

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Jeremy Leber Piano Concert (Lib) 4:00 Crossword (ART)</p>	<p>31 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Frommcast: <i>From Romulus to the End of the World</i> (AR) 7:00 Movie (AR)</p>	<p>LEGEND ** Frommcast video lecture series AR= Activity Room, second floor ART- Art Room, first floor GR- Game Room Lib- Library, 2nd floor OR- Olive Room, first floor P=Phone T=3rd Floor Patio Terrace Z=Zoom</p>	<p>LOCAL SHOPPING is Tuesdays and Thursdays. LOCAL SHOPPING is usually Tuesdays at 10:30 am and Thursdays at 2:30 pm. To ensure the most accurate time, check in with Front Desk. 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, 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). Please note there is \$10 fee for this service!</p>			<p>1 New Year's Day <i>Limited Synagogue Transportation</i> <i>MetOpera Transport to Kabuki</i> 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Sabrina 2:00 Broadway in HD: Irving Berlin's <i>Holiday Inn</i> (AR)</p>
<p>2 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Angela Lee and Markus Pawlik; Cello Piano Duo (Lib) 4:00 Crossword (ART)</p>	<p>3 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Frommcast: <i>From Romulus to the End of the World</i> ** (AR) 7:00 Movie (AR)</p>	<p>4 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Creative Writing with Dorothy (AR) 1:15 Outing: Pier 39 ♦ 2:00 Matinee Movie (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)</p>	<p>5 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 1:30 Memory Loss Support Group (AR) 3:00 Matinee Movie (AR)</p>	<p>6 Local Shopping 2:30 pm 10:00 Exercise with Carl (AR) 1:15 Outing: Treasure Island Museum ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Scrabble (GR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)</p>	<p>7 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Random Trivia with Sabrina (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)</p>	<p>8 Synagogue Transportation 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Sabrina 2:00 Broadway in HD: <i>The Red Shoes</i> (AR) 4:00 Tech Support with Sabrina (Lib)</p>
<p>9 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Jean Henry School of Art Annual Portrait Show (GR) 4:00 Crossword (ART)</p>	<p>10 9:00 Exercise with Caroline (AR) 10:00 Caregiver Support Group (ART) 10:00 Tigges Jewelry (GR) 10:30 Bingo (AR) 1:30 Frommcast: <i>From Romulus to the End of the World</i> ** (AR) 7:00 Movie (AR)</p>	<p>11 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Flower Arranging with Candiece (AR) 1:15 Outing: Highway 1 Scenic Drive ♦ 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)</p>	<p>12 Shopping Delivery <i>Requests Due by 9 am</i> 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 1:15 Activities Committee (ART) 2:30 Hospitality Committee (ART) 3:00 Matinee Movie (AR)</p>	<p>13 No Local Shopping <i>*Shopping Orders Delivered</i> 10:00 Exercise with Carl (AR) 1:15 Outing: Musee Mecanique ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Scrabble (GR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)</p>	<p>14 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Dining Committee (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)</p>	<p>15 No Synagogue Transportation 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Sabrina 2:00 Broadway in HD: <i>If I Forget</i> (AR)</p>
<p>16 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 10:30 Poetry Share with YouthFirst (AR) 2:00 Frank Cefalu Guitar & Song (Lib) 4:00 Crossword (ART)</p>	<p>17 Tu BiShvat MLK Jr Day 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:00 David Peritz Lecture; New Frontiers in Inequality Studies: Was the Pandemic Bad and Good for Inequality? (AR) 7:00 Movie (AR)</p>	<p>18 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Creative Writing with Dorothy (AR) 1:15 Outing: de Young Museum; Patrick Kelly: Runway of Love ♦ 2:00 Matinee Movie (AR) 3:00 Painting with Kimberley (ART) 7:00 Cards with Ira (GR) 7:00 Movie (AR)</p>	<p>19 9:00 Chair Dance DVD (AR) 10:00 Art with Elders (ART) 11:30 January Birthday Lunch 1:30 RGP Book Club (AR) 3:00 Matinee Movie (AR)</p>	<p>20 Local Shopping 2:30 pm 10:00 Exercise with Carl (AR) 1:15 Outing: FOG Design+Art ♦ 1:15 Chair Yoga with Ilya (AR) 3:00 Exotic History of Jews with Ken Blady (Z/AR) 4:00 Piano Lounge with Eva (Lib) 7:00 Movie (AR)</p>	<p>21 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 10:30 Fashion History with Dorie; The Roaring 20's (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)</p>	<p>22 Synagogue Transportation Local Shopping 2:30 pm 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Sabrina 2:00 Broadway in HD: <i>BKLYN The Musical</i> (AR) 4:00 Tech Support with Sabrina (Lib)</p>
<p>23 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 2:00 Zurich Beethoven Trio (Lib) 3:30 Social Hour with National Conference of Synagogue Youth (AR) 4:00 Crossword (ART)</p>	<p>24 9:00 Exercise with Caroline (AR) 10:00 Caregiver Support Group (ART) 10:30 Bingo (AR) 1:30 Frommcast: <i>From Romulus to the End of the World</i> ** (AR) 7:00 Movie (AR)</p>	<p>25 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 1:15 Outing: Muir Woods ♦ 2:00 The Art & History of Jacob Lawrence with Annie (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)</p>	<p>26 Shopping Delivery <i>Requests Due by 9 am</i> 9:00 Klezmercize with Bruce (AR) 10:00 Art with Elders (ART) 11:30 January Birthday Lunch 2:00 Resident Council (OR) 3:30 Current Events with Jim (AR)</p>	<p>27 International Holocaust Remembrance Day Local Shopping 2:30 pm <i>*Shopping Orders Delivered</i> 10:00 Exercise with Carl (AR) 1:15 Outing: Lands End Exhibition at the Former Cliff House ♦ 1:15 Chair Yoga with Ilya (AR) 2:45 FIRE DRILL 3:00 Scrabble (GR) 4:00 Piano Lounge with Eva (Lib)</p>	<p>28 9:00 Exercise with Caroline (AR) 10:00 Open Gym with a Trainer(G) 1:30 Frommcast: <i>The Early Romantics</i> ** (AR) 3:30 Shabbat Services with Rabbi Me'irah (OR) 7:00 Movie (AR)</p>	<p>29 Limited Synagogue Transportation <i>MetOpera Transport to Kabuki</i> 10:00 Chair Yoga with Ilya (AR) 1:30 Walking Club with Sabrina 2:00 Broadway in HD: <i>John and Jen</i> (AR)</p>