

# ACTIVE LIVING PROGRAMS—DECEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Locations- Basement:</b>                      Craft Room (CRFT)                      Fellowship Hall (FH)                      Garden Room (GR)                      Recreation</p>	<p><b>Locations- First Floor:</b>                      Art Gallery (AG)                      Library (LB)                      Main Lobby (ML)                      Outdoor Patio (OP)  <b>Second Floor:</b>                      Health Center (HC)  <b>Other:</b>                      Zoom (ZM)</p>	<p><b>Locations-Third Floor:</b>                      Assisted Living (AL)  <b>Fourth Floor:</b>                      Art Studio (AS)                      Audubon Room (AR)                      Computer Room (CR)                      Fitness Center (FC)                      Game Room (GAME)</p>	<p><b>1</b>                      9:45am-12:15pm Bancroft Library @ UCB, Uprooted: The Incarceration of Japanese Americans- FREE + Tour (B)                      1-2pm ETC Shoppe Open                      2-3pm Meditation w/Isabelita                      3:45-4:45 Gentle Exer. (FC) Ziv                      7pm Scrabble (AR)</p>	<p><b>2</b>                      8am-1pm SF Symphony Rehearsal, Tchaikovsky 5 \$15 (B)                      9:30am Bridge Lessons (AR)                      10:30-11:30am Yoga- Muey (FC)                      1-2pm Men's Group (FH)                      2-3:30pm Core w/Isabelita (ZM)</p>	<p><b>3</b>                      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)</p>	<p><b>4</b>                      9:15-10:15am Line-dancing w/Janet (RR)                      7:15pm Movie Night (FH)</p>
<p><b>5</b>                      1:30-2:15pm Worship Services with Pastor Beeman (FH)                      7:15pm The Dulcet Four (ML)</p>	<p><b>6</b> Last Day of Hanukkah                      10-11am Q&amp;A with Program Comm (FH)                      11am-Noon Cardio Jam w/Sharon (ZM)                      1-2pm ETC Shoppe                      2-4:15 Balance -Otto (FC)                      4-5pm Resident Council Meeting (ML)                      7pm Bridge (VR)</p>	<p><b>7</b> Pearl Harbor Day                      9:15-10:15am Line-dancing w/ Janet (RR)                      11am-11:30am Social Services Presentation- Expert Communication w/Laurel (FH)                      9:30-11:30am Target                      1pm Writing Group (AR)                      1-2pm Chorus with Larry (AG)                      3:30-4:30 Energy Enhancement (FC)</p>	<p><b>8</b> Wine Tasting- Dining                      10-11am Death Discourse w/ Rick Beeman (AR)                      11am-12pm Road Scholar-Golden Gate Bridge (FH)                      1pm Lake Park Book Club (AR)                      12:15-4:30pm Met/AMC- Eurydice-Buy tix ONLINE                      1-2pm ETC Shoppe Open                      2-3pm Meditation w/Isabelita                      3:45-4:45 Gentle Exer. (FC) Ziv                      7:15pm Barbara Lee- Speaking Truth to Power (FH)</p>	<p><b>9</b>                      9:30am Bridge Lessons (AR)                      10:30-11:30am Yoga- Muey (FC)                      2-3:30pm Core w/Isabelita (ZM)                      3:30-4:30pm Holiday Concert-Alex Taite (ML)                      7:15pm The Great Courses- A New History of Life Keech (via Zoom &amp; FH)</p>	<p><b>10</b>                      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)                      7-9pm Tree Trimming with Ginny (ML)</p>	<p><b>11</b>                      9:15-10:15am Line-dancing w/Janet (RR)                      12:15-3:35pm NY Met at AMC-The Magic Flute-Buy your tix in advance-ONLINE                      7:15pm Movie Night (FH)</p>
<p><b>12</b>                      7:15pm Sunday Night Jazz with The Therapists (ML)</p>	<p><b>13</b>                      10am-3pm Outlet Mall Livermore (C)                      11am-Noon Cardio Jam w/Sharon (ZM)                      1-2pm ETC Shoppe Open- Basement                      2-4:15pm Chair-Joint Otto (FC)                      7pm Bridge (VR)</p>	<p><b>14</b>                      9:15-10:15am Line-dancing w/ Janet (RR)                      1-3:30pm WalMart                      1pm Writing Group (AR)                      1-2pm Chorus with Larry (AG)                      2-3pm Sentimental Strummers (ML)                      2:30-3:30pm Spirituality-N. McKay (AR)                      3:30-4:30 Energy Enhance..(FC)                      7:15pm Bingo (AR)</p>	<p><b>15</b> Chef's Table- Dining                      1-3:30pm South Shore                      1-2pm ETC Shoppe Open                      2-3pm Meditation w/Isabelita                      3:45-4:45 Gentle Exer. (FC) Ziv                      7pm Scrabble (AR)</p> <p style="text-align: center;">SOUTH SHORE CENTER</p>	<p><b>16</b>                      9-11am Jewelry Repairs (GR)                      9:30am Bridge Lessons (AR)                      10:30-11:30am Yoga- Muey (FC)                      12-2pm See' Candy Sales (ML)                      2-3:30pm Core w/Isabelita (ZM)                      3-4pm Town Hall (FH + ZM)</p>	<p><b>17</b>                      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)                      2-4pm Holiday Party-Nick Williams Trio 3-4pm, Larry Iverson, sing-along 2-3pm (ML)</p>	<p><b>18</b>                      9:15-10:15am Line-dancing w/Janet (RR)                      5:15-8:45pm California Revels \$30 (A)                      7:15pm Movie Night (FH)</p>
<p><b>19</b>                      1:30-2:15pm Worship Services with Pastor Beeman (FH)</p>	<p><b>20</b>                      11am-Noon Cardio Jam w/Sharon (ZM)                      1-2pm ETC Shoppe                      2-4:15pm Chair Based Joint ETC- Otto (FC)                      4:15-5:15 pm New-comers Meet-up (GR)                      7pm Bridge (VR)</p>	<p><b>21</b> Winter Solstice                      9:15-10:15am Line-dancing w/ Janet (RR)                      1pm Writing Group (AR)                      1-2pm Chorus with Larry (AG)                      3:30-4:30 Energy Enhancement (FC)                      7:15pm David Cooley Sings your Holiday Favorites (ML)</p>	<p><b>22</b>                      10-11am Grief Group (AR)                      11am-12pm Social Services Presents: Scams! (FH)                      1-2pm ETC Shoppe Open                      2-3pm Meditation w/Isabelita                      3:45-4:45 Gentle Exer. Ziv (FC)                      7:15pm La Traviata (FH)</p>	<p><b>23</b>                      9:30am Bridge Lessons (AR)                      10:30-11:30am Yoga- Muey (FC)                      2-3:30pm Core w/Isabelita (ZM)                      3:30-4:30pm Bad Luck Magpies (ML)                      7:15pm The Great Courses- A New History of Life Keech (via Zoom &amp; FH)</p>	<p><b>24</b> Christmas Eve                      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)</p>	<p><b>25</b> Christmas Day                      9:15-10:15am Line-dancing w/Janet (RR)                      7:15pm Movie Night (FH)</p>
<p><b>26</b> Kwanzaa</p>	<p><b>27</b>                      9:30am Computer 101 (LB)                      11am-Noon Cardio Jam w/Sharon (ZM)                      1-2pm ETC Shoppe Open- Basement                      2-4:15pm Chair Based Joint w/Otto (FC)                      7pm Bridge (VR)</p>	<p><b>28</b>                      9:15-10:15am Line-dancing w/ Janet (RR)                      1pm Writing Group (GR)                      1-2pm Chorus with Larry (AG)                      2:30-3:30pm Spirituality-N. McKay (AR)                      3:30-4:30 Energy Enhancement (FC)                      7:15pm Bingo (AR)</p>	<p><b>29</b>                      1-2pm ETC Shoppe Open                      1-3pm Target                      2-3pm Meditation w/Isabelita                      3:45-4:45 Gentle Exer. Ziv (FC)                      7pm Scrabble (AR)</p>	<p><b>30</b>                      9:30am Bridge Lessons (AR)                      10:30-11:30am Yoga- Muey (FC)                      2-3pm Core w/Isabelita (ZM)</p>	<p><b>31</b> New Year's Eve                      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)                      3-5pm New Years Eve Salsa Party with Pellejo Seco (ML)</p>	