15pm Bingo (AR)

10 Wine Tasting- Dining
10-11am Death Discourse w/ Rick Beeman (AR)
11am-3pm Swap Meet- SHOP!- Basement RecRoom
1pm Lake Park Book Club (AR)
1-2pm ETC Shoppe Open
1-3:30pm South Shore
2-3pm Meditation w/Isabelita
3:45-4:45 Gentle Exer. (FC) Ziv
7:15pm Doc Film: "Faces Places" (FH)

11 Veteran's Day
9:30am Bridge Lessons (AR)
9:30-11:30am Target
11am-3pm Swap Meet- SHOP!- Basement RecRoom
~~10:30-11:30am Yoga- Muey (FC)~~
2-3:30pm Core w/Isabelita (ZM)
7:15pm The Great Courses- A New History of Life Keech (via Zoom & FH)

12
9:45-10:45am Energy Enhancement w/Mitch (ZM)
11am-Noon Cardio Jam w/ Sharon (ZM)
1-3pm Art Class (AS)
1-3:30pm Costco
1-2pm ETC Shoppe Open
3-4pm Tai Chi w/Mitch (ZM)
4-5pm Rivka Amado (ML)

13
9:15-10:15am Line-dancing w/Janet (RR)
7:15pm Movie Night (FH)

14
7:15pm Sunday Night Jazz w/The Therapists (ML)

15
10-11am The Singer's Gym- reprise and Q&A (ML)
11am-Noon Cardio Jam w/Sharon (ZM)
1-2pm ETC Shoppe
2-4:15pm Balance Otto (FC)
4:15-5:15 pm New-comers Meet-up (GR)
7pm Bridge (VR)

16
9:15-10:15am Line-dancing w/ Janet (RR)
10:30-Noon 5 of 6 Parkinson's Update w/Estelle Schneider (FH)
1pm Writing Group (AR)
1-2pm Chorus with Larry (AG)
1-3:30pm WalMart
3:30-4:30 Energy Enhancement (FC)

17 Chef's Table- Dining
12-2pm See's Candy Sales (ML)
1-4:30pm Rosie The Riveter FREE (B) Bring \$ for food
1-2pm ETC Shoppe Open
2-3pm Meditation w/Isabelita
3:45-4:45 Gentle Exer. (FC) Ziv
7pm Scrabble (AR)

18
8am-1pm SF Symphony Rehearsal MTT- \$15 (B)
9-11am Jewelry Repairs (GR)
9:30am Bridge Lessons (AR)
10:30-11:30am Yoga- Muey (FC)
2-3:30pm Core w/Isabelita (ZM)
3-4pm Town Hall (FH + ZM)

19
9:45-10:45am Energy Enhancement w/Mitch (ZM)
11am-12 Cardio Sharon (ZM)
1-3pm Art w/Patty (AS)
1-2pm ETC Shoppe Open
3-4pm Tai Chi w/Mitch (ZM)
6:30 & 7:15-10pm Oakland Symphony: The Music Returns, Paramount Theatre- Buy your tix online

20
9:15-10:15am Line-dancing w/Janet (RR)
7:15pm Movie Night (FH)

21
1:30-2:15pm Worship Services with Pastor Beeman (VR)

22
11am-Noon Cardio Jam w/Sharon (ZM)
11:30am-3:30pm VOLUNTEER- Food Bank (C)
1-2pm ETC Shoppe
2-4:15pm Balance-Otto (FC)
7pm Bridge (VR)

23
9:15-10:15am Line-dancing w/ Janet (RR)
10:30-Noon Laura Bernell- Poetry Part 3 of 3 (GR)
1-2pm Chorus with Larry (AG)
1pm Writing Group (GR)
2-3:30pm Spirituality-McKay (AR)
3:30-4:30 Energy Enhancement (FC)
7:15pm Bingo (AR)

24
10-11am Grief Group (AR)
1-2pm ETC Shoppe Open
2-3pm Meditation w/Isabelita
3:45-4:45 Gentle Exer. Ziv (FC)
7:15pm Doc Film: "David Attenborough- "A Life on our Planet" (FH)

25 THANKSGIVING
7:15pm The Great Courses- A New History of Life Keech (via Zoom & FH)



26
9:45-10:45am Energy Enhancement w/Mitch (ZM)
11am-Noon Cardio Jam w/ Sharon (ZM)
1-3pm Art w/Patty (AS)
1-2pm ETC Shoppe Open
3-4pm Tai Chi w/Mitch (ZM)

27
9:15-10:15am Line-dancing w/Janet (RR)
7:15pm Movie Night (FH)



28 First Day of Hanukkah
29
9:30am Computer 101 (LB)
11am-Noon Cardio Jam w/Sharon (ZM)
1-2pm ETC Shoppe
1-3pm Target
2-4:15pm Balance (FC)
7pm Bridge (VR)

30
9:15-10:15am Line-dancing w/ Janet (RR)
10:30-Noon Importance of Hydration 6 of 6 w/Estelle Schneider (FH)
1pm Writing Group (GR)
1-2pm Chorus with Larry (AG)
3:30-4:30 Energy Enhancement (FC)



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

Locations- First Floor:
Art Gallery (AG)
Library (LB)
Main Lobby (ML)
Outdoor Patio (OP)
Second Floor:
Health Center (HC)
Other:
Zoom (ZM)

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