

October 2021

ASSISTED LIVING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 Halloween 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 10:30 Paper Pumpkin Making with Sabrina (ART) 11:30 Costume Contest 2:00 Iris Lai Piano Concert (Lib)</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. MEDICAL DROP OFFS & PICK UPS are available Mondays, Wednesdays and Fridays. LAST MEDICAL PICK-UPS are 3:30pm. //// MEDICAL BUS (wheelchair accessible) drop offs must be scheduled at least 24 hours in advance and are on Mondays, and Fridays. SYNAGOGUE TRANSPORTATION (Saturday) drop offs must be scheduled at least 24 hours in advance. The earliest the van leaves is at 8:40 am. SHOPPING DELIVERY SERVICE: Every two weeks, residents can place an order with staff for shopping delivery (Safeway/Walgreens only).</p>			<p>LEGEND ** Frommcst video lecture series AR= Activity Room, second floor ART- Art Room, first floor GR- Game Room Lib- Library, 2nd floor OR- Olive Room, first floor P=Phone T=3rd Floor Patio Terrace Z=Zoom</p>	<p>1 No Wheelchair Transportation 9:00 Exercise with Sally (AR) 10:00 Open Gym with a Trainer(G) 1:30 Frommcst: <i>A Brief History of Russia</i>** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)</p>	<p>2 No Synagogue Transportation 10:00 Chair Yoga with Ilya (AR) 1:30 Broadway in HD: <i>Gypsy</i> (AR)</p>
<p>3 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Jon Frank Jazz Band (Lib)</p>	<p>4 No Wheelchair Transportation 9:00 Exercise with Caroline (AR) 10:00 Tigges Jewelry (GR) 10:00 Caregiver Support Group (ART) 10:30 Bingo (AR) 1:30 Patio Golf (T) 1:30 Kitchen Talk with Kelly (AR) 7:00 Movie (AR)</p>	<p>5 Local Shopping 2:30 pm 9:15 Tai Chi with Janet (AR) 10:30 Creative Writing with Dorothy (AR) 1:00 Movie Committee (AR) 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART)</p>	<p>6 Shopping Delivery <i>Requests Due by 9 am</i> 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 10:30 A Day In the Life of a Music Librarian with William Skeen (AR) 1:00 Virtual Lecture; Communication Strategies: Talking to People with Memory Loss (AR) 3:30 Current Events with Jim (AR)</p>	<p>7 Local Shopping 2:30 pm <i>*Shopping Orders Delivered</i> 10:00 Exercise with Carl (AR) 1:15 Outing: The Walt Disney Family Museum ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Lie To Me* <i>ST E 10</i> (AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)</p>	<p>8 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Jeopardy with Kenny(AR) 1:30 Frommcst: <i>A Brief History of Russia</i>** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)</p>	<p>9 No Synagogue Transportation 10:00 Chair Yoga with Ilya (AR) 1:30 Broadway in HD: <i>Ham; A Musical Memoir</i> (AR)</p>
<p>10 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Ian Scarfe Piano Concert (Lib)</p>	<p>11 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Patio Golf (T) 2:30 History of the Blues with Joseph Part I (AR) 4:00 Tech Support with Sabrina (Lib) 7:00 Movie (AR)</p>	<p>12 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Activities Committee Meeting (AR) 11:30 Outing: Lunch at Sam's Chowder House ♦ 2:00 Met Opera Viewing (AR)</p>	<p>13 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 1:30 Memory Loss Support Group (AR) 2:30 Hospitality Committee (ART) 3:30 Current Events with Jim (AR)</p>	<p>14 Local Shopping 2:30 pm 10:00 Exercise to Prevent Falls and Improve Physical Function (<i>Lecture & Demo</i>) 1:00 Outing: McEvoy Foundation for the Arts Gallery ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Brain Games with CA Game Girls (AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)</p>	<p>15 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Dining Committee (AR) 1:30 Frommcst: <i>A Brief History of Russia</i>** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)</p>	<p>16 10:00 Chair Yoga with Ilya (AR) 1:30 Broadway in HD: <i>Allegiance</i> (AR)</p>
<p>17 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Britton Day and Angela Lee; Piano & Cello Duo (Lib)</p>	<p>18 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Patio Golf (T) 2:30 History of the Blues with Joseph Part II (AR) 7:00 Movie (AR)</p>	<p>19 Flu & COVID Booster Clinic Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Movie Committee (AR) 1:00 Outing: Fraenkel Gallery ♦ 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART)</p>	<p>20 Shopping Delivery <i>Requests Due by 9 am</i> 9:00 Klezmercize with Bruce (AR) 10:30 Bingo (AR) 1:30 RGP Book Club (AR) 3:30 Current Events with Jim (AR)</p>	<p>21 Local Shopping 2:30 pm <i>*Shopping Orders Delivered</i> 10:00 Exercise with Carl (AR) 1:00 Outing: Asian Art Museum ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Exotic History of Jews with Ken Blady (AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)</p>	<p>22 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Jeopardy with Kenny(AR) 1:30 Frommcst: <i>A Brief History of Russia</i>** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)</p>	<p>23 10:00 Chair Yoga with Ilya (AR) 1:30 Broadway in HD: <i>Funny Girl</i> (AR)</p>
<p>24 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Angela Lee & Lisa Lee; Cello & Violin Duo (Lib)</p>	<p>25 9:00 Exercise with Caroline (AR) 10:00 Caregiver Support Group (ART) 10:30 Bingo (AR) 1:30 Patio Golf (T) 2:30 History of the Blues with Joseph Part III (AR) 4:00 Tech Support with Sabrina (Lib) 7:00 Movie (AR)</p>	<p>26 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 11:30 Outing: Picnic Lunch at Letterman Digital Arts Center ♦ 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART)</p>	<p>27 9:00 Klezmercize with Bruce (AR) 10:30 Bingo (AR) 2:00 Resident Council (OR) 3:30 Current Events with Jim (AR) 7:00 Fred Rosenbaum: Virtual Lecture: A Revolution in Jewish Life and Learning - Lehrhaus Then and Now (Z/AR)</p>	<p>28 Local Shopping 2:30 pm 10:00 Exercise with Carl (AR) 1:00 Outing: The Wattis Institute for Contemporary Arts ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Lie To Me* <i>ST E 11</i> (AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)</p>	<p>29 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 1:30 Frommcst: <i>A Brief History of Russia</i>** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)</p>	<p>30 10:00 Chair Yoga with Ilya (AR) 1:30 Broadway in HD: <i>Fame</i> (AR)</p>