

# January 2019

## ASSISTED LIVING



RHODA  
GOLDMAN  
PLAZA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LOCAL SHOPPING</b> is usually Tuesdays at 10:30 am and Thursdays at 2:30 pm. To ensure the most accurate time, check in with Front Desk. <b>Please Note:</b> Activities and transportation are subject to change. Check <i>Today at the Plaza</i> daily for the most accurate schedule.</p> <p><b>MEDICAL VAN</b> drop offs must be scheduled at least 24 hours in advance and are on Mondays, Wednesdays, and Fridays. <b>LAST MEDICAL PICK-UPS</b> are Mondays at 3:00pm, Wednesdays at 3:30pm, and Fridays at 1pm.</p> <p><b>SATURDAY TRANSPORTATION</b> drop offs must be scheduled at least 24 hours in advance. The earliest the van leaves is at 8:40 am.</p>		<p><b>1 New Year's Day</b> <b>No Transportation</b> 9:15 Tai Chi with Janet 10:00 Dominoes 1:00 Rummikub 2:00 Trivial Pursuit with Joe 3:00 Matinee Movie 7:00 Movie</p>	<p><b>2</b> 9:00 Klezmercise! With Bruce 10:30 Storytelling with Bruce 11:00 Open Gym with a Trainer 1:00 Activities Committee 2:00 Scrabble 3:00 <b>A New Color Film Screening &amp; Discussion with Director Mo Morris</b> 7:00 Movie</p>	<p><b>3 Local Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:00 Jewelry with Shannon 1:00 <b>Outing: Schubert's Bakery</b> 1:30 Chair Yoga with Ilya 3:00 Caregiver Support Group 3:00 Matinee Movie 7:00 <b>Paul Sperry Cabaret</b></p>	<p><b>4</b> 9:00 Exercise with Caroline 10:30 Venice, Veneto &amp; Middle East: Golden &amp; Silver Ages** 1:00 Matinee Movie 1:30 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p><b>5 No Local Shopping</b> 10:00 Walking Club 10:30 Chair Yoga with Ilya 1:00 Matinee Movie 1:30 Rummikub 3:30 Joy of Science* 7:00 Movie</p>
<p><b>6</b> 9:00 Caregiver Support Group 10:00 Exercise with Phil 1:00 Card Games with Eric 2:00 <b>Annual Resident Art Show Reception</b> 7:00 Movie</p>	<p><b>7</b>9:00 Exercise with Caroline 10:30 Joke Telling with Len 1:00 Bingo 2:00 Weekly Movie Committee 3:00 Eight Symphonies** 4:30 Crossword 7:00 Movie</p>	<p><b>8 Local Shopping 10:30 am</b> 9:15 Tai Chi with Janet 10:00 Dominoes 10:30 Tigges Jewelry Repair 10:45 Make 'em Laugh with Bonnie Weiss 1:00 <b>Outing: National Japanese American Historical Society</b> 1:00 Rummikub 2:00 <b>Jewish Film Festival Screening</b> 3:30 Painting with Kimberley 7:00 Movie</p>	<p><b>9</b> 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 11:00 Open Gym with a Trainer 1:00 Matinee Movie 2:00 Scrabble 3:15 Memory Loss Support Group *No Movie</p>	<p><b>10 Stonestown Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:00 Printmaking with Shannon 12:30 <b>Outing: Hidden Sausalito and It's Floating Suburbs Tour</b> 1:30 Chair Yoga with Ilya 3:00 The Origins of Eastern European Jews with Ken Blady 7:00 Movie</p>	<p><b>11</b> 9:00 Exercise with Caroline 10:30 Venice, Veneto &amp; Middle East: Golden &amp; Silver Ages** 1:00 Greg Pond Poetry Reading 2:00 <b>Ballet Movement Class</b> 1:30 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p><b>12</b> Met Opera -Adriana Lacuvreur 10:00 Walking Club 10:30 Chair Yoga with Ilya 1:30 Rummikub 2:00 <b>Charged Particles Jazz Concert</b> 3:30 Joy of Science* 7:00 Movie</p>
<p><b>13</b> 10:00 Exercise with Phil 10:30 Nails with Julia 1:00 Card Games with Eric 3:00 <b>Gary Zellerbach Jazz</b> 4:15 Current Events with Jim 7:00 Movie</p>	<p><b>14</b> 9:00 Exercise with Caroline 10:30 John Rothman 1:00 Bingo 2:00 Weekly Movie Committee 3:00 Eight Symphonies** 4:30 Crossword 7:00 RGP Book Club 7:00 Movie</p>	<p><b>15 Stonestown Shopping 10:30 am</b> 9:15 Tai Chi with Janet 10:00 Dominoes 10:30 Script Reading with Lauren 1:00 <b>Outing: California Historical Society</b> 1:00 Rummikub 3:30 Painting with Kimberley 4:00 <b>Happy Hour with Rita &amp; the Cosmos</b> 7:00 Movie</p>	<p><b>16</b> 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 10:30 Musical Theater With Bruce 11:00 Open Gym with a Trainer 1:00 Matinee Movie 2:00 Scrabble 4:00 Tea with BAJHC Rabbi 7:00 Movie</p>	<p><b>17 Local Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:30 <b>Porcelain Process Lecture with Jeannie Ichimura</b> 1:00 <b>Outing: Arion Press</b> 1:30 Chair Yoga with Ilya 3:00 Matinee Movie 3:00 Caregiver Support Group 7:00 Movie</p>	<p><b>18</b> 9:00 Exercise with Caroline 10:30 Venice, Veneto &amp; Middle East: Golden &amp; Silver Ages** 11:15 <b>Outing: Lunch and Learn at Congregation Beth Israel</b> 1:00 Matinee Movie 1:30 <i>History Committee</i> 3:00 Creative Writing with Dorothy 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p><b>19 Local Shopping 2:30 pm</b> 10:00 Walking Club 10:30 Chair Yoga with Ilya 1:00 Matinee Movie 1:30 Rummikub 3:30 Joy of Science * 7:00 Movie</p>
<p><b>20</b> 9:00 Caregiver Support Group 10:00 Exercise with Phil 11:00 Poetry with Elizabeth 1:00 Card Games with Eric 2:00 <b>Basically Broadway</b> 4:15 Current Events with Jim 7:00 Movie</p>	<p><b>21 Tu Bishvat Martin Luther King Jr. Day</b> 9:00 Exercise with Caroline 10:30 Tu Bishvat Bird Feeders 1:00 Bingo 2:00 Weekly Movie Committee 3:00 <b>Tu Bishvat with Rabbi Me'irah</b> 4:30 Crossword 7:00 Movie</p>	<p><b>22 Local Shopping 10 am Activity Room Closed 9 am-3 pm</b> 9:15 Tai Chi with Janet 10:00 Dominoes 10:30 Gardening with Elizabeth 11:30 <b>Outing: Lunch at Maykedeh</b> 1:00 Rummikub 3:30 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p><b>23</b> 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 11:00 Open Gym with a Trainer 1:00 Blackjack with Ira 2:00 Scrabble 3:15 Memory Loss Support Group 7:00 Movie</p>	<p><b>24 Local Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:00 Printmaking with Shannon 1:00 <b>Outing: SF MOMA</b> 1:30 Chair Yoga with Ilya 3:00 Matinee Movie 7:00 Movie</p>	<p><b>25</b> 9:00 Exercise with Caroline 10:00 <i>Dining Room Committee</i> 10:30 Venice, Veneto &amp; Middle East: Golden &amp; Silver Ages** 1:00 Matinee Movie 1:30 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah *<i>Activity room</i> 7:00 Movie</p>	<p><b>26 Local Shopping 2:30 pm</b> 10:00 Walking Club 10:30 Chair Yoga with Ilya 1:00 Matinee Movie 1:30 Rummikub 4:00 <b>Cindy Paley Singing Israeli &amp; Yiddish Favorites</b> 7:00 Movie</p>
<p><b>27</b> 10:00 Exercise with Phil 1:00 Card Games with Eric 3:00 <b>Charles Akert &amp; Ian Scarf Concert</b> 4:15 Current Events with Jim 7:00 Movie</p>	<p><b>28</b> 9:00 Exercise with Caroline 10:30 John Rothman 1:00 Bingo 2:00 Weekly Movie Committee 3:00 Eight Symphonies** 4:30 Crossword 7:00 Movie</p>	<p><b>29 Local Shopping 10:30 am</b> 9:15 Tai Chi with Janet 10:00 Dominoes 1:00 <b>Outing: USS Hornet Museum</b> 1:00 Rummikub 3:00 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p><b>30</b> 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 1:00 Flowers with Shannon 2:00 Resident Council 5:00 January Birthday Dinner 7:00 Movie</p>	<p><b>31 Local Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:00 <b>Torah Study with Rabbi Stephen Pearce</b> 1:00 <b>Outing: The Museum of African Diaspora</b> 1:30 Chair Yoga with Ilya 3:00 Matinee Movie 7:00 Movie</p>		<p>* = Great Courses Plus – video course</p> <p>** = Frommcast – video broadcast from Fromm Institute for Lifelong Learning at USF</p>