

# **Lake Park April 2022**

## **Active Living Programs**

### **Special LIVE &/or Zoom Presentations:**

**Fridays 4/1, 4/8, 4/15, 4/22 & 4/29 1-3pm, Art Class with Patty (AS)**

**Saturday 4/2 & 4/9, 2-4pm (AR) – JEWELRY RE-WORKSHOP: Rebuild your old jewelry into something new and wearable! Bring your old broken jewelry pieces** Instructor: Charlotte Yip

**Sundays (1<sup>st</sup>, 3<sup>rd</sup>) 4/3 & 4/17 1:30-2:15pm Worship Services (FH)** Please join Rick Beeman with music provided by Larry Iverson- when available.

**Monday 4/4, 1-2pm (FH) Road Scholar Lecture: Whales of the Pacific Coast**

**Monday 4/4, 10-11am SF Choral Artists: Traditional Jewish Music Concert via ZOOM (FH)**

**Tuesday 4/5, 11-3pm Drop OFFS ONLY for Swap (RR)**

**Tuesday 4/5, 7pm The NOT so Newly-Wed Game (FH)**  
With three residents couples- hosted by Tammy

**Wednesday 4/6 & Thursday 4/7, 11am-3pm Swap & Shop OPEN (RR)**

**Wednesday 4/6, 11am-Noon (FH) Road Scholar Lecture: Magellan's 500<sup>th</sup> Anniversary: Crucial Decisions**

**Thursday (1<sup>st</sup> & 3<sup>rd</sup>) 4/7 & 4/21, 1-2pm (FH) Men's Group with Rick Beeman** Listen, talk, and understand your issues with others.

**Thursday 4/7, 11am-Noon (FH) Stanford Health Lecture: Advance Health Directives Workshop Part 1**

**Thursday 4/7, 3:30-4:30pm Chris Pucci (ML) Chris sings his tenor heart out for YOU! ENJOY!!**

**Saturday 4/9 & 4/30, 10:30am (AR) Write your OWN Obituary- led by Nancy McKay**

**Sunday 4/10 & 4/24, 7:15pm (ML) Jazz w/The Therapists**

**Tuesday 4/12, 10:30am-12pm JCCSF Lectures: Richard Powers & Bill McKibbin Discuss: The Overstory (FH)**

**Wednesday (2<sup>nd</sup>) 4/13, 10-11am Death Discourse with Rick Beeman (AR)** A safe place to discuss various end of life issues.

**Thursday 4/14, 11am-Noon (FH) Stanford Health Lecture: Advance Health Directives Workshop Part 2**

**Friday 4/15, 4-5pm, Celebrate 103 YEARS with Yvonne Baumeister! With music by Betsy Littell (ML)**

**Tuesday 4/18, 1-2pm JCCSF Yitzak Rabin (FH via ZM)**

**Tuesday (Third) 4/19, 10:30-11:30am (AR) Caregiver Support Group** Supporting a loved one through health struggles? Join others like you in caring connection.

**Thursday (3<sup>rd</sup>) 4/21, 9-11am Jewelry Repair (GR)**

**Monday 4/25, 1-2pm Cooley (ML)**  
Cooley will have you stamping your feet for more! Join us!

**Wednesday (4<sup>th</sup>) 4/27, 10-11am Grief Group (AR)** There is a lot to discuss- bring it on!

**Thursday 4/28, 3:30-4:30pm Berkeley Community Chorus (ML)**

**Sign-Up in the Activity Book at Reception: BRING MASK AND PROOF OF VACCINATION!**

**Friday 4/8, 9am-3:30pm Rosicrucian Museum \$8 + lunch \$ (B)** Bring money for your lunch

**Monday 4/11, Urban Ore & Lunch at Viks Chaat Room and Shoppe \$ (C)** Bring money for whatever and for food!

**Wednesday 4/20, 9am-4pm Cache Creek Casino (A)**  
Bring money to lose and money to eat.

**Thursday 4/21, 4:40-7pm Passover Seder (VR) Led by Arlene Saidman** Sign up at reception- two meal credits

**Friday 4/22, 6:45 & 7:30-10pm The Oakland Symphony- F. Murray Abraham at the Paramount Theatre. (A)** Buy your tickets online. Pre-performance lecture

**Wednesday 4/27, 1:15-4:45pm Treasure Island Native Plant Volunteer Day (B)** Eat lunch FIRST wear comfortable clothes as we will re-pot plants w/ Audubon, Bring water.

**Thursday 4/28, 8:30am-1pm SF Symphony, Tchaikovsky Symphony #6 \$15 (B).**

**Friday 4/29, 9:30am-3:30pm Filoli Gardens Trip #2, \$22**  
**Waiting list from March will be accepted first on sign up list.**

**Sign-Up for Shopping Trips:**  
**Dollar Store- Friday 4/1, 1-2:30pm**

**South Shore- Wednesday 4/6, 9:30am-Noon**

**Target Alameda- Tuesday 4/12, 1-3pm**

**WalMart San Leandro – Thursday 4/21, 10am-12pm**

**Ongoing Monthly Meetings:**

**FIRST Monday, 4/4, 4-5pm (FH) NO ZOOM**  
Resident Council Meeting

**THIRD Thursday, 4/21, 3-4pm (ZOOM ONLY!!)**  
Town Hall Meeting: with Tammy Hauck

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

**Ongoing On-Site (and/or via ZOOM)  
Resident Led Activities:**

**Mondays:** Mah Jong w/Mary Lee 8:15am (AR), Computer 101 (LAST) with Mel McKey & Ted Keech in the Library 9:30am, 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 (AG 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup>; 2nd FL. 2<sup>nd</sup>; 3<sup>rd</sup> FL. 4<sup>th</sup>), Writing Group 1-2pm (GR), Spirituality with Nancy McKay 2:30-3:30pm (2<sup>nd</sup> & 4<sup>th</sup>) (AR), Bingo, 7:15pm (2<sup>nd</sup> & 4<sup>th</sup>) (AR), Pool Games, 7pm (GAME)

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

**Thursdays:** Bridge Lessons w/Peter Freeman 9:30am (AR), Men's Group, 1pm (1<sup>st</sup> & 3<sup>rd</sup> Thursday) (FH), Mah Jong w/Mary Lee 1:15pm (AR), The Great Courses 7:15pm (2<sup>nd</sup> & 4<sup>th</sup>) led by Ted Keech (Via ZM & FH)

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

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

**Calendar Contact: Rachel Matthews, Director of Active Living Programs and Transportation**  
510-273-2129 [rachelmatthews@cnmh.org](mailto:rachelmatthews@cnmh.org)

**Outings Ratings:**

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

**APRIL 2022 Fitness Schedule:**

**Note locations: ZOOM (ZM)**

**MONDAY:**

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

**2-4:15pm** BALANCE work: 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** Stretch with Bands/Ball/Weights- Isabelita (ZM)

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

**THURSDAY:**

**10:30-11:30am** Yoga with Muey (FC)

**2-3pm** Core Strengthening- Isabelita (ZM)

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

**FRIDAY:**

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

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

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

**SATURDAY:**

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

**Isabelita's Thursday Class with be LIVE in the Fitness Center starting Thursday April 21!!!**