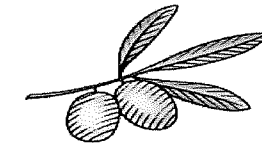


# March 2019

## ASSISTED LIVING



RHODA  
GOLDMAN  
PLAZA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>31</b> 10:00 Exercise with Phil 1:00 Card Games with Eric 2:30 <b>Zurich Beethoven Trio</b> 4:15 Current Events with Jim 7:00 Movie</p>	<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 <b>Today at the Plaza</b> daily for the most accurate schedule. <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. <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>* = Great Courses Plus – video course</b></p> <p><b>** = Frommcast – video broadcast from Fromm Institute for Lifelong Learning at USF</b></p>	<p><b>1</b> 9:00 Exercise with Caroline 10:00 Dominoes 10:30 The Last Good War** 1:00 Matinee Movie 2:00 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p><b>2 Met Opera: La Fille du Regiment</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>3</b> 10:00 Exercise with Phil 2:00 <b>Rabbi Me'irah Art Show Reception</b> 3:00 <b>Moonglow Duo</b> 4:15 Current Events with Jim 7:00 Movie</p>	<p><b>4</b> 9:00 Exercise with Caroline 10:30 <b>An Extravagant Hunger: The Passionate Years of M.F.K. Fisher</b> 1:00 Bingo 2:15 Weekly Movie Committee 3:15 Puccini Please** 4:30 Crossword 7:00 Movie</p>	<p><b>5 Local Shopping 10:30 am</b> 9:15 Tai Chi with Janet 10:30 Tigges Jewelry Repair 1:00 <b>Outing: Contemporary Jewish Museum</b> 1:00 Rummikub 3:30 Painting with Kimberley 7:00 Movie</p>	<p><b>6</b> 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 3:30 Bingo 7:00 Movie</p>	<p><b>7 Local Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:00 Printmaking with Shannon 1:00 <b>Outing: SF Flower Mart</b> 1:30 Chair Yoga with Ilya 3:00 Caregiver Support Group 3:00 Matinee Movie 7:00 Movie</p>	<p><b>8</b> 9:00 Exercise with Caroline 10:00 Dominoes 10:30 The Last Good War** 1:00 Greg Pond Poetry Reading 2:00 Knitting with Max 4:00 Shabbat Services with Rabbi Elisheva 7:00 Movie</p>	<p><b>9</b> 10:00 SPCA Animal Visit 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>10 Daylight Savings</b> 10:00 Exercise with Phil 1:00 Cards with Joe 3:00 <b>Noah Frank Concert</b> 4:15 Current Events with Jim 7:00 Movie</p>	<p><b>11</b> 9:00 Exercise with Caroline 10:30 John Rothman 1:00 Bingo 2:15 Weekly Movie Committee 3:00 Puccini Please** 4:30 Crossword 7:00 Movie</p>	<p><b>12 Local Shopping 10:30 am</b> 9:15 Tai Chi with Janet 10:45 <b>Men of the Silver Screen with Bonnie Weiss</b> 1:00 <b>Outing: de Young Museum</b> 1:00 Rummikub 2:00 Creative Writing w/ Dorothy 3:30 Painting with Kimberley 4:00 <b>March Social Hour</b> 7:00 Movie</p>	<p><b>13</b> 9:00 Klezmercise! With Bruce 10:00 Ceramics with Jeannie 10:30 Musical Theater With Bruce 11:00 Open Gym with a Trainer 12:30 <b>Discussion with Jewish Young Professionals</b> 1:00 Matinee Movie 2:00 Scrabble 3:30 Bingo 7:00 Movie</p>	<p><b>14 Costco Shopping 2:30 pm</b> 8:30 <b>Outing: Senior Stroll at the SF Zoo</b> 9:00 Exercise with Carl 1:30 Chair Yoga with Ilya 2:00 Board Games with Joe 3:00 Matinee Movie 7:00 Movie</p>	<p><b>15</b> 9:00 Exercise with Caroline 10:00 Dominoes 10:30 The Last Good War** 1:00 Matinee Movie 2:00 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p><b>16 Local Shopping 2:30 pm</b> 10:00 SPCA Animal Visit 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>17 St Patrick's Day</b> 10:00 Exercise with Phil 10:30 Nails with Julia 11:00 Poetry with Elizabeth 1:00 Card Games with Eric 2:00 <i>St Patty's Day</i> Wee Bit 'o Fun 3:00 <b>Jewish Folk Chorus</b> 4:15 Current Events with Jim 7:00 Movie</p>	<p><b>18</b> 9:00 Exercise with Caroline 10:30 Joke Telling with Len 1:00 Bingo 2:15 Weekly Movie Committee 3:15 Puccini Please** 4:30 Crossword 7:00 Movie</p>	<p><b>19 Local Shopping 2:30 pm</b> 9:15 Tai Chi with Janet 10:30 Gardening with Elizabeth 10:30 <b>Nueva School Visit</b> 11:00 <b>Outing: Graton Casino</b> 1:00 Rummikub 3:00 <b>My Soul is Filled with Joy Book Discussion with Karen Treiger</b> 3:30 Painting with Kimberley 7:00 Movie</p>	<p><b>20 Erev Purim</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 4:00 Tea with BAJHC Rabbi 7:00 Movie</p>	<p><b>21 Purim</b> <b>Local Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:00 Printmaking with Shannon 1:00 <b>Outing: Yerba Buena Center for the Arts</b> 1:30 Chair Yoga with Ilya 2:00 Caregiver Support Group 3:00 <b>Ken Blady and the Exotic History of Jews</b> 4:00 <b>Purim Party</b> 7:00 Movie</p>	<p><b>22</b> 9:00 Exercise with Caroline 10:00 Dominoes 10:30 The Last Good War** 2:00 Knitting with Max 3:00 <b>Sing-A-Long with Achi</b> 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p><b>23</b> 10:00 Walking Club 10:30 SPCA Animal Visit 10:30 Chair Yoga with Ilya 2:30 <b>Outing: QUILT San Francisco</b> 1:00 Matinee Movie 1:30 Rummikub 3:30 Joy of Science* 7:00 Movie</p>
<p><b>24</b> 10:00 Exercise with Phil 1:00 Card Games with Eric 3:00 <b>Andy Lentz Irish Fiddle Concert</b> 4:15 Current Events with Jim 7:00 Movie</p>	<p><b>25</b> 9:00 Exercise with Caroline 10:30 John Rothman 1:00 Bingo 2:15 Weekly Movie Committee 3:15 Puccini Please** 4:30 Crossword 7:00 RGP Book Club 7:00 Movie</p>	<p><b>26 Target Shopping 2:30 pm</b> 9:15 Tai Chi with Janet 10:30 <b>Yiddish Club with Rabbi Nosson Potash</b> 11:00 <b>Outing: Buckeye Roadhouse</b> 1:00 Rummikub 1:00 Jewelry with Shannon 3:00 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p><b>27</b> 9:00 Exercise with Sally 10:00 Ceramics with Jeannie 11:00 Open Gym with a Trainer 1:00 Flowers with Shannon 2:00 Resident Council 3:30 Bingo 5:00 March Birthday Dinner 7:00 Movie</p>	<p><b>28 Local Shopping 2:30 pm</b> 9:00 Exercise with Carl 10:00 <b>Incognito: Venetian Carnivals Unmasked with William Eddelman</b> 1:00 <b>Outing: Museum of Performance and Design</b> 1:30 Chair Yoga with Ilya 3:00 Matinee Movie 7:00 Movie</p>	<p><b>29</b> 9:00 Exercise with Caroline 10:00 Dominoes 10:00 <i>Dining Room Committee</i> 10:30 The Last Good War** 1:00 Matinee Movie 2:00 Knitting with Max 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p><b>30 Met Opera: Die Walkure</b> 10:00 Walking Club 10:30 Chair Yoga with Ilya 1:00 Matinee Movie 1:30 Rummikub 2:00 <b>Sam Reider and the Human Hands Performance</b> 3:30 Joy of Science* 7:00 Movie</p>