


<div>March 2024</div> <div>ASSISTED LIVING</div> <div><div></div><div>RHODA GOLDMAN PLAZA</div></div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 1:30 Walking Club (L) 1:00 Angela Lee & Marc Teicholz; Cello & Guitar (AR) 3:00 Jeopardy (AR) 7:00 Movie (AR)	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. //// 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. LOCAL SHOPPING is Tuesdays, Thursdays and some 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			LEGEND ** 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	1 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Random Trivia (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	2 <i>Synagogue Transportation</i> 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 Broadway in HD: <i>Matthew Bourne’s Swan Lake</i> 7:00 Movie (AR)
3 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 10:30 Rummikub (GR) 1:00 Moonglow Duo (AR) 1:30 Walking Club (L) 3:00 Art Project with JFCS Volunteers (OR) 7:00 Movie (AR)	4 9:00 Exercise with Caroline (AR) 10:30 Ceramics (ART) 1:30 Walking Club (L) 1:30 Frommcast: <i>The Films of Billy Wilder</i> ** (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	5 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Beading & Jewelry Making (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)	6 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 1:30 Walking Club (L) 2:00 Creative Writing with Dorothy (ART) 3:00 Third Floor Block Party (3 rd Lib) 3:30 Meditation with Don (AR) 7:00 Movie (AR)	7 Local Shopping 2:30 pm 9:30 Exercise with Carl (AR) 10:30 Reimagining Book Club (AR) 1:00 Outing: San Francisco Center for the Book 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)	8 9:00 Exercise with Caroline (AR) 10:30 Cornhole (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (OR)	9 <i>Synagogue Transportation</i> 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 Importance of Being Earnest</i> (AR) 7:00 Movie (AR)
10 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Danubius; Music From the River Danube (AR) 3:30 Academy Awards Viewing (AR) 7:00 Movie (AR)	11 9:00 Exercise with Caroline (AR) 10:30 Inequality & ‘The Curse of Wealth’ with David Peritz (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>The Films of Billy Wilder</i> ** (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	12 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Activities Committee (ART) 11:15 Comcast Informational Table (Lib) 1:00 Outing: Congregation Sherith Israel Building Tour 1:30 Walking Club (L) 2:00 Matinee Movie (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	13 <i>Shopping Delivery Requests Due by 9am</i> 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 1:30 Walking Club (L) 2:00 Open Dining Committee (AR) 3:00 Fifth Floor Block Party (5 th Lib) 3:30 Current Events with Jim (AR) 7:00 Movie (AR)	14 Local Shopping 2:30 pm 9:30 Exercise with Carl (AR) 10:30 Hospitality Committee (ART) 1:15 Outing: Scenic Drive; Highway 1 to Half Moon Bay 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)	15 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Exotic History of Jews with Ken Blady (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	16 <i>Synagogue Transportation</i> 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 Broadway in HD: <i>Fame: The Musical</i> (AR) 7:00 Movie (AR)
17 St. Patrick’s Day 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 1:30 Walking Club (L) 2:00 Jon Frank Jazz Band (AR) 7:00 Movie (AR)	18 9:00 Exercise with Caroline (AR) 10:30 John Rothmann Lecture (AR/Z) 1:30 Walking Club (L) 1:30 Frommcast: <i>The Films of Billy Wilder</i> ** (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	19 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Beading & Jewelry Making (ART) 11:30 Outing: Lunch at Original Joe’s 1:30 Walking Club (L) 2:00 Don’t Mind Me (I’ll Just Sit Here In The Dark) Comedy, History & Music Show (AR) 7:00 Movie (AR)	20 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 1:30 Walking Club (L) 2:00 Creative Writing with Dorothy (ART) 3:00 Sixth Floor Block Party (6 th Lib) 3:30 Meditation with Don (OR) 7:00 Movie (AR)	21 Local Shopping 2:30 pm 9:30 Exercise with Carl (AR) 10:30 Guess the Musical (AR) 1:15 Outing: Outdoor Walk at Queen Wilhelmina Tulip Garden 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) 7:00 New Lehrhaus Class: Jewish Ways in Death & Dying (OR)	22 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Bowling (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	23 Erev Purim <i>Synagogue Transportation</i> 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>Forever Plaid</i> (AR) 7:00 Movie (AR)
24 Purim 9:00 Exercise with Phil (AR) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Boogie Woogie Piano with Caroline Dahl (AR) 3:30 Purim Party (AR) 7:00 Movie (AR)	25 9:00 Exercise with Caroline (AR) 10:30 Docent Art Talk: Fashioning San Francisco: A Century of Style (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>Political Parties For and Against Democracy</i> ** (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	26 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Beading & Jewelry Making (ART) 1:15 Outing: de Young; Fashioning San Francisco 1:30 Walking Club (L) 2:00 Matinee: <i>Movie Discussion Showing</i> (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie: <i>Movie Discussion Showing</i> (AR)	27 <i>Shopping Delivery Requests Due by 9am</i> 9:00 RORYOGRAPHY! (AR) 10:00 AWE; Art with Andrew (ART) 11:30 March Birthday Lunch 1:30 Walking Club (L) 2:00 Monthly Residents’ Meeting (AR) 3:00 Seventh Floor Block Party (7 th Lib) 3:30 Current Events with Jim (AR) 7:00 Movie (AR)	28 Local Shopping 2:30 pm 9:30 Exercise with Carl (AR) 10:30 March Book Club Discussion (AR) 1:15 Chair Yoga with Ilya (AR) 1:15 Outing: de Young; Fashioning San Francisco 1:30 Walking Club (L) 2:30 Matinee: <i>Movie Discussion Showing</i> (AR) 3:30 Flower Arranging (ART) 7:00 Movie: <i>Movie Discussion Showing</i> (AR)	29 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Movie Discussion with Sabrina (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! 3:30 Shabbat Services with Rabbi Me’irah (OR) 7:00 Movie (AR)	30 <i>Synagogue Transportation</i> 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 Broadway in HD: <i>Show Boat</i> (AR) 2:00 Tech Support with Benjamin (Lib) 7:00 Movie (AR)