


<div>January 2024</div> <div>ASSISTED LIVING</div> <div>RHODA GOLDMAN PLAZA</div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCAL SHOPPING is Tuesdays, Thursdays and Saturdays. To ensure the most accurate time, check in with Front Desk. <u>SHOPPING DELIVERY SERVICE</u> : Every two weeks, residents can place an order with staff for shopping delivery (Safeway/Walgreens only). Please note there is a \$10 fee for shopping delivery	1 New Year’s Day No transportation 9:00 Exercise DVD (AR) 10:30 Bingo (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>The Films of Billy Wilder**</i> (AR) 3:30 Life Reminiscing with Rabbi Me’irah (AR) 7:00 Movie (AR)	2 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Beading & Jewelry Making (ART) 1:15 Outing: Scenic Drive; <i>Twin Peaks</i> 1:30 Walking Club (L) 1:30 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	3 Shopping Delivery Requests <i>Due by 9am</i> 9:00 Klezmercize with Bruce (AR) 10:30 Jeopardy (AR) 1:00 Merger Q&A (OR) 1:30 Walking Club (L) 2:00 Matinee Movie (AR) 2:00 Creative Writing with Dorothy (ART) 3:30 Meditation with Don (OR)	4 Local Shopping 2:30 pm 9:30 Exercise with Carl (AR) 10:30 Scrapbooking with Sabrina (ART) 1:15 Outing: Maritime Museum & Aquatic Park 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:30 Parkinson’s Support Group (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	5 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	6 Synagogue Transportation 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 2:00 Tech Support with Benjamin (Lib) 2:00 Broadway in HD: <i>Anything Goes</i> 7:00 Movie (AR)
7 9:00 Exercise with Phil (AR) 10:30 Rummikub (GR) 1:00 Angela Lee & Peter Miyamoto; Cello & Piano (AR) 1:30 Walking Club (L) 7:00 Movie (AR)	8 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Walking Club (L) 1:30 Sports Talk with Hal & Ira (AR) 3:30 Life Reminiscing with Rabbi Me’irah (AR) 7:00 Movie (AR)	9 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Activities Committee (ART) 11:45 Outing: Noontime Concert at Old Saint Mary’s Cathedral 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	10 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 10:30 Random Trivia (AR) 1:30 Walking Club (L) 2:00 Open Dining Committee (AR) 3:00 Dreaming of a Jewish Christmas Documentary (AR)	11 Local Shopping 2:30 pm 9:30 Exercise with Carl (AR) 10:30 Hospitality Committee (ART) 1:15 Outing: Contemporary Jewish Museum; Docent Tour 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:30 Matinee Movie (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	12 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	13 Synagogue Transportation 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:00 Movie Committee (AR) 2:00 Tech Support with Benjamin (Lib) 2:30 Broadway in HD: <i>The Portuguese Kid</i> (AR) 7:00 Movie (AR)
14 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Swing Shift Trio (AR) 7:00 Movie (AR)	15 Martin Luther King Jr Day 9:00 Exercise with Caroline (AR) 10:30 John Rothmann Zoom Lecture (Z/AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>The Films of Billy Wilder**</i> (AR) 3:30 Life Reminiscing with Rabbi Me’irah (AR) 7:00 Movie (AR)	16 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Beading & Jewelry Making (ART) 11:30 Outing: Lunch at Sessions at the Presidio 1:30 Walking Club (L) 2:00 Matinee Movie (AR) 3:30 Painting with Kimberley (ART) 7:00 Movie (AR)	17 Shopping Delivery Requests <i>Due by 9am</i> 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 10:30 Guess the Musical (AR) 1:30 Walking Club (L) 2:00 Matinee Movie (AR) 2:00 Creative Writing with Dorothy (ART) 3:30 Meditation with Don (OR)	18 Local Shopping 2:30 pm 9:30 Exercise with Carl (AR) 10:30 Scrapbooking with Sabrina (ART) 1:15 Outing: Museum of African Diaspora; Docent Tour 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:30 Matinee Movie (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	19 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	20 Synagogue Transportation 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 Broadway in HD: <i>Sound of Music Live!</i> 2:00 Tech Support with Benjamin (Lib) 7:00 Movie (AR)
21 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 1:30 Walking Club (L) 2:00 Marlina Tiech Jazz Trio (AR) 7:00 Movie (AR)	22 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>The Films of Billy Wilder**</i> (AR) 3:30 Life Reminiscing with Rabbi Me’irah (AR) 7:00 Movie (AR)	23 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Script Reading with Emma (AR) 1:00 Cooking Demo with TsiTsi and Darren (AR) 1:15 Outing: Outdoor Walk at Crissy Field 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	24 Erev Tu Bishvat 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 10:30 Scrabble (GR) 1:30 Walking Club (L) 3:00 Tu B’shvat Music Tree Presentation (AR)	25 Tu Bishvat Local Shopping 2:30 pm 9:15 Outing: Open Rehearsal at the SF Symphony 9:30 Exercise with Carl (AR) 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:30 Parkinson’s Support Group (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	26 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Movie Discussion with Sabrina (AR) 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	27 Synagogue Transportation Local Shopping 2:30 pm 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:00 Movie Committee (AR) 2:00 Tech Support with Benjamin (Lib) 2:30 Broadway in HD: <i>Private Lives</i> (AR) 7:00 Movie (AR)
28 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Musical Performance To Be Determined (AR) 7:00 Movie (AR)	29 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>The Films of Billy Wilder</i> (AR) 3:30 Life Reminiscing with Rabbi Me’irah (AR) 7:00 Movie (AR)	30 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Beading & Jewelry Making (ART) 12:00 Outing: Lunch at Perry’s on the Embarcadero 1:30 Walking Club (L) 2:00 Matinee Movie (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	31 Shopping Delivery Requests <i>Due by 9am</i> 9:00 RORYOGRAPHY! (AR) 10:00 AWE; Art with Andrew (ART) 10:30 Scrabble (GR) 11:30 January Birthday Lunch 1:30 Walking Club (L) 2:00 Monthly Residents’ Meeting (AR) 3:30 Meditation with Don (OR)	Please Note: Activities and transportation are subject to change. Check <i>Daily Schedule of Activities</i> for the most accurate schedule. MEDICAL DROP OFFS & PICK UPS are available Mondays, Tuesday afternoons, Wednesdays and Fridays. LAST MEDICAL PICK-UPS are 4 pm. <i>////</i> MEDICAL BUS (wheelchair accessible) drop offs must be scheduled at least 24 hours in advance and are on <u>Mondays</u> , and <u>Fridays</u> . SYNAGOGUE TRANSPORTATION (Saturday) drop offs must be scheduled at least 24 hours in advance. The earliest the van leaves is at 8:40 am.		<u>LEGEND</u> ** Frommcast video lecture series AR= Activity Room, second floor ART- Art Room, first floor G - 3 rd floor Gym GR - Game Room L - Lobby Lib - Library, 2 nd floor OR - Olive Room, first floor T = 3 rd Floor Patio Terrace Z = Zoom