

September 2020

ASSISTED LIVING



RHODA
GOLDMAN
PLAZA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND ** Frommcast video lecture series ♦ residents must preregister due to limited space, please call Activities at 415-345-5084 AR= Activity Room Z=Zoom P=Phone 994= RGP TV (Channel 994) T=3rd Floor Patio Terrace</p>		<p>1 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z)</p>	<p>2 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 1:00 Museum Spotlight: American Museum of Natural History (994) 2:15 Movie (AR) 4:00 Resident Social Hour (Z)</p>	<p>3 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:15 Repeat Met Opera Viewing (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z)</p>	<p>49:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:15 Frommcast; <i>America at a Crossroads</i>** (AR) 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (AR/Z) 4:00 Resident Social Hour (Z)</p>	<p>5 9:00 Chair Exercise Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Poetry Reading (994) 1:00 Bingo ♦ (AR) 3:00 Movie (AR) 7:00 Theatre Performance (994)</p>
<p>6 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 10:30 Movie Committee (AR) 1:00 Musical Performance (994) 1:15 Movie (AR) 4:00 Bowling (AR)</p>	<p>7 Labor Day 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 2:15 Frommcast; <i>Reading Shakespeare: Difficulties and Delights</i> (AR) 4:00 Resident Social Hour (Z)</p>	<p>8 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z)</p>	<p>9 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 1:00 Museum Spotlight: NYC Museum of Modern Art (994) 2:15 Movie (AR) 4:00 Resident Social Hour (Z)</p>	<p>10 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:15 Repeat Met Opera Viewing (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z)</p>	<p>119:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:15 Frommcast; <i>America at a Crossroads</i> 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (AR/Z) 4:00 Resident Social Hour (Z)</p>	<p>12 Local Shopping: Rainbow Grocery 9:00 Chair Exercise Class (994) 10:00 Caregiver Support Group (Z) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Poetry Reading (994) 1:00 Bingo ♦ (AR) 3:00 Movie (AR) 7:00 Theatre Performance (994)</p>
<p>13 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 1:00 Musical Performance (994) 1:15 Movie (AR) 4:00 Bowling (AR)</p>	<p>14 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 2:15 Frommcast; <i>After the Midterm Election</i> (AR) 4:00 Resident Social Hour (Z) 4:00 Patio Golf (T)</p>	<p>15 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z)</p>	<p>16 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 1:00 Museum Spotlight: The Ellis Island Immigration Museum (994) 2:15 Movie (AR) 4:00 Resident Social Hour (Z)</p>	<p>17 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:15 Repeat Met Opera Viewing (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z)</p>	<p>18 Erev Rosh Hashanah 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:15 Frommcast; <i>America at a Crossroads</i> ** 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Rosh Hashanah Message from Rabbi Me'irah (AR/994) Resident Social Hour (Z) 6:00 Temple Emanu-el Erev Rosh Hashanah Service (AR/Z)</p>	<p>19 Rosh Hashanah 9:00 Chair Exercise Class (994) 10:00 Temple Emanu-el Morning Rosh Hashanah Service (AR/Z) 1:00 Poetry Reading (994) 2:00 Rosh Hashanah Concert with Cindy Paley (994) 7:00 Theatre Performance (994)</p>
<p>20 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 1:00 Musical Performance (994) 1:15 Movie (AR) 4:00 Bowling (T)</p>	<p>21 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 2:15 Frommcast; <i>The French Connection: Faure, Debussy, and Ravel</i> (AR) 4:00 Resident Social Hour (Z) 4:00 Patio Golf (T)</p>	<p>22 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet(AR/Z) 11:00 Vaudeville, Ziegfeld & George M Cohen with Bonnie Weiss (AR/Z) 1:00 Documentary (994) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z)</p>	<p>23 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 1:00 Museum Spotlight: The Egyptian Museum (994) 2:15 Movie (AR) 4:00 Resident Social Hour (Z)</p>	<p>24 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:15 Repeat Met Opera Viewing (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z)</p>	<p>259:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:15 Frommcast; <i>America at a Crossroads</i> 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (AR/Z) 4:00 Resident Social Hour (Z)</p>	<p>26 9:00 Chair Exercise Class (994) 10:00 Caregiver Support Group (Z) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Poetry Reading (994) 1:00 Bingo ♦ (AR) 3:00 Movie (AR) 7:00 Theatre Performance (994)</p>
<p>27 Erev Yom Kippur 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 1:00 Musical Performance (994) 1:15 Movie (AR) 2:00 Dave Rocha Jazz Band (AR/Z) 4:00 Yom Kippur Message from Rabbi Me'irah (994) 7:00 Temple Emanu-el Kol Nidre Service (AR/Z)</p>	<p>28 Yom Kippur 9:00 Chair Exercise Class (994) 10:00 Temple Emanu-el Yom Kippur Service (AR/Z) 1:00 Guided Meditation (994) 1:30 Reading of the Yizkor (AR/Z)</p>	<p>29 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z) 6:00 Presidential Debate Screening (AR)</p>	<p>30 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 11:00 Resident Council (Z/P) 1:00 Museum Spotlight: The Great Museums of Havana (994) 2:15 Movie (AR) 4:00 Resident Council Recording (994) 4:00 Resident Social Hour (Z)</p>	<p>LOCAL SHOPPING is Tuesdays and Thursdays. We will continue to provide local shopping services to residents. Lists must be submitted by 9 am the day of the shopping trip. Tuesdays is CVS and Mollie Stones. Thursdays is to Walgreens and Safeway. MEDICAL BUS (wheelchair accessible) 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>		