

Lake Park July 2022

Active Living Programs

Special LIVE &/or Zoom Presentations:

Friday 7/1, 4-5pm Lovin' Harmony Trio- Patriotic Music Program (ML)

Fridays 7/1, 7/8, 7/15, 7/22 & 7/29, 1-3pm, Art Class with Patty (AS) Art is for one and all! Join the fun.

Sunday 7/3 Moonglow Duo- Music that Soothes (ML)

Sundays (1st, 3rd) 7/3, 7/17 & 7/31, 1:30-2:15pm Worship Services (FH) Please join Rick Beeman with music provided by Larry Iverson- when available

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

Sunday 7/10- The Therapists, Swing Jazz (ML)

Tuesday 7/12, 11am-Noon, Road Scholar: Ebb & Flow- The Arab/ Israeli Conflict (FH via ZM)

Wednesday (2nd) 7/13, 10-11am Death Discourse with Rick Beeman (AR) A safe place to discuss various end of life issues.

Wednesday 7/13, 10-11am Road Scholar Presents: Life Zones of Yosemite (FH) Exploring the Animals, Plants and Geology of Yosemite

Friday 7/15, 1-2pm, Climate ONE Presents: Diet for a Small HOT Planet (FH) Commonwealth Club lecture from Frances Moore and Anna Lappe

Tuesday 7/19, 2-3pm Lee Allen plays piano for our listening enjoyment (ML) How the human brain works and how to keep it healthy.

Tuesday (Third) 7/19, 10:30-11:30am Caregiver Support Group (AR) Supporting a loved one through health struggles? Join others like you in caring connection.

Wednesday 7/20, 2-3pm, The Therapists (ML) What could be better than a little jazz on a hot summer afternoon???

Thursday (3rd) 7/21, 9-11am Jewelry Repair (GR) Let Ruby replace watch batteries and repair your jewelry.

Monday 7/25, 9:30am Computer 101 with Ted and Mel (Library) Bring your phones, tablets and computers for assistance with ease of use.

Wednesday (4th) 7/27, 10-11am Grief Group (AR)
There is a lot to discuss- let it out!

Wednesday 7/27, 11am-Noon JCCSG Presents: Tracy Smith, Poet Laureate for the USA (FH) There is nothing like poetry to get the thinking mind to stand up and pay attention.

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

Thursday 7/7, 1-4pm BAMPFA- Berkeley Museum FREE (B) No café on site- eat before getting on the bus.

Friday 7/8, 5:15-7:30pm Circus Bella- FREE or \$20 suggested donation. Bring snacks/water and a folding chair!

Thursday 7/14, 9:45am-1pm USS Potomac \$75 (B) Two-hour cruise around the Bay in Franklin D. Roosevelt's Official Yacht. Bring snacks- order lunch to go for your return.

Friday 7/22, 6:45-10pm Piedmont Chamber Music Festival- in honor of Susan Freeman \$45 in advance online (B)

Tuesday 7/26, 10am-4pm, DeYoung Museum: Faith Ringgold and The Obama Portraits (B) Also bring \$ for lunch at the café.

Friday 7/29, 10am-4pm, Marin Art & Garden Center FREE (B) Bring lunch or we will stop en route

Sign-Up for Shopping Trips:

Dollar Store- Tuesday 7/5, 10:30am-Noon

South Shore- Wednesday 7/6, 9:30am-Noon

WalMart San Leandro – Monday 7/11, 1-3pm

Target Alameda- Wednesday 7/20, 10-11:30am

Costco- Monday 7/25, 1-3:30pm

Ongoing Monthly Meetings:

FIRST Monday, 7/11, 4-5pm (FH)
Resident Council Meeting- NOTE Date Change!

THIRD Thursday, 7/21, 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

JULY 2022 Fitness Schedule:

MONDAY:

11am-Noon Cardio Jam with Sharon (FC) **No July 4**
2-4:15pm BALANCE work: Chair Based Joint Mobility/Easy Tai Chi Standing/ Tai Chi Walking -Otto (FC) **NO CLASS JULY 4**

TUESDAY:

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

***NEW* 11am-12pm** Gentle Exercise- Ziv (FC)

***NEW* 1-2pm** Yoga with Muey (FC)

WEDNESDAY:

***NEW* 9:30-10:30am** Walk/Balance/Gait with Otto (FC)

***NEW* 1-2pm** Chair Sculpting with Sharon (FC)

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

THURSDAY:

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

***NEW* 2-3pm** Fitness & Dance with Leia (RR)

FRIDAY:

11am-Noon Cardio Jam- Sharon (FC)

SATURDAY:

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

UPDATE: New Classes with Leia/Ziv/Muey/Sharon and Otto start July 1!

All classes are on site in either the Fitness Center (4th Fl.) Or the Basement Rec Room (RR)