

Lake Park December 2021

Active Living Programs

Special LIVE &/or Zoom Presentations:

Thursday (First) 12/2, 1-2pm (FH) Men's Group with Rick Beeman Listen, talk, and understand your issues with others.

Fridays 12/3, 12/10, 12/17 1-3pm, ART CLASS WITH PATTY Ongoing and new students are all welcome! All materials are provided

Sunday 12/5, 7:15pm, (FH) Sunday Night Music with The Dulcet Four Be delighted by lovely voices

Sundays (1st, 3rd) 12/5 & 12/19 1:30-2:15pm Worship Services (FH) Please join Rick Beeman with music provided by Larry Iverson- when available.

Monday 12/6, 10-11am Program Committee Q&A (FH) Questions/comments/suggestions for the Program Committee and Rachel...? Bring it!

Tuesday 12/7, 11-11:30am, (FH) Social Services Presentation by Laurel: Expert Communication

Wednesday (2nd) 12/8, 10-11am Death Discourse with Rick Beeman (AR) A safe place to discuss various end of life issues.

Wednesday 12/8, 11am-Noon (FH) Road Scholar Lecture (via live stream) Building the Impossible: The Golden Gate Bridge

Thursday 12/9, 3:30-4:30pm Holiday Music with Alex Taite and Tiuu Eva Rabane (ML)

Friday 12/10, 7-9pm Tree Trimming with Ginny (ML) Add a little sparkle to the Christmas Tree courtesy of Ginny McGaraghan

Sunday 12/12, 7:15pm Sunday Night Jazz, The Therapists (ML) Swing Jazz tunes for the soul.

Tuesday 12/14, 2-3pm The Sentimental Strummers (ML) Fun for the Holidays with ukulele's!

Thursday 12/16, 12-2pm (ML) See's Candy Sales

Thursday (3rd) 12/16, 9-11am Jewelry Repair (GR)

Friday 12/17, 2-4pm (ML) Holiday Resident & Staff Party (ML) Raise a glass to each other as we enjoy music and refreshments as well as a dance performance and a sing-along with Larry Iverson and Holiday Music from the Nick Williams Trio

Tuesday 12/21, 7:15pm David Cooley Holiday Music (ML) Welcome the Winter Solstice in STYLE!

Wednesday 12/22, 10-11am Grief Group (AR) There is a lot to discuss- bring your emotions to a safe place.

Wednesday 12/22, 11am-Noon, (FH) Social Services Presents: Scams! Let's ensure we stay safe!!

Thursday 12/23, 3:30-4:30pm Bad Luck Magpies (ML) More music to set the stage for the New Year!

Friday 12/31, 3-5pm New Years Eve Party with Pellejo Seco (ML) Ring in the New Year with Salsa!!

Sign-Up in the Activity Book at Reception:
For all OFF-SITE outings:
ALL OUTINGS REQUIRE MASKS AND PROOF OF VACCINATION!

Wednesday 12/1, 9:45am-12:15pm Bancroft Library @ UCB: Uprooted: The Incarceration of Japanese Americans FREE tour with the curator (B)

Thursday 12/2, 8am-1pm SF Symphony Rehearsal-Simone Young Conducts Tchaikovsky's 5th \$15 (B) \$15 Bring snacks and water

Wednesday 12/8, 12:15-4:30pm Met at AMC Eurydice \$25 (B) BUY your tickets ONLINE in advance

Saturday 12/11, 12:15-3:45pm Met at AMC The Magic Flute (B) \$25 BUY your tickets ONLINE in ADVANCE

Monday 12/13, 10am-3pm Outlet Mall Shopping in Livermore (C) Bring your walking shoes and lots of patience! Shop/Eat and be Merry.

Saturday 12/18, 5:15-8:45pm The California Revels- Holiday Program- First Congregational Church \$30

Sign-Up for Shopping Trips:

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

Dollar Store- Friday 12/3, 10-11:30am

South Shore- Wednesday 12/15, 1-3:30pm

Target Alameda- Thursday 12/7, 9:30-11:30am & Wednesday 12/29, 1-3pm

Costco - Friday 12/10, 9-1-3:30pm

WalMart San Leandro - Tuesday 12/14, 1-3:30pm

Ongoing Monthly Meetings:

FIRST Monday, 12/6, 4-5pm (FH & ZOOM)
Resident Council Meeting

THIRD Thursday, 12/16, 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**

Tuesday & Thursday 9am-3pm

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

DECEMBER 2021 Fitness Schedule:

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

MONDAY:

11am-Noon Cardio Jam with Sharon (ZM)

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 (ZM)

WEDNESDAY:

2-3pm Meditation with Isabelita (VIA ZM) NO class 12/29

3:45-4:45pm Gentle Exercise- Ziv (FC) NO class 12/29

THURSDAY:

***NEW CLASS* 10:30-11:30am Yoga with Muey**
2-3pm Core Strengthening- Isabelita (VIA ZM) NO class 12/30

3-3:30pm Core- Isabelita (VIA ZM)

FRIDAY:

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

11am-Noon Cardio Jam- Sharon (ZM)

3-4pm Tai Chi- Mitch (ZM)

SATURDAY: NO class December 25

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

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