

Lake Park June 2022

Active Living Programs

Special LIVE &/or Zoom Presentations:

Thursday (1st & 3rd) 6/2 & 6/16, 1-2pm Men's Group with Rick Beeman (FH) Listen, talk, and understand your issues with others.

Thursday 6/2, 3:30-4:30pm Jeff Wessman- Musical Performance (ML)

Friday 6/3, 10-11am The Commonwealth Club Presents: Russia/Ukraine Geo-Politics of Energy (FH)

Fridays 6/3, 6/10, 6/17 & 6/24, 1-3pm, Art Class with Patty (AS)

Sundays (1st, 3rd) 6/5 & 6/19, 1:30-2:15pm Worship Services (FH) Please join Rick Beeman with music provided by Larry Iverson- when available

Sunday 6/5 & 6/19- (Father's Day!) The Therapists, Swing Jazz (ML)

Tuesday 6/7, 10:30-11:30am Maximizing our Social Impact as we Age (Part 3) (FH) Join this three-part conversation about our continued Social Relevancy

Tuesday 6/7 4-5pm, Road Scholar: The Khmer Empire & Angkor Wat (FH via ZM)

Wednesday (2nd) 6/8, 10-11am Death Discourse with Rick Beeman (AR) A safe place to discuss various end of life issues.

Friday 6/10, 4-5pm Rivka Amado (ML) Listen and learn while Rivka sings and plays Sephardic Music for your enjoyment

Tuesday 6/14 & 28, 10:30am-Noon My Dying Wishes Part 1 & 2 (FH) Learn all about how to ensure your legacy is what you expect it to be. Workshop- optional workbook \$16, available day of.

Wednesday 6/15, 11am-Noon Road Scholar Presents: Harvey Milk and the Gay Rights Movement (FH) Learn about this local hero.

Thursday (3rd) 6/16, 9-11am Jewelry Repair (GR)
Let Ruby replace watch batteries and repair your jewelry.

Thursday 6/16, 10-11:15am Mapping the Brain- UC Berkeley Psychology Department (FH via ZM) How the human brain works and how to keep it healthy.

Tuesday (Third) 6/21, 10:30-11:30am Caregiver Support Group (AR) Supporting a loved one through

health struggles? Join others like you in caring connection.

Wednesday 6/22, 10-11am, Road Scholar Presents: Chaco Canyon at Night (FH) What went on at Chaco Canyon after the sun sent down...

Wednesday (4th) 6/22, 10-11am Grief Group (AR)
There is a lot to discuss- let it out!

Wednesday 5/26, 10:30-11:30am Maximizing our Social Impact as we Age- Part 2 (FH/ZM) Join this three-part conversation about our continued Social Relevancy

Thursday 5/26, 3:30-4:30pm Birthday Party for JouTchao (101) and Bill Hardenstine (100) + Music with Marc Capelle (ML) Enjoy cake and ice cream and music!

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

Wednesday 6/1, 12:30-6:30pm SF Opera Dress Rehearsal- Don Giovanni \$15- BRING SNACKS and WATER (B)

Wednesday 6/8, 12:30-3:30pm New York Met at AMC Hamlet \$25 (A) BUY YOUR tickets ONLINE.

Thursday 6/9, 9:30am-3:30pm, DeYoung Bouquets to Art \$32 or FREE w/membership (B) BRING your membership cards we will buy our tickets at the door. Bring \$ for café or a bag lunch

Monday 6/13, 10am-2:30pm, Pardee House High Tea and Tour \$55 including tip (A) Yummy!!!

Thursday 6/23 8:30am-1pm, SF Symphony Stucky, Adams & Sibelius \$15 (B) Bring water and a snack.

Wednesday 6/29, 9:30am-4pm Sonoma Train Town/ Sonoma Valley Art Gallery \$7/Sonoma Square (B) Ride a train and a carousel, view art and eat at the square! Bring \$\$ for rides/gallery and food

Sign-Up for Shopping Trips:
Target Alameda- Thursday 6/2, 9-10:30am

South Shore- Wednesday 6/8, 9:30am-Noon

WalMart San Leandro – Friday 6/17, 10am-Noon

Dollar Store- Tuesday 6/21, 1-2:30pm

Costco- Wednesday 6/22, 1-3pm

Ongoing Monthly Meetings:

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

THIRD Thursday, 6/16, 3-4pm (FH)
Town Hall Meeting: with Tammy Hauck

Ongoing On-Site Resident Led

Activities:

Mondays: Mah Jong w/Mary Lee 9:15am (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)**, Newcomers Meeting (Third Mondays) 4-5pm (GR), Bridge (VR) 7pm

Tuesdays: Chorus with Larry Iverson 1-2pm (AG 1st, 3rd & 5th; 2nd FL. 2nd; 3rd FL. 4th), Writing Group 1-2pm (GR), Spirituality with Nancy McKay 2:30-3:30pm (2nd & 4th) (AR), Bingo, 7:15pm (2nd & 4th) (AR), Pool Games, 7pm (GAME)

Wednesdays: Lake Park Book Club, 1pm (2nd) (AR), ETC Shoppe, 1-2pm (Basement) *NEW TIME* Scrabble 10am (1st, 3rd & 5th) (AR), Documentary Films, 7:15pm (2nd & 4th) (FH)

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

Outings Ratings:

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

JUNE 2022 Fitness Schedule:

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)

2-3:30pm Core Strengthening- 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)