

July 2024



Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:00 Exercise DVD (AR) 10:30 Open Ceramic Studio (ART) 1:30 Walking Club (L) 1:30 Frommcast: Making Sense of Health & Illness in 21st Century (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	9:15 Tai Chi with Janet (AR) 10:00 Local Shopping (L) 10:30 Beading and Jewelry Making (ART) 1:15 Outing: Outdoor Walk at Panorama Park 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 3:30 Piano Hour with Mike Tekulsky (LIB) 7:00 Movie (AR)	9:00 <i>Shopping Delivery Requests Due</i> 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 1:30 Walking Club (L) 2:00 Resident Memorial (OR) 3:00 Classical Piano with Phylis Aboaf (LIB) 7:00 Movie (AR)	9:30 Exercise with Carl (AR) 10:30 Activities Committee (ART) 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:30 Local Shopping (L) 2:30 4th of July Karaoke Social (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:30 Exotic History of Jews with Ken Blady (AR) 1:00 Walking Club (L) 1:30 Matinee Movie (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 BroadwayHD: <i>King Lear</i> (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
7	8	9	10	11	12	13
9:00 Exercise with Phil (AR) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Illuminating What the Eyes Don't See Art Reception (GR) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:30 Frommcast: Making Sense of Health & Illness in 21st Century (AR) 1:30 Jewish Film Festival Screening: The Story of Annette Zelman (AR) 1:30 Walking Club (L) 3:30 Bingo (AR) 7:00 Movie (AR)	9:15 Tai Chi with Janet (AR) 10:00 Local Shopping (L) 10:30 Beading and Jewelry Making (ART) 11:30 Resident Council Election Voting (LIB) 1:15 Outing: Coit Tower 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Min (ART) 11:30 Resident Council Election Voting (LIB) 1:30 Walking Club (L) 1:30 House Plant Hospital; Appointments Required! (ART) 3:30 Resident Book Talk (AR) 7:00 Movie (AR)	9:30 Exercise with Carl (AR) 10:30 Meditation Sitting with Don (AR) 1:15 Chair Yoga with Ilya (AR) 1:00 Outing: Scenic Drive; Presidio & Fort Point 1:30 Walking Club (L) 2:30 Local Shopping (L) 2:30 Parkinson's Support Group (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 10:30 Artist Talk: Leah Korican (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:00 Movie Committee (AR) 2:30 BroadwayHD: <i>The Railway Children</i> (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
14	15	16	17	18	19	20
9:00 Exercise with Phil (AR) 10:00 SPCA Visit (AR) 1:30 Walking Club (L) 2:00 Hashirim Chorus (AR) 3:30 Book Talk: Love Atop A Keyboard (AR) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:30 John Rothmann Lecture (AR) 1:30 Walking Club (L) 1:30 Frommcast: Making Sense of Health & Illness in 21st Century (AR) 3:30 Drag Bingo Miss Beahaven (AR) 7:00 Movie (AR)	9:00 Outing: Let's Go to the Movies; Fly Me to the Moon 9:15 Tai Chi with Janet (AR) 10:30 Beading and Jewelry Making (ART) 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 2:30 Local Shopping (L) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	9:00 <i>Shopping Delivery Requests Due</i> 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 12:15 Outing: Let's Go to the Movies; Fly Me to the Moon 1:30 Walking Club (L) 3:30 Resident Book Talk (AR) 7:00 Movie (AR)	9:30 Exercise with Carl (AR) 10:00 Hospitality Committee (ART) 11:30 Outing: Yerba Buena Garden Festival with Picnic Lunch 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:30 Matinee Movie (AR) 2:30 Local Shopping (L) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 10:30 Daydreamers: Creative Health Lecture (AR) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) <i>*No Movie due to Carpet Cleaning!</i>	10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 BroadwayHD: <i>The Sleeping Beauty Ballet</i> (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
21	22	23	24	25	26	27
9:00 Exercise with Phil (AR) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Noah Frank Jazz Duo (AR) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:30 Open Ceramic Studio (ART) 1:30 Walking Club (L) 1:30 Frommcast: Making Sense of Health & Illness in 21st Century (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	9:15 RORYOGRAPHY! (AR) 10:00 Local Shopping (L) 10:30 Beading and Jewelry Making (ART) 1:15 Outing: SF Museum of Modern Art 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Andrew (ART) 11:30 RGP Book Club Luncheon (PDR) 1:30 Walking Club (L) 3:30 Resident Book Talk (AR) 7:00 Movie (AR)	9:30 Exercise with Carl (AR) 10:30 Meditation Sitting with Don (AR) 1:15 Chair Yoga with Ilya (AR) 1:15 Outing: SF Museum of Modern Art 1:30 Walking Club (L) 2:30 Local Shopping (L) 2:30 Parkinson's Support Group (AR) 3:30 Flower Arranging (ART) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 1:00 Walking Club (L) 1:30 RORYOGRAPHY! (AR) 3:30 Shabbat Services with Martin Tannenbaum (OR) 7:00 Movie (AR)	10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:00 Movie Committee (AR) 2:30 BroadwayHD: <i>Touching the Void</i> (AR) 3:30 Board Games in the Cafe (LIB) 7:00 Movie (AR)
28	29	30	31			
9:00 Exercise with Phil (AR) 10:00 SPCA Visit (AR) 10:30 Rummikub (GR) 1:30 Walking Club (L) 2:00 Dave Rocha Jazz Trio (AR) 3:30 TV Showing - Downton Abbey (AR) 7:00 Movie (AR)	9:00 Exercise with Caroline (AR) 10:30 Writing Workshop with Robin Meyerowitz (AR) 1:30 Walking Club (L) 1:30 Frommcast: Making Sense of Health & Illness in 21st Century (AR) 3:30 Bingo (AR) 7:00 Movie (AR)	9:15 Tai Chi with Janet (AR) 10:00 Local Shopping (L) 10:30 Beading and Jewelry Making (ART) 11:30 Outing: Lunch at Basque Cultural Center 11:30 July Birthday Lunch (PDR) 1:30 Walking Club (L) 2:00 Met Opera Showing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	9:00 <i>Shopping Delivery Requests Due</i> 9:00 RORYOGRAPHY! (AR) 10:00 AWE; Art with Andrew (ART) 11:30 July Birthday Lunch (PDR) 1:30 Walking Club (L) 2:00 Monthly Resident Meeting (AR) 3:30 Resident Book Talk (AR) 7:00 Movie (AR)			
						AR = Activity Room ART = Art Room L = Lobby G = 3rd Floor Gym OR = Olive Room LIB = Library GR = Game Room PDR = Private Dining Room