





# ACTIVE LIVING PROGRAMS—MAY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1:30-2:15pm Worship Services with Pastor Beeman (FH)	<b>2</b> 9:15am MahJong (AR) 11am-12pm Cardio (FC) 12:30-1:30pm War 4 Conservatism (FH) 1-2pm ETC Shoppe 2-4:15 Balance- (FC) 4-5pm Resident Council Meeting (FH) 7pm Bridge (VR)	<b>3</b> 9:15-10:15am Line-dancing w/ Janet (RR) 10:30am-12pm Introduction to Weight Training w/Jayah (FC) 1pm Writing Group (GR) 1-3pm Costco (B) 1-2pm Chorus with Larry (AG) 3:30-4:30 Energy Enhancement (ZM)	<b>4</b> 9:30-Noon South Shore 10-11am Road Scholar Presents: Eiffel Tower & World's Fairs in Paris (FH via ZOOM) 1-2pm ETC Shoppe Open 2-3pm Stretching and weights w/ Isabelita (FH & ZM) 3:45-4:45 Gentle Exer. (FC) Ziv 7pm Scrabble (AR)	<b>5</b> 10:30-11:30am Yoga- Muey (FC) 1pm Men's Group (FH) 1-2pm Estrellas de Oro Cinco de Mayo Fiesta (ML) 1:15pm Mah Jong (AR) 2-3:30pm Core w/Isabelita- (FC)	<b>6</b> 9:45-10:45am Energy Enhancement w/Mitch (ZM) 9:30am-3:30pm Legion of Honor Guo Pei \$27 (B) 11am-Noon Cardio Jam w/ Sharon (FC) 1-3pm Art Class (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM)	<b>7</b> 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)
<b>8 Mothers Day</b> 7:15pm Sunday Night Jazz-The Therapists (ML) 	<b>9</b> 9:15am MahJong (AR) 10-11:30am Shredder \$5/bag-\$10/box CASH (A) 11am-Noon Cardio Jam w/Sharon (FC) 1-2pm ETC Shoppe 1-2:30pm Dollar Store 2-4:15 Balance (FC) 7pm Bridge (VR)	<b>10</b> 9:15-10:15am Line-dancing w/ Janet (RR) 10:30-11:30am Maximizing Our Social Impact as we Age Pt. 1 (Via ZM in FH) 1pm Writing Group (GR) 1-2pm Chorus with Larry (2nd FL) 2:30-3:30pm Spirituality-N. McKay (AR) 3:30-4:30 Energy Enhance..(ZM) 7:15pm Bingo (AR)	<b>11</b> 10-11am Death Discourse w/ Rick Beeman (AR) 12:30-3:30pm NY Met @ AMC Turandot \$25 Buy tix online (B) 1pm Lake Park Book Club (AR) 2-3pm Stretching and weights w/ Isabelita (FH & ZM) 1-2pm ETC Shoppe Open 3:45-4:45 Gentle Exer. (FC) Ziv 7:15pm Documentary (FH)	<b>12</b> 9-11am Target 9:30am Bridge Lessons (AR) 10:30-11:30am Yoga- Muey (FC) 1:15pm Mah Jong (AR) 2-3:30pm Core w/Isabelita- (FC) 3:30-4:30pm Chris Waltz (ML) 7:15pm The Great Courses- A New History of Life Keech (via Zoom & FH)	<b>13</b> 9:45-10:45am Energy Enhancement w/Mitch (ZM) 10am-4:30pm diRosa Contemporary Art \$20 + \$15/lunch (B) 11am-Noon Cardio Jam w/ Sharon (FC) 1-3pm Art Class (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM)	<b>14</b> 9:15-10:15am Line-dancing w/Janet (RR) 3-4pm Berkeley Broadway Singers (FH) 7:15pm Movie Night (FH)
<b>15</b> 1:30-2:15pm Worship Services with Pastor Beeman (FH)	<b>16</b> 8am-Noon Food Bank Volunteer (A) 9:15am MahJong (AR) 11am-12 Cardio (FC) 1-2pm ETC Shoppe 2-4:15pm Balance Otto (FC) 4-5 pm Newcomers (GR) 7pm Bridge (VR)	<b>17</b> 9:15-10:15am Line-dancing w/ Janet (RR) 10:30-11:30am Caretaker Support Group (AR) 1pm Writing Group (GR) 1-3:30pm Oakland Museum- Diebenkorn \$11 (at the door) (B) 1-2pm Chorus with Larry (AG) 3:30-4:30 Energy Enhance..(ZM)	<b>18</b> 10am-3:30pm China Camp Park walk & \$ for Vietnamese or bag lunch (A) 1-2pm ETC Shoppe Open 2-3pm Stretching and weights w/ Isabelita (FH & ZM) 3:45-4:45 Gentle Exer. (FC) Ziv 7pm Scrabble (AR)	<b>19</b> 9-11am Jewelry Repairs (GR) 10:30-11:30am Yoga- Muey (FC) 11:30am-2pm \$ Lunch at Zachary's/Ice Cream at Smit-ten/ Shop at TJ's \$ (B) 1pm Men's Group (FH) 1:15pm Mah Jong (AR) 2-3:30pm Core w/Isabelita (FC) 3-4pm Town Hall- BUDGET MEETING (FH ONLY)	<b>20</b> 9:45-10:45am Energy Enhancement w/Mitch (ZM) 11am-Noon Cardio-Sharon (FC) 1-3pm Art w/Patty (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM) 6:45 & 7:15-10pm Oakland Symphony Leonard Slatkin Buy tickets in advance! (A)	<b>21</b> Armed Forces Day Bill Hardenstine 100!! 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)
<b>22</b> 	<b>23</b> 9-11am WalMart 9:15am MahJong (AR) 11am-Noon Cardio Jam w/Sharon (FC) 1-2pm ETC Shoppe 1-2pm Sentimental Strummers (ML) 2-4:15pm Balance Otto (FC) 7pm Bridge (VR)	<b>24</b> 9:15-10:15am Line-dancing w/ Janet (RR) 11am-Noon Road Scholar: Mt St Helens Eruptions (FH) 1pm Writing Group (GR) 1-2pm Chorus with Larry (3rd FL) 2:30-3:30pm Spirituality-N. McKay (AR) 3:45pm Focus Group Report (FH) 3:30-4:30 Energy Enhance..(ZM) 7:15pm Bingo (AR)	<b>25</b> 10-11am Grief Group w/ Rick B. Beeman (AR) 10:30-11:30am Maximizing Our Social Impact as we Age Pt. 2 (FH via ZM) 12:30-3:45pm NY Met @ AMC Lucia di Lammermoor \$25 (B) 1-2pm ETC Shoppe Open 2-3pm Stretching and weights w/ Isabelita (FH & ZM) 3:45-4:45 Gentle Exer. Ziv (FC) 7:15pm Documentary (FH)	<b>26</b> 8:30am-12:30pm SF Symphony Rehearsal: Tchaikovsky 5- \$15 (B) 9:30am Bridge Lessons (AR) 10:30-11:30am Yoga- Muey (FC) 1:15pm Mah Jong (AR) 2-3:30pm Core w/Isabelita (FC) 3:30-4:30pm Birthday Cake & Coffee for Bill & Jou- music by Marc Capelle (ML) 7:15pm The Great Courses- A New History of Life (ZM & FH)	<b>27</b> Jou Tchao 100/101!! 9:30-11am Dollar Store (B) 9:45-10:45am Energy Enhancement w/Mitch (ZM) 11am-Noon Cardio Jam w/ Sharon (FC) 1-3pm Art w/Patty (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM)	<b>28</b> 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)
<b>29</b> 1:30-2:15pm Worship Services with Pastor Beeman (FH) 7:15pm Sunday Night Jazz-The Therapists	<b>30 Memorial Day</b> 9:15am MahJong (AR) 9:30am Computer 101 (LB) 11am-12Cardio (FC) 1-2pm ETC Shoppe Open- Basement 2-4:15pm Balance w/ Otto (FC) 7pm Bridge (VR)	<b>31</b> 9:15-10:15am Line-dancing w/ Janet (RR) 1pm Writing Group (GR) 1-2pm Chorus with Larry (AG) 3:30-4:30 Energy Enhancement (ZM)		<b>Locations-Basement:</b> Craft Room (CRFT) Fellowship Hall (FH) Garden Room (GR) Recreation Room (RR) Sewing Room (SR) <b>Solarium/Rooftop:</b> Vista Room (VR) Rose Garden (RG)	<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)	<b>Locations-Third Floor:</b> Assisted Living (AL) <b>Fourth Floor:</b> Art Studio (AS) Audubon Room (AR) Computer Room (CR)