

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 11:00 Walking Club (L) 2:00 <i>To Be Determined</i> (AR) 4:00 Crossword (ART)	LEGEND ** Frommcast video lecture series AR= Activity Room, second floor ART- Art Room, first floor GR- Game Room Lib- Library, 2 nd floor OR- Olive Room, first floor P=Phone T=3 rd Floor Patio Terrace Z=Zoom	Please Note: Activities and transportation are subject to change. Check Daily Schedule of Activities for the most accurate schedule. LOCAL SHOPPING is Tuesdays and Thursdays. To ensure the most accurate time, check in with Front Desk. 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 <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>SHOPPING DELIVERY SERVICE:</u> 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!			1 9:00 Exercise with Caroline (AR) 10:30 Jeopardy with Kat (AR) 10:30 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) 2:00 Broadway in HD: <i>Driving Miss Daisy</i> (AR)
3 9:00 Exercise with Phil (AR) 1:00 Walking Club (L) 2:00 Frank Cefalu Guitar & Song (AR)	4 Independence Day 9:00 Exercise with Caroline (AR) 10:00 Caregiver Support Group (ART) 1:00 Social Hour on the Patio (T) 3:00 Amaryn Olmeda Violin Performance (AR) 7:00 Movie (AR)	5 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Creative Writing with Dorothy (AR) 11:30 Outing: Lunch at Skates on the Bay 1:30 Walking Club (L) 2:00 Movie Committee (AR) 3:30 Activities Committee (ART) 7:00 Movie (AR)	6 No Transportation Shopping Delivery Requests Due by 9 am 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Yvette (ART) 10:30 DOG Bingo (AR) 1:00 Rummikub (GR) 1:30 Walking Club (L) 3:30 Current Events with Jim (AR)	7 No Local Shopping 10:00 Exercise with Carl (AR) 1:15 Outing: UC Berkeley Art Museum 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 3:00 Scrabble (GR) 3:30 Frommcast: <i>The Early Romantics</i> ** (AR) 7:00 Movie (AR)	8 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)	9 <i>Synagogue Transportation</i> 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 2:00 Jewish Film Festival Screening: Simon & Theodore (AR) 4:00 Tech Support with Sabrina (Lib)
10 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 11:00 Walking Club (L) 2:00 Perkoff Duo; Violin & Cello (AR) 4:00 Crossword (ART)	11 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>Docudrama & Mockumentary: "Fake News" on Stage and Screen</i> ** (AR) 3:00 Dining Committee (AR) 7:00 Movie (AR)	12 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Flower Arranging with Candiece (AR) 11:30 Outing: Lunch at Colibri Mexican Bistro in the Presidio 1:30 Walking Club (L) 2:00 Met Opera Viewing (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	13 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Yvette (ART) 1:00 Rummikub (GR) 1:30 Walking Club (L) 2:00 Sports Talk with Hal & Ira (AR) 3:30 Current Events with Jim (AR)	14 Local Shopping 2:30 pm 10:00 Exercise with Carl (AR) 1:15 Outing: Obama Portraits at de Young Museum 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 2:00 Scrabble (GR) 3:00 Exotic History of Jews with Ken Blady (AR) 7:00 Movie (AR)	15 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)	16 <i>Synagogue Transportation</i> 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 2:00 Broadway in HD: <i>Noel Coward's Present Laughter</i> (AR)
17 9:00 Exercise with Phil (AR) 10:00 SPCA Visit (Lib) 11:00 Walking Club (L) 2:00 Jazz Odyssey Trio (AR) 4:00 Crossword (ART)	18 9:00 Exercise with Caroline (AR) 10:00 Caregiver Support Group (ART) 10:30 Bingo (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>Docudrama & Mockumentary: "Fake News" on Stage and Screen</i> ** (AR) 2:30 Matinee Movie (AR) 7:00 Movie (AR)	19 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 Creative Writing with Dorothy (AR) 1:15 Outing: San Francisco Railway Museum 1:30 Walking Club (L) 2:00 Matinee Movie (AR) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	20 Shopping Delivery Requests Due by 9 am 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Yvette (ART) 10:30 Familiar Pairs Bingo (AR) 1:00 Rummikub (GR) 1:30 Walking Club (L) 2:15 Memory Loss Support Group (AR) 3:30 Current Events with Jim (AR)	21 Local Shopping 2:30 pm 10:00 Exercise with Carl (AR) 10:00 Hospitality Committee (ART) 1:15 Outing: McEvoy Foundation for the Arts 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 3:00 Scrabble (GR) 7:00 Movie (AR)	22 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)	23 Local Shopping 2:30 pm <i>Synagogue Transportation</i> 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 2:00 Broadway in HD: <i>Cyrano de Bergerac</i> (AR) 4:00 Tech Support with Sabrina (Lib)
24 9:00 Exercise with Phil (AR) 11:00 Walking Club (L) 2:00 Ian Scarfe Piano Concert (AR) 4:00 Crossword (ART)	25 9:00 Exercise with Caroline (AR) 10:30 Bingo (AR) 1:30 Walking Club (L) 1:30 Frommcast: <i>Docudrama & Mockumentary: "Fake News" on Stage and Screen</i> ** (AR) 2:30 Matinee Movie (AR) 7:00 Movie (AR)	26 Local Shopping 10 am 9:15 Tai Chi with Janet (AR) 10:30 RGP Book Club (AR) 1:00 JCCSF Virtual Lecture: US Capitol Insurrection; A Deep Dive (AR) 1:30 Outing: Dandelion Chocolate Factory Tour 1:30 Walking Club (L) 3:00 Painting with Kimberley (ART) 7:00 Movie (AR)	27 9:00 Klezmercize with Bruce (AR) 10:00 AWE; Art with Yvette (ART) 11:30 July Birthday Lunch 1:30 Walking Club (L) 2:00 Monthly Residents' Meeting (OR) 3:30 Current Events with Jim (AR)	28 Local Shopping 2:30 pm 10:00 Exercise with Carl (AR) 1:15 Outing: Presidio Tunnel Tops 1:15 Chair Yoga with Ilya (AR) 1:30 Walking Club (L) 3:00 Scrabble (GR) 3:30 Frommcast: <i>The Early Romantics</i> ** (AR) 7:00 Movie (AR)	29 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)	30 Local Shopping 2:30 pm <i>Synagogue Transportation</i> 10:00 Chair Yoga with Ilya (AR) 11:00 Walking Club (L) 1:30 Broadway in HD: <i>Long Day's Journey Into Night</i> (AR)