

# September 2021

## ASSISTED LIVING



| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|---|--|--|--|--|
| <p>LOCAL SHOPPING is Tuesdays and Thursdays. <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>Daily Schedule of Activities</b> for the most accurate schedule.</p> <p>MEDICAL DROP OFFS &amp; PICK UPS are available Mondays, Wednesdays and Fridays. LAST MEDICAL PICK-UPS are 3:30pm.</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>SYNAGOGUE 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/Walgreens only). There is a \$10 service fee.</p> |  |   | <p><b>1 Shopping Delivery Requests Due by 9am</b></p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:00 <b>Portrait Class</b> (AR)</p> <p>1:30 <b>RGP Book Club</b> (AR)</p> <p>3:30 Current Events with Jim (AR)</p>   | <p><b>2 Local Shopping 2:30 pm</b></p> <p><b>*Shopping Orders Delivered</b></p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 <b>Outing: California Historical Society</b> ♦</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 <b>Exotic History of Jews with Ken Blady</b> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p> | <p><b>3</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>1:30 Frommcast: <i>18<sup>th</sup> 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><b>4</b></p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>10:30 Caregiver Support Group (Z)</p> <p>1:30 Broadway in HD: <i>Cats</i> (AR)</p>   |
| <p><b>5</b></p> <p>9:00 Exercise with Phil (AR)</p> <p>10:00 SPCA Visit (Lib)</p> <p>2:00 <b>Moonglow Duo</b> (Lib)</p>  | <p><b>6 Erev Rosh Hashanah Labor Day Synagogue Transportation</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:30 Bingo (AR)</p> <p>1:30 Patio Golf (T)</p> <p>1:30 Frommcast; <i>A History of the Democratic Party</i> ** (AR)</p> <p><b>TBD Virtual Erev Rosh Hashanah Service</b> (AR)</p> | <p><b>7 Rosh Hashanah Synagogue Transportation No Local Shopping</b></p> <p>9:15 Tai Chi with Janet (AR)</p> <p><b>TBD Virtual Rosh Hashanah Morning Service</b> (AR)</p>   | <p><b>8 Rosh Hashanah Synagogue Transportation Limited Medical Transportation</b></p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:00 <b>Portrait Class</b> (AR)</p> <p>1:30 <b>Activities Committee Meeting</b> (AR)</p> <p>3:30 Current Events with Jim (AR)</p>  | <p><b>9 Local Shopping 2:30 pm</b></p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 <b>Outing: Regional Parks Botanic Garden</b> ♦</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 Lie To Me* <i>S1 E7</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>   | <p><b>10 Limited Medical Transportation</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>10:30 Printmaking with Sabrina (AR)</p> <p>1:30 Frommcast: <i>18<sup>th</sup> 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><b>11 No Synagogue Transportation</b></p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>1:30 Broadway in HD: <i>Hunchback of Notre Dame</i> (AR)</p> <p>3:00 Tech Support with Sabrina (Lib)</p>  |
| <p><b>12</b></p> <p>9:00 Exercise with Phil (AR)</p> <p>10:00 SPCA Visit (Lib)</p> <p>2:00 <b>Ian Scarfe Piano Concert</b> (Lib)</p>   | <p><b>13 Last Library on Wheels Delivery Limited Medical Transportation</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:30 Bingo (AR)</p> <p>1:30 Patio Golf (T)</p> <p>1:30 Frommcast; <i>A History of the Democratic Party</i> ** (AR)</p> <p>7:00 Movie (AR)</p>                          | <p><b>14</b></p> <p><b>Local Shopping 10 am</b></p> <p>9:15 Tai Chi with Janet (AR)</p> <p>10:30 <b>Movie Committee</b> (AR)</p> <p>1:00 <b>Outing: Kit Tea Café</b> ♦</p> <p>2:00 Met Opera Viewing (AR)</p> <p>3:00 Painting with Kimberley (ART)</p>   | <p><b>15 Erev Yom Kippur Synagogue Transportation Limited Medical Transportation</b></p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:00 <b>Portrait Class</b> (AR)</p> <p>1:30 <b>Memory Loss Support Group</b> (AR)</p> <p>2:30 <b>Hospitality Committee</b> (ART)</p> <p><b>TBD Virtual Kol Nidre Service</b> (AR)</p> | <p><b>16 Yom Kippur Synagogue Transportation No Local Shopping</b></p> <p>10:00 Exercise with Carl (AR)</p> <p><b>TBD Yom Kippur Morning Service</b></p> <p><b>2:00 Yizkor Reading with Ira</b></p> <p>4:30 <b>Break the Fast</b></p> <p>7:00 Movie</p>  | <p><b>17</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>10:30 <b>Dining Committee</b> (AR)</p> <p>1:30 Frommcast: <i>18<sup>th</sup> 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><b>18</b></p> <p>10:00 Exercise DVD (AR)</p> <p>10:30 Caregiver Support Group (Z)</p> <p>1:30 Broadway in HD: <i>2 Pianos, 4 Hands</i> (AR)</p>   |
| <p><b>19 Erev Sukkot</b></p> <p>9:00 Exercise with Phil (AR)</p> <p>10:00 SPCA Visit (Lib)</p> <p>2:00 <b>Markus Pawlik Piano Concert: Beethoven Sonatas</b> (Lib)</p> <p>3:30 <b>Decorating the Sukkah</b> (T)</p>  | <p><b>20 Sukkot</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:30 Bingo (AR)</p> <p>1:30 Patio Golf (T)</p> <p>1:30 Frommcast; <i>A History of the Democratic Party</i> ** (AR)</p> <p>7:00 Movie (AR)</p>  | <p><b>21 Sukkot</b></p> <p><b>Local Shopping 10 am</b></p> <p>9:15 Tai Chi with Janet (AR)</p> <p>10:30 <b>Creative Writing with Dorothy</b> (AR)</p> <p>11:30 <b>Outing: Lunch at Farmshop and Marin Country Mart</b> ♦</p> <p>2:00 Met Opera Viewing (AR)</p> <p>3:00 Painting with Kimberley (ART)</p> | <p><b>22 Sukkot</b></p> <p><i>Shopping Delivery Requests Due by 9 am</i></p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:30 Bingo (AR)</p> <p>1:30 <b>Jewish Film Festival Screening: Dimona Twist</b> (AR)</p> <p>3:30 Current Events with Jim (AR)</p>   | <p><b>23 Sukkot</b></p> <p><b>*Shopping Orders Delivered</b></p> <p><b>Local Shopping 2:30 pm</b></p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 <b>Outing: SF MOMA</b> ♦</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 Lie To Me* <i>S1 E8</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>                      | <p><b>24 Sukkot</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:00 Open Gym with a Trainer(G)</p> <p>10:30 <b>Jeopardy with Kenny</b> (AR)</p> <p>1:30 Frommcast: <i>18<sup>th</sup> 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><b>25 Sukkot</b></p> <p>10:00 Chair Yoga with Ilya (AR)</p> <p>1:30 Broadway in HD: <i>Rose</i> (AR)</p>  |
| <p><b>26 Sukkot</b></p> <p>9:00 Exercise with Phil (AR)</p> <p>10:00 SPCA Visit (Lib)</p> <p>2:00 <b>Yakov Stanislavsky Violin Concert</b> (Lib)</p> <p>3:30 Tech Support with Sabrina (Lib)</p>   | <p><b>27 Hoshana Raba</b></p> <p>9:00 Exercise with Caroline (AR)</p> <p>10:30 Bingo (AR)</p> <p>1:30 Patio Golf (T)</p> <p>1:30 Frommcast; <i>A History of the Democratic Party</i> ** (AR)</p> <p>7:00 Movie (AR)</p>  | <p><b>28 Shmini Atzeret</b></p> <p><b>Local Shopping 10 am</b></p> <p>9:15 Tai Chi with Janet (AR)</p> <p>1:00 <b>Outing: AIDS Memorial Grove in GGP and Joe's Ice Cream</b> ♦</p> <p>2:00 Met Opera Viewing (AR)</p> <p>3:00 Painting with Kimberley (ART)</p>   | <p><b>29 Simchat Torah</b></p> <p>9:00 Klezmercize with Bruce (AR)</p> <p>10:30 Bingo (AR)</p> <p>2:00 <b>Resident Council</b> (OR)</p> <p>3:30 Current Events with Jim (AR)</p>   | <p><b>30 Local Shopping 2:30 pm</b></p> <p>10:00 Exercise with Carl (AR)</p> <p>1:00 <b>Outing: Contemporary Jewish Museum</b> ♦</p> <p>1:15 Chair Yoga with Ilya (AR)</p> <p>3:00 Lie To Me* <i>S1 E9</i> (AR)</p> <p>4:00 Piano Lounge with Eva (Lib)</p> <p>7:00 Movie (AR)</p>   | <p><b>*No medical bus transportation available from 9/8 through 9/16</b></p>   |  |
|  |  |   |  |  |  | <p><b>LEGEND</b></p> <p>** Frommcast video lecture series</p> <p>AR= Activity Room, second floor</p> <p>ART- Art Room, first floor</p> <p>Lib- Library, 2<sup>nd</sup> floor</p> <p>OR- Olive Room, first floor</p> <p>P=Phone</p> <p>T=3<sup>rd</sup> Floor Patio Terrace</p> <p>Z=Zoom</p> |