
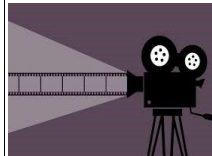

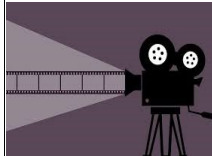
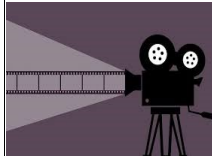




ACTIVE LIVING PROGRAMS—JULY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 1:30-2:15pm Worship Services with Pastor Beeman (FH)</p>	 <p>JULY BIRTH FLOWER Larkspur</p> <p>POSITIVITY DIGNITY GRACE</p>	<p>Locations-Basement: Craft Room (CRFT) Fellowship Hall (FH) Garden Room (GR) Recreation Room (RR) Sewing Room (SR) Solarium/Rooftop: Vista Room (VR) Rose Garden (RG)</p>	<p>Locations- First Floor: Art Gallery (AG) Library (LB) Main Lobby (ML) Outdoor Patio (OP) Second Floor: Health Center (HC) Other: Zoom (ZM)</p>	<p>Locations-Third Floor: Assisted Living (AL) Fourth Floor: Art Studio (AS) Audubon Room (AR) Computer Room (CR) Fitness Center(FC) Game Room (GAME)</p>	<p>1 11am-Noon Cardio Jam (FC) 1-3pm Art Class (AS) 1-2pm ETC Shoppe Open 4-5pm Lovin Harmony & July 4th Celebration (ML)</p>	<p>2 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)</p>
<p>3 1:30-2:15pm Worship Services with Pastor Beeman (FH) 3-4pm Moonglow Duo (ML)</p>	<p>4 Independence Day 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)</p>	<p>5 9:15-10:15am Line-dancing w/Janet (RR) 10:30am-12pm Dollar Store (B) 11am-12pm Gentle Exercise- Ziv (FC) 1-2pm Yoga w/ Muey (FC) 1pm Writing Group (GR) 1-2pm Chorus with Larry (AG)</p>	<p>6 9:30-Noon SouthShore (B) 9:30-10:30am Stand/Walk/Balance-Otto (FC) 10am Scrabble (AR) 1-2pm ETC Shoppe Open 1-2pm Chair Sculpting- Sharon (FC) 3:45-4:45 Gentle Exer. Ziv (FC)</p>	<p>7 10:30-11:30am Chair Yoga- Muey (FC) 1pm Men's Group (FH) 1-4pm BAMPFA-FREE (B) 1:15pm Mah Jong (AR) 2-3pm Fitness & Dance, Leia (RR)</p>	<p>8 11am-Noon Cardio Jam w/Sharon (FC) 1-3pm Art Class (AS) 1-2pm ETC Shoppe Open 5:15-7:30pm Circus Bella FREE or \$20 donation at the door- Bring a chair/blanket and food/water (B)</p>	<p>9 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)</p> 
<p>10 7:15pm The Therapists (ML)</p>	<p>11 9:15am MahJong (AR) 11am-Noon Cardio(FC) 1-2pm ETC Shoppe 1-3pm WalMart (C) Open- Basement 2-4:15pm Balance (FC) 4-5pm Resident Council Meeting (FH) 7pm Bridge (VR)</p>	<p>12 9:15-10:15am Line-dancing (RR) 11am-12pm Gentle Exercise- (FC) 11am Farmers Market-dining 11am-12pm Road Scholar: Ebb & Flow, Arab Israeli Conflict (FH) 1pm Writing Group (GR) 1-2pm Chorus with Larry (2nd FL) 1-2pm Yoga w/ Muey (FC) 2:30-3:30pm Spirituality-N. McKay (AR) 7:15pm Bingo (AR)</p>	<p>13 9:30-10:30am Balance-Otto (FC) 10-11am Death Discourse (AR) 10-11am Road Scholar: Life Zones of Yosemite (FH) 11am Farmers Market-dining 1-2pm Chair Sculpting- Sharon (FC) 1pm Lake Park Book Club (AR) 1-2pm ETC Shoppe Open 3:45-4:45 Gentle Exer. Ziv (FC) 7:15pm Documentary (FH)</p>	<p>14 9:30am Bridge Lessons (AR) 9:45am-12:30pm USS Potomac Cruise! \$75 bring snacks (A) 10:30-11:30am Chair Yoga- Muey (FC) 1:15pm Mah Jong (AR) 2-3pm Fitness & Dance, Leia (RR) 7:15pm The Great Courses- Keech (via Zoom & FH)</p> 	<p>15 11am-Noon Cardio-Sharon (FC) 1-3pm Art w/Patty (AS) 1-2pm ETC Shoppe Open 1-2pm Climate ONE: Diet for a Small Hot Planet (FH/ZM)</p>	<p>16 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)</p> 
<p>17 1:30-2:15pm Worship Services with Pastor Beeman (FH)</p>	<p>18 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)</p>	<p>19 9:15-10:15am Line-dancing w/Janet (RR) 10:30-11:30am Caretaker Support Group (AR) 11am-12pm Gentle Exercise- Ziv (FC) 1pm Writing Group (GR) 1-2pm Chorus with Larry (AG) 1-2pm Yoga w/ Muey (FC) 2-3pm Lee Allen-pianist (ML)</p>	<p>20 9:30-10:30am Stand/Walk/Balance-Otto (FC) 10am Scrabble (AR) 10-11:30am Target (B) 1-2pm ETC Shoppe Open 1-2pm Chair Sculpting- Sharon (FC) 2-3pm The Therapists (ML) 3:45-4:45 Gentle Exer. Ziv (FC)</p>	<p>21 9-11am Jewelry Repairs (GR) 10:30-11:30am Chair Yoga- Muey (FC) 1:15pm Mah Jong (AR) 1pm Men's Group (FH) 2-3pm Fitness & Dance, Leia (RR) 3-4pm Town Hall (FH)</p>	<p>22 11am-Noon Cardio Jam w/Sharon (FC) 1-3pm Art w/Patty (AS) 1-2pm ETC Shoppe Open 6:45-10pm- Piedmont Chamber Music Festival \$45 BUY ONLINE in ADVANCE Program in memory of Susan Freeman (A)</p>	<p>23 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)</p> 
<p>24 Good Morning Happy Saturday</p> 	<p>25 9:15am MahJong (AR) 9:30am Computer(LB) 11am-12pm Cardio(FC) 1-2pm ETC Shoppe Open- Basement 1-3:30pm CostCo (C) 2-4:15pm Balance w/Otto (FC) 7pm Bridge (VR)</p>	<p>26 9:15-10:15am Line-dancing (RR) 10am-4pm DeYoung-Ringgold/Obama FREE lunch \$\$ (B) 11am-12pm Gentle Exercise- (FC) 1pm Writing Group (GR) 1-2pm Yoga w/ Muey (FC) 1-2pm Chorus with Larry (3rd FL) 2:30-3:30pm Spirituality (AR) 7:15pm Bingo (AR)</p>	<p>27 9:30-10:30am Stand/Walk/Balance-Otto (FC) 10-11am Grief Group (AR) 11am-12:15 JCCSF: Tracy Smith Poet Laureate US (FH) 1-2pm ETC Shoppe Open 1-2pm Chair Sculpting- Sharon (FC) 3:45-4:45 Gentle Exer. Ziv (FC)</p>	<p>28 9:30am Bridge Lessons (AR) 10:30-11:30am Chair Yoga- Muey (FC) 1:15pm Mah Jong (AR) 2-3pm Fitness & Dance, Leia (RR) 7:15pm The Great Courses- Keech (via Zoom & FH)</p> 	<p>29 10am-4pm Marin Art & Garden Center + lunch ??? (A) 11am-Noon Cardio Jam w/Sharon (FC) 1-3pm Art w/Patty (AS) 1-2pm ETC Shoppe Open</p>	<p>30 9:15-10:15am Line-dancing w/Janet (RR) 7:15pm Movie Night (FH)</p>