

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 2:30 <b>History of the Blue with Joseph Part III</b> (AR) 7:00 Movie (AR)	<b>2 Local Shopping 10 am</b> 9:15 Tai Chi with Janet (AR) 10:30 <b>Creative Writing with Dorothy</b> (AR) 11:30 <b>Outing: Lunch at Basque Cultural Center</b> ♦ 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART)	<b>3 Shopping Delivery</b> <i>Requests Due by 9 am</i> 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 1:30 <b>RGP Memorial</b> (Z) 2:30 <b>Memory Loss Support Group</b> (OR) 3:30 Current Events with Jim (AR)	<b>4 No Local Shopping</b> <i>*Shopping Orders Delivered</i> 10:00 Exercise with Carl (AR) 1:15 <b>Outing: Visitacion Valley Greenway Walking Tour</b> ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Lie To Me* <i>S1 E 12</i> (AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)	<b>5</b> 9:00 Exercise with Sally (AR) 10:30 Poker with Ira (GR) 1:30 Frommcast: <i>A Brief History of Russia</i> ** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	<b>6</b> 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Kenny 2:00 Broadway in HD: <i>Carousel</i> (AR)
<b>7 Daylight Savings</b> 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 <b>Moonglow Duo</b> (Lib)	<b>8</b> 9:00 Exercise with Caroline (AR) 10:00 <b>Caregiver Support Group</b> (ART) 10:30 Bingo (AR) 1:30 Frommcast: <i>A History of the Democratic Party</i> ** (AR) 4:00 Tech Support with Sabrina (Lib) 7:00 Movie (AR)	<b>9 Local Shopping 10 am</b> 9:15 Tai Chi with Janet (AR) 10:30 <b>Movie Committee</b> (AR) 1:15 <b>Outing: Mountain Lake Park and Cinderella Bakery</b> ♦ 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART)	<b>10</b> 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 1:30 <b>RGP Memorial</b> (Z) 3:30 Current Events with Jim (AR)	<b>11 Veterans Day</b> <b>Local Shopping 2:30 pm</b> 10:00 Exercise with Carl (AR) 2:30 <b>Outing: Museum of African Diaspora</b> ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Lie To Me* <i>S1 E 13</i> (AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)	<b>12</b> 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 10:30 Poker with Ira (GR) 1:30 Frommcast: <i>A Brief History of Russia</i> ** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	<b>13</b> 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Kenny 2:30 Broadway in HD: <i>Over There</i> (AR)
<b>14</b> 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 <b>Mark Anderson and Angela Lee</b> ; Piano Cello Duo (Lib)	<b>15</b> 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Frommcast: <i>A History of the Democratic Party</i> ** (AR) 7:00 Movie (AR)	<b>16 Local Shopping 10 am</b> 9:15 Tai Chi with Janet (AR) 10:30 <b>The Art of Bouquet Making with Candiece and Sabrina</b> (AR) 1:15 <b>Outing: Mills College Art Museum</b> ♦ 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART)	<b>17 Shopping Delivery</b> <i>Requests Due by 9 am</i> 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 1:30 <b>RGP Memorial</b> (Z) 2:30 <b>Hospitality Committee</b> (ART) 3:00 Matinee Movie (AR) 7:00 <b>Book Club Discussion Hosted by the Jewish Community Library</b> (AR/Z)	<b>18 Local Shopping 2:30 pm</b> <i>*Shopping Orders Delivered</i> 10:00 Exercise with Carl (AR) 11:30 <b>Outing: Lunch at Barrel House Tavern (Sausalito)</b> 1:15 Chair Yoga with Ilya (AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)	<b>19</b> 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer (G) 10:30 <b>Dining Committee</b> (AR) 1:30 Frommcast: <i>A Brief History of Russia</i> ** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	<b>20</b> 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Kenny 2:30 Broadway in HD: <i>Death of a Salesman</i> (AR)
<b>21</b> 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 <b>Grant Levin Piano Concert</b> (Lib)	<b>22</b> 9:00 Exercise with Caroline (AR) 10:00 <b>Caregiver Support Group</b> (ART) 10:30 Bingo (AR) 1:30 Frommcast: <i>A History of the Democratic Party</i> ** (AR) 4:00 Tech Support with Sabrina (Lib) 7:00 Movie (AR)	<b>23 Local Shopping 10 am</b> 9:15 Tai Chi with Janet (AR) 10:30 <b>Activities Committee</b> (AR) 1:15 <b>Outing: International Art Museum of America</b> ♦ 2:00 <b>Gustavo Romero Piano Concert</b> (Lib) 3:00 Painting with Kimberley (ART)	<b>24</b> 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 2:00 <b>Resident Council</b> (OR) 3:30 <b>Painters and Poets Discussion with Annie; Edward Hooper &amp; Elizabeth Bishop</b> (AR)	<b>25 Thanksgiving</b> <b>No Transportation</b> 10:00 Exercise with Carl (AR) 1:30 <b>Trivial Pursuit with Kenny</b> (AR) 3:00 <b>Exotic History of Jews with Ken Blady</b> (AR) 7:00 Movie (AR)	<b>26</b> 9:00 Exercise with Caroline (AR) 10:30 <b>Jeopardy with Kenny</b> (AR) 1:30 Frommcast: <i>A Brief History of Russia</i> ** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)	<b>27</b> 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Kenny 2:30 Broadway in HD: <i>Richard Rodgers Centennial Gala</i> (AR)
<b>28 Erev Chanukah</b> 9:00 Exercise with Phil (AR) 2:00 <b>Ari Caprow Jazz Trio</b> (Lib) 4:15 <b>Chanukah Candle Lighting</b> (AR)	<b>29 Chanukah</b> 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Frommcast: <i>A History of the Democratic Party</i> ** (AR) 4:15 <b>Chanukah Candle Lighting</b> (AR) 7:00 Movie (AR)	<b>30 Chanukah</b> <b>Local Shopping 10 am</b> 9:15 Tai Chi with Janet (AR) 1:30 <b>Outing: Coit Tower</b> ♦ 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART) 4:15 <b>Chanukah Candle Lighting</b> (AR)	<p style="text-align: center;"><b>LEGEND</b></p> ** Frommcast video lecture series AR= Activity Room, second floor ART- Art Room, first floor GR- Game Room Lib- Library, 2 <sup>nd</sup> floor OR- Olive Room, first floor P=Phone T=3 <sup>rd</sup> Floor Patio Terrace Z=Zoom	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. 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). <b>Please note there is \$10 fee for this service!</b>		