



ACTIVE LIVING PROGRAMS—JUNE 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations- Basement: Craft Room (CRFT) Fellowship Hall (FH) Garden Room (GR) Recreation	Locations- First Floor: Art Gallery (AG) Library (LB) Main Lobby (ML) Outdoor Patio (OP) Second Floor: Health Center (HC) Other: Zoom (ZM)	Locations-Third Floor: Assisted Living (AL) Fourth Floor: Art Studio (AS) Audubon Room (AR) Computer Room (CR) Fitness Center (FC) Game Room (GAME)	1 10am Scrabble (AR) 12:30-6:30pm- \$15/ SF Opera Rehearsal: Don Giovanni (A) 1-2pm ETC Shoppe Open 2-3pm Stretching and weights w/ Isabelita (FC) 3:45-4:45 Gentle Exer. (FC) Ziv	2 9-10:30am Target 10:30-11:30am Yoga- Muey (FC) 1pm Men's Group (FH) 1:15pm Mah Jong (AR) 2-3:30pm Core w/Isabelita- (FC) 3:30-4:30pm Jeff Wessman (ML)	3 9:45-10:45am Energy (ZM) 10am-11am Commonwealth Club: Russia/Ukraine GeoPolitics of Energy (FH/ZM) 11am-Noon Cardio Jam w/ Sharon (FC) 1-3pm Art Class (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM)	4 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)
5 1:30-2:15pm Worship Services with Pastor Beeman (FH) 7:15pm The Therapists (ML)	6 9:15am MahJong (AR) 11am-Noon Cardio Jam w/Sharon (FC) 1-2pm ETC Shoppe 2-4:15 Balance w/ Otto (FC) 4-5pm Resident Council Meeting (FH) 7pm Bridge (VR)	7 9:15-10:15am Line-dancing w/ Janet (RR) 10:30-11:30am Maximizing Our Social Impact as we Age Part 3 (FH) 1pm Writing Group (GR) 1-2pm Chorus with Larry (AG) 3:30-4:30 Energy Enhancement- Mitch (ZM) 4-5pm Road Scholar: Khmer Empire & Angkor Wat (FH-ZM)	8 9:30-Noon South Shore 10-11am Death Discourse w/ Rick Beeman (AR) 12:30-5pm Met at AMC-Hamlet \$25 (B) 1pm Lake Park Book Club (AR) 1-2pm ETC Shoppe Open 2-3pm Stretching and weights w/ Isabelita (FC) 3:45-4:45 Gentle Exer. (FC) Ziv 7:15pm Documentary (FH)	9 9:30am-3:30pm DeYoung- Bouquets to Art \$32/FREE w/membership (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) 7:15pm The Great Courses- A New History of Life, Led by Ted Keech (via Zoom & FH)	10 9:45-10:45am Energy Enhancement w/Mitch (ZM) 11am-Noon Cardio Jam w/ Sharon (FC) 1-3pm Art Class (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM) 2-3pm Rivka Amado (ML)	11 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)
	12 9:15am MahJong (AR) 11am-Noon Cardio Jam w/Sharon (FC) 10am-2:30pm Pardee House Tea + Tour \$55 w/TIP (A) 1-2pm ETC Shoppe Open- Basement 2-4:15pm Balance Otto (FC) 7pm Bridge (VR)	13 9:15am MahJong (AR) 11am-Noon Cardio Jam w/Sharon (FC) 10am-12pm My Dying Wishes \$16/workbook recommended (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)	14 10am Scrabble (AR) 11am-12pm Road Scholar: Harvey Milk and the Gay Rights Movement (FH livestream) 1-2pm ETC Shoppe Open 2-3pm Stretching and weights w/ Isabelita (FC) 3:45-4:45 Gentle Exer. (FC) Ziv 5pm Birthday Dinner (AG)	15 9-11am Jewelry Repairs (GR) 10-11:15am Mapping the Brain -UC Berkeley Psychology Dept. (FH via Zoom) 1:15pm Mah Jong (AR) 10:30-11:30am Yoga- Muey (FC) 1pm Men's Group (FH) 2-3:30pm Core w/Isabelita (FC) 3-4pm Town Hall (FH)	16 9:45-10:45am Energy Enhancement w/Mitch (ZM) 10-Noon WalMart 11am-Noon Cardio-Sharon (FC) 1-3pm Art w/Patty (AS) 1-2pm ETC Shoppe Open 3-4pm Tai Chi w/Mitch (ZM)	17 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)
19 Father's Day Juneteenth 1:30-2:15pm Worship Services with Pastor Beeman (FH) 7:15pm The Therapists (ML)	20 9:15am MahJong (AR) 11am-Noon Cardio Jam w/Sharon (FC) 1-2pm ETC Shoppe 2-4:15pm Balance- Otto (FC) 4-5 pm Newcomers Meet-up (GR) 7pm Bridge (VR)	21 First Day of Summer 9:15-10:15am Line-dancing w/ Janet (RR) 10:30-11:30am Caretaker Support Group (AR) 1pm Writing Group (GR) 1-2:30pm Dollar Store 1-2pm Chorus with Larry (AG) 3:30-4:30 Energy Enhancement (ZM)	22 10-11am Road Scholar Presents: Chaco Canyon at Night (FH via live-stream) 10-11am Grief Group w/ Rick Beeman (AR) 1-2pm ETC Shoppe Open 1-3pm Costco 2-3pm Stretching and weights w/ Isabelita (ZFC) 3:45-4:45 Gentle Exer. Ziv (FC) 7:15pm Documentary (FH)	23 8:30am-12:30pm SF Symphony- Stucky/Adams & Sibelius \$15 (A) 9:30am Bridge Lessons (AR) 10:30-11:30am Yoga- Muey (FC) 1:15pm Mah Jong (AR) 2-3:30pm Core w/Isabelita (FC) 7:15pm The Great Courses- A New History of Life, (Last episode) Led by Ted Keech (ZM & FH)	24 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)	25 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)
	26 9:15am MahJong (AR) 9:30am Computer 101 (LB) 11am-Noon Cardio Jam w/Sharon (FC) 1-2pm ETC Shoppe Open- Basement 2-4:15pm Balance (FC) 7pm Bridge (VR)	27 9:15-10:15am Line-dancing (RR) 10:30am-12pm My Dying Wishes \$16/workbook recommended (FH) 1pm Writing Group (GR) 1-2pm Chorus with Larry (3rd FL) 2:30-3:30pm Spirituality-N. McKay (AR) 3:30-4:30 Energy Enhance (ZM) 7:15pm Bingo (AR)	28 9:30am-4pm Sonoma Train Town \$/Art Gallery \$7/Lunch on the Square \$\$ (B) 10am Scrabble (AR) 1-2pm ETC Shoppe Open 2-3pm Stretching and weights w/ Isabelita (FC) 3:45-4:45 Gentle Exer. Ziv (FC)	29 10:30-11:30am Yoga- Muey (FC) 1:15pm Mah Jong (AR) 2-3:30pm Core w/Isabelita (FC) 3:30-4:30pm Craig & MacGregor Band (ML)		