

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p>◆ residents must preregister due to limited space, please use the sign up sheet and return to Activities box</p> <p>** Frommcast video lecture series</p> <p>AR= Activity Room, second floor</p> <p>ART- Art Room, first floor</p> <p>L- Lobby</p> <p>Lib- Library, 2nd floor</p> <p>OR- Olive Room, first floor</p> <p>P=Phone</p> <p>T=3rd Floor Patio Terrace</p> <p>Z=Zoom</p>	<p>LOCAL SHOPPING is Tuesdays and Thursdays. 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 Daily Schedule of Activities for the most accurate schedule.</p> <p>MEDICAL BUS (wheelchair accessible) drop offs must be scheduled at least 24 hours in advance and are on Mondays, and Fridays.</p> <p>MEDICAL DROP OFFS & PICK UPS are available Mondays, Wednesdays and Fridays. LAST MEDICAL PICK-UPS are 3:30pm.</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>SHOPPING DELIVERY SERVICE: Every two weeks, residents can place an order with staff for shopping delivery (Safeway only). There is a \$10 fee for this service.</p>			<p>1 Local Shopping 2:30 pm</p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 Outing: Ferry Building Visit and Ice Cream at Humphrey Slocombe ◆</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>2:30 Shtisel* Double Feature: <i>S3 Ep 8 & 9</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>	<p>2</p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>2:00 Frommcast: <i>Problems of Political Leadership in America</i> ** (AR)</p> <p>3:30 Shabbat Services with Rabbi Me'irah (OR)</p> <p>7:00 Movie (AR)</p>	<p>3 Synagogue Transportation</p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>10:30 Caregiver Support Group (Z)</p> <p>1:00 Bingo ◆ (AR)</p> <p>2:30 Broadway in HD: <i>Sound of Music</i> (AR)</p>
<p>4 Independence Day</p> <p>9:00 Exercise with Phil (AR)</p> <p>10:30 Bowling with Kenny (AR)</p> <p>2:00 Marc Teicholz Guitar Performance (Lib)</p>	<p>5</p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:30 Bingo ◆ (AR)</p> <p>1:30 Patio Golf (T)</p> <p>2:00 Frommcast; <i>Florence: With and Without the Medici</i>** (AR)</p> <p>7:00 Movie (AR)</p>	<p>6 Local Shopping 10 am</p> <p>9:15 Tai Chi with Janet (AR)</p> <p>10:00 Tigges Jewelry (GR)</p> <p>10:30 Activities Committee Meeting (AR)</p> <p>1:00 Outing: Outdoor Walk at McNab Lake, McLaren Park ◆</p> <p>2:00 Met Opera Viewing (AR)</p> <p>3:30 Open Art Studio (ART)</p>	<p>7 Shopping Delivery Requests Due</p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:30 Sephardic Music Presentation with Rivka Amado (AR)</p> <p>1:30 Movie (AR)</p> <p>3:30 Current Events with Jim (AR)</p>	<p>8 Local Shopping 2:30 pm</p> <p>*<i>Shopping Orders Delivered</i></p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 Outing: Balmy Alley Mural Tour with Precita Eyes ◆</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 Lie To Me * <i>S1 E1</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>	<p>9</p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>10:30 Outdoor Sketching with Sabrina (T)</p> <p>2:00 Frommcast: <i>Problems of Political Leadership in America</i> ** (AR)</p> <p>3:30 Shabbat Services with Rabbi Me'irah (OR)</p> <p>7:00 Movie (AR)</p>	<p>10 Synagogue Transportation</p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>1:30 Broadway in HD: <i>Show Boat</i> (AR)</p>
<p>11</p> <p>9:00 Exercise with Phil (AR)</p> <p>10:30 Bowling with Kenny (AR)</p> <p>2:00 Music Concert: TBD (Lib)</p>	<p>12 Library on Wheels Delivery</p> <p>9:00 Exercise with Caroline (AR)</p> <p>1:30 Patio Golf (T)</p> <p>2:00 Frommcast; <i>Florence: With and Without the Medici</i> ** (AR)</p> <p>7:00 Movie (AR)</p>	<p>13 Local Shopping 10 am</p> <p>9:15 Tai Chi with Janet (AR)</p> <p>10:30 Movie Committee (AR)</p> <p>1:00 Outing: Pacifica Coastside Museum ◆</p> <p>2:00 Met Opera Viewing (AR)</p> <p>3:00 Painting with Kimberley (ART)</p>	<p>14</p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:30 Bingo ◆ (AR)</p> <p>1:30 Jewish Film Festival Screening: Senior Moments (AR)</p> <p>3:30 Current Events with Jim (AR)</p>	<p>15 Local Shopping 2:30 pm</p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 Outing: Berkeley Botanical Gardens ◆</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 Lie To Me * <i>S1 E2</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>	<p>16 Erev Tisha B'av</p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:30 Dining Committee (AR)</p> <p>2:00 Frommcast: <i>18th Century Grand Tour: From London to Naples</i> ** (AR)</p> <p>3:30 Shabbat Services with Rabbi Me'irah (OR)</p> <p>7:00 Movie (AR)</p>	<p>17 Tisha B'av Synagogue Transportation</p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>10:30 Caregiver Support Group (Z)</p> <p>1:30 Jewish Communities in Exotic Places with Ken Blady (AR)</p> <p>3:00 Broadway in HD: <i>Joseph and the Amazing Technicolor Dreamboat</i> (AR)</p>
<p>18</p> <p>9:00 Exercise with Phil (AR)</p> <p>10:30 Bowling with Kenny (AR)</p> <p>2:00 Charged Particles Jazz Performance (Lib)</p>	<p>19</p> <p>9:00 Exercise with Caroline (AR)</p> <p>1:30 Patio Golf (T)</p> <p>2:00 Frommcast; <i>Florence: With and Without the Medici</i> ** (AR)</p> <p>7:00 Movie (AR)</p>	<p>20 Local Shopping 10 am</p> <p>9:15 Tai Chi with Janet (AR)</p> <p>11:30 Lunch Outing: FISH (Sausalito) ◆</p> <p>2:00 Met Opera Viewing (AR)</p> <p>3:00 Painting with Kimberley (ART)</p>	<p>21 Shopping Delivery Requests Due</p> <p>9:00 Klezmercize with Bruce (Z)</p> <p>10:30 Bingo ◆ (AR)</p> <p>1:30 RGP Book Club (AR)</p> <p>3:30 Current Events with Jim (AR)</p>	<p>22 Local Shopping 2:30 pm</p> <p>*<i>Shopping Orders Delivered</i></p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 Outing: Outdoor Walk at Chrissy Field ◆</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 Lie To Me * <i>S1 E3</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>	<p>23</p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>2:00 Frommcast: <i>18th Century Grand Tour: From London to Naples</i> ** (AR)</p> <p>3:30 Shabbat Services with Rabbi Me'irah (OR)</p> <p>7:00 Movie (AR)</p>	<p>24 Synagogue Transportation</p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>1:30 Broadway in HD: <i>The King and I</i> (AR)</p>
<p>25</p> <p>9:00 Exercise with Phil (AR)</p> <p>10:30 Bowling with Kenny (AR)</p> <p>2:00 Kimberlye Gold Guitar Performance (Lib)</p>	<p>26</p> <p>9:00 Exercise with Caroline (AR)</p> <p>1:30 Patio Golf (T)</p> <p>2:00 Frommcast; <i>Florence: With and Without the Medici</i> ** (AR)</p> <p>7:00 Movie (AR)</p>	<p>27 Local Shopping 10 am</p> <p>9:15 Tai Chi with Janet (AR)</p> <p>10:30 Memory Loss Support Group</p> <p>1:00 Outing: Legion of Honor: Pompeii Exhibit ◆</p> <p>2:00 Met Opera Viewing (AR)</p> <p>3:00 Painting with Kimberley (ART)</p>	<p>28</p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:30 Bingo ◆ (AR)</p> <p>2:00 Resident Council (OR/AR)</p> <p>3:30 Current Events with Jim (AR)</p>	<p>29 Local Shopping 2:30 pm</p> <p>10:00 Exercise with Carl (AR)</p> <p>12:00 Lunch Outing: The Spinnaker (Sausalito) ◆</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 Lie To Me * <i>S1 E4</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>	<p>30</p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>10:30 Lecture: Unique Ways to Make Coffee with Sabrina (AR)</p> <p>2:00 Frommcast: <i>18th Century Grand Tour: From London to Naples</i> ** (AR)</p> <p>3:30 Shabbat Services with Rabbi Me'irah (OR)</p> <p>7:00 Movie (AR)</p>	<p>31 Synagogue Transportation</p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>10:30 Caregiver Support Group (Z)</p> <p>1:30 Ballet in HD: <i>Giselle</i> (AR)</p>