

September 2019

ASSISTED LIVING



RHODA
GOLDMAN
PLAZA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9:30 Urban Hiking with Dorie 10:00 Exercise with Phil 1:00 Card Games with Eric 2:00 Indonesian Textile and Handcrafts Art Opening 4:15 Current Events with Jim 7:00 Movie</p>	<p>2 Labor Day <i>*No Transportation</i> 9:00 Exercise with Caroline 10:30 Yiddish Club with Rabbi Potash 1:00 Bingo 2:15 Weekly Movie Committee 3:15 Brahms** 4:30 Crossword 7:00 Movie</p>	<p>3 Local Shopping 10:30 am 9:15 Tai Chi with Janet 10:30 Readings from Confessions of a Macroneurotic with Carol Pearlman 1:00 Outing: Alameda Naval Air Museum 1:00 Rummikub 2:00 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p>4 9:00 Klezmercise! with Bruce 10:00 Ceramics with Georgi 10:30 Storytelling with Bruce 1:00 Activities Committee 2:00 Scrabble 3:00 Matinee Movie 3:15 Memory Loss Support Group 7:00 Movie</p>	<p>5 Local Shopping 2:30 pm 9:00 Exercise with Carl 10:30 Bingo 2:15 Outing: Salesforce Park Tour 1:30 Chair Yoga with Ilya 3:00 Matinee Movie 7:00 Movie</p>	<p>6 9:00 Exercise with Caroline 10:00 Dominoes 10:30 Spy Movies** 1:00 Blackjack with Bethany 1:00 Matinee Movie 2:00 Knitting with Melanie 4:00 Shabbat Services with Rabbi Me'irah and clarinetist Corey Weinstein 7:00 Movie</p>	<p>7 Local Shopping 2:30 pm 10:00 SPCA Animal Visit 10:00 Caregiver Support Group 10:30 Chair Yoga with Ilya 1:00 Scam Detection and Prevention with Oscar Diaz 1:30 Rummikub 3:30 Practicing Mindfulness* 7:00 Movie</p>
<p>8 9:30 Urban Hiking with Dorie 10:00 Exercise with Sally 1:00 Card Games with Eric 2:00 Abigail Monroe Classical Cellist Performance 4:15 Current Events with Jim 7:00 Movie</p>	<p>9 9:00 Exercise with Caroline 10:00 Ceramics with Jeannie 10:30 Openhouse San Francisco: Bill of Rights Presentation 1:00 Bingo 2:15 Weekly Movie Committee 3:15 Brahms** 4:30 Crossword 7:00 Movie</p>	<p>10 Target Shopping 10:30 am 9:15 Tai Chi with Janet 10:30 Brain Fitness with Emma 1:00 Outing: Oakland Fortune Cookie Factory 1:00 Rummikub 2:00 Jewish Film Festival Screening 3:30 Painting with Kimberley 7:00 Movie</p>	<p>11 9:00 Klezmercise! with Bruce 10:30 Sing-A-Long with Georgi 1:00 Matinee Movie 2:00 Scrabble 3:30 Film Showing: <i>Frank Sinatra in Concert</i> 5:00 Game Night: Youth~Senior Edition 7:00 Movie</p>	<p>12 Kabuki Box Office 2 pm Local Shopping 2:30 8:30 Outing: Senior Stroll at SF Zoo 9:00 Exercise with Carl 10:30 Bingo 1:30 Chair Yoga with Ilya 3:00 Exotic History of Jews with Ken Blady 7:00 Movie</p>	<p>13 9:00 Exercise with Caroline 10:00 Dominoes 10:30 Spy Movies** 11:00 Open Gym with a Trainer 1:00 Greg Pond Poetry Reading 2:00 Knitting with Melanie 2:30 Upcoming Elections with Sam Lauter 4:00 Shabbat Services *Activity Room 7:00 Movie</p>	<p>14 9:30 Walking Club 10:00 SPCA Animal Visit 10:30 Chair Yoga with Ilya 1:00 Matinee Movie 1:30 Rummikub 3:30 Practicing Mindfulness* 7:00 Movie</p>
<p>15 9:30 Urban Hiking with Dorie 10:00 Exercise with Sally 1:00 Card Games with Eric 2:00 Jon Frank Jazz Trio 4:15 Current Events with Jim 7:00 Movie</p>	<p>16 9:00 Exercise with Caroline 10:00 Ceramics with Jeannie 1:00 Bingo 2:15 Weekly Movie Committee 3:15 Brahms** 4:30 Crossword 7:00 RGP Book Club 7:00 Movie</p>	<p>17 Local Shopping 9:30 am Kabuki Box Office 3 pm 9:15 Tai Chi with Janet 10:30 John Rothmann 11:30 Outing: Lunch at Wooden Spoon 1:00 Rummikub 2:00 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p>18 9:00 Klezmercise! with Bruce 10:30 Musical Theater with Bruce 1:00 Matinee Movie 2:00 Scrabble 3:15 Memory Loss Support Group 7:00 Movie</p>	<p>19 Local Shopping 2:30 pm 8:30 Outing: Shakespeare in the Park 9:00 Exercise with Carl 10:30 Book Talk: Judging Noa: a Fight for Women's Rights in the Turmoil of the Exodus 10:30 Gardening with Elizabeth 1:30 Chair Yoga with Ilya 4:00 Tea with BAJHC Rabbi 7:00 Movie</p>	<p>20 9:00 Exercise with Caroline 10:00 Dominoes 10:30 Spy Movies** 11:00 Open Gym with a Trainer 1:00 Blackjack with Bethany 1:00 Matinee Movie 2:00 Knitting with Melanie 4:00 Shabbat Services with Rabbi Me'irah 7:00 Movie</p>	<p>21 Local Shopping 2:30 pm 10:00 Walking Club 10:00 Caregiver Support Group 10:30 Chair Yoga with Ilya 11:00 Poetry with Elizabeth 1:00 Matinee Movie 1:30 Rummikub 3:30 Practicing Mindfulness* 7:00 Movie</p>
<p>22 9:30 Urban Hiking with Dorie 10:00 Exercise with Phil 1:00 Card Games with Eric 3:00 Presidio Jazz Duo 4:15 Current Events with Jim 7:00 Movie</p>	<p>23 9:00 Exercise with Caroline 10:00 Ceramics with Jeannie 1:00 Bingo 2:15 Weekly Movie Committee 3:15 Brahms** 4:30 Crossword 7:00 Movie</p>	<p>24 No Local Shopping 9:15 Tai Chi with Janet 10:30 Creative Writing w/ Dorothy 10:45 Outing: Ferry to Vallejo and Mare Island Scenic Drive 1:00 Rummikub 3:00 Matinee Movie 3:30 Painting with Kimberley 7:00 Movie</p>	<p>25 9:00 Klezmercise! with Bruce 10:30 Sing-A-Long with Georgi 1:00 Flowers with Georgi 2:00 Resident Council 5:00 September Birthday Dinner 7:00 Movie</p>	<p>26 Local Shopping 2:30 pm 9:00 Exercise with Carl 10:30 John Rothmann 1:00 Outing: Magness Collection of Jewish Art and Life at UC Berkeley <i>*Activity Room CLOSED from 12-4pm</i> 3:00 Dining Room Committee 7:00 Movie</p>	<p>27 9:00 Exercise with Caroline 10:00 Dominoes 10:30 Spy Movies** 11:00 Open Gym with a Trainer 1:00 Blackjack with Bethany 1:00 Matinee Movie 2:00 Knitting with Melanie 4:00 Shabbat 7:00 Movie</p>	<p>28 9:30 Walking Club 10:00 SPCA Animal Visit 10:30 Chair Yoga with Ilya 1:00 Matinee Movie 1:30 Rummikub 3:30 Practicing Mindfulness* 7:00 Movie</p>
<p>29 Erev Rosh Hashanah 9:30 Urban Hiking with Dorie 10:00 Exercise with Phil 1:00 Card Games with Eric 3:00 COOLEY Show Performance 4:00 Rosh Hashanah Service with Rabbi Me'irah</p>	<p>30 Rosh Hashanah Synagogue Transportation <i>Limited Medical Transportation</i> 10:00 Rosh Hashanah Service with Rabbi Me'irah</p>		<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. MEDICAL VAN drop offs must be scheduled at least 24 hours in advance and are on Mondays, and Fridays. LAST MEDICAL PICK-UPS are 3:30pm, Mondays, Wednesdays and Fridays. 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>* = Great Courses Plus – video course ** = Frommcast – video broadcast from Fromm Institute for Lifelong Learning at USF</p>