

February 2019

ASSISTED LIVING



RHODA
GOLDMAN
PLAZA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LOCAL SHOPPING is usually Tuesdays at 10:30 am and Thursdays at 2:30 pm. To ensure the most accurate time, check in with Front Desk. Please Note: Activities and transportation are subject to change. Check <i>Today at the Plaza</i> daily for the most accurate schedule.</p> <p>MEDICAL VAN drop offs must be scheduled at least 24 hours in advance and are on Mondays, Wednesdays, and Fridays.</p> <p>LAST MEDICAL PICK-UPS are Mondays at 3:00pm, Wednesdays at 3:30pm, and Fridays at 1pm.</p> <p>SATURDAY TRANSPORTATION drop offs must be scheduled at least 24 hours in advance. The earliest the van leaves is at 8:40 am.</p>					<p>1 9:00 Exercise with Caroline 10:00 Dominoes 10:30 The Last Good War** 1:00 Matinee Movie 1:30 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p>2 Met Opera: Carmen 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>3 Symphony Transportation 1:00pm 10:00 Exercise with Sally 1:00 Card Games with Eric 3:00 Vic Wong Jazz Guitar Concert 4:15 Current Events with Jim 7:00 Movie</p>	<p>4 9:00 Exercise with Caroline 10:30 Joke Telling with Len 1:00 Bingo 2:00 Weekly Movie Committee 3:15 Puccini Please** 4:30 Crossword 7:00 Movie</p>	<p>5 Local Shopping 10:30 pm 9:15 Tai Chi with Janet 1:00 Rummikub 1:00 Outing: Korean War Memorial 2:00 Matinee Movie 3:30 Painting with Kimberley 6:30 JFCS Young Professional Volunteers Game Night 7:00 Movie</p>	<p>6 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 10:30 Storytelling with Bruce 11:00 Open Gym with a Trainer 1:00 Activities Committee 2:00 Scrabble 3:15 Memory Loss Support Group 7:00 Movie</p>	<p>7 Target Shopping 2:30 pm 9:00 Exercise with Carl 10:00 Drawing and Printmaking with Shannon 1:00 Outing: Museum of Craft and Design 1:30 Chair Yoga with Ilya 3:00 Caregiver Support Group 3:00 Matinee Movie 7:00 Movie</p>	<p>8 9:00 Exercise with Caroline 10:00 Dominoes 10:30 The Last Good War** 1:00 Greg Pond Poetry Reading 1:30 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p>9 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>10 10:00 Exercise with Phil 10:30 Nails with Julia 11:00 Creative Writing w/ Dorothy 1:00 Card Games with Eric 2:00 SF Sound Wave Chorus 4:15 Current Events with Jim 7:00 Movie</p>	<p>11 9:00 Exercise with Caroline 10:30 John Rothman 1:00 Bingo 2:00 Weekly Movie Committee 3:15 Puccini Please** 4:30 Crossword 7:00 Movie</p>	<p>12 Local Shopping 10:30 am 9:15 Tai Chi with Janet 1:00 Outing: Conservatory of Flowers 1:00 Rummikub 2:00 Jewish Film Festival Screening 3:30 Painting with Kimberley 7:00 Movie</p>	<p>13 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 11:00 Open Gym with a Trainer 1:00 Matinee Movie 2:00 Scrabble 7:00 Movie</p>	<p>14 Valentine's Day Symphony Transportation 1:00 pm 9:00 Exercise with Carl 10:30 Valentine's Cookie Decorating with the Nueva School Students 1:00 Outing: Movies at the Kabuki 1:30 Chair Yoga with Ilya 4:00 Valentine's Day Social 7:00 Movie</p>	<p>15 9:00 Exercise with Caroline 10:00 Dominoes 10:30 The Last Good War** 1:00 Matinee Movie 1:30 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p>16 Local Shopping 2:30 pm 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>17 10:00 Exercise with Phil 11:00 Poetry with Elizabeth 1:00 Card Games with Eric 3:00 Gustavo Romero Concert 4:15 Current Events with Jim 7:00 Movie</p>	<p>18 President's Day 9:00 Exercise with Caroline 10:00 Presidential Trivia with Joe 1:00 Bingo 2:00 Weekly Movie Committee 3:15 Puccini Please** 4:30 Crossword 7:00 RGP Book Club 7:00 Movie</p>	<p>19 Local Shopping 9:30 am 9:15 Tai Chi with Janet 10:30 Gardening with Elizabeth 12:00 Outing: Lunch at Greens 1:00 Rummikub 3:00 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p>20 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 Blackjack with Ira 2:00 Scrabble 3:15 Memory Loss Support Group 4:00 Tea with Rabbi Me'irah 7:00 Movie</p>	<p>21 Local Shopping 2:30 pm 9:00 Exercise with Carl 10:00 Drawing and Printmaking with Shannon 1:00 Outing: Stanford Cantor Arts Center 1:30 Chair Yoga with Ilya 3:00 Caregiver Support Group 3:00 Matinee Movie 7:00 Movie</p>	<p>22 9:00 Exercise with Caroline 10:00 <i>Dining Room Committee</i> 10:00 Dominoes 10:30 The Last Good War** 1:30 Knitting with Max 2:00 Adrienne's Mother-Daughter Circus Act & Juggling Demo 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p>23 10:00 Walking Club 10:30 Chair Yoga with Ilya 12:00 Outing: We Cannot Be Erased at Western Addition Library 1:00 Matinee Movie 1:30 Rummikub 3:30 Joy of Science * 7:00 Nadro Film Screening</p>
<p>24 10:00 Exercise with Phil 1:00 Card Games with Eric 3:00 Sikhs and Jews; Separated at birth? 4:15 Current Events with Jim 5:00 Academy Awards Viewing Party</p>	<p>25 9:00 Exercise with Caroline 10:30 John Rothman 1:00 Bingo 2:00 Weekly Movie Committee 3:15 Puccini Please** 4:30 Crossword 7:00 Movie</p>	<p>26 Local Shopping 10:30 am 9:15 Tai Chi with Janet 10:00 Jewelry with Shannon 1:00 Outing: Bonsai Garden at Lake Merritt 1:00 Rummikub 2:00 Make em' Laugh with Bonnie Weiss 3:00 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p>27 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 10:00 Creative Writing w/ Dorothy 11:00 Open Gym with a Trainer 1:00 Flowers with Shannon 2:00 Resident Council 5:00 February Birthday Dinner 7:00 Movie</p>	<p>28 Target Shopping 2:30 pm 9:00 Exercise with Carl 10:30 History of Photography with David Egan 1:00 Outing: Presidio Promenade Stroll 1:30 Chair Yoga with Ilya 3:00 Matinee Movie 7:00 Movie</p>		<p>* = Great Courses Plus – video course ** = Frommcast – video broadcast from Fromm Institute for Lifelong Learning at USF</p>