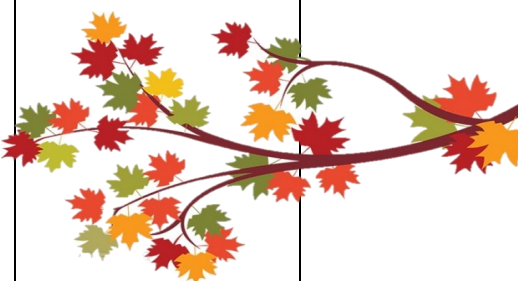


A decorative border at the bottom of the page featuring a variety of pumpkins and gourds in orange, white, and green, interspersed with autumn leaves in shades of orange, red, and yellow.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30am Active Aging Week (AAW): Kick-Off (SR) 11:00am AAW Lecture - Money & Love (SR) 3:00pm Sustainability Committee (CFR) 7:00pm Team Trivia Challenge (LOU)	3 11:00am AAW Lecture - Live Well: A Little Goes a Long Way (SR) 4:00pm AAW: Laughter Yoga With Karen (SR) 3:00pm Safety Video (Ch.8) 7:30pm Film Comm. Movie Unstoppable (SR)	4 9:00am AAW: Tai Chi (SR) 10:00am Health Care Learning Summit (HCLS): Your Continuum of Care (GR) 11:00am Nancy's Chat (Zoom/SR) 1:00pm & 2:30pm HCLS: You & Your Health Care Agreement (SR) 3:30pm AAW: Sip & Paint with Laura (SR) 5:45pm Lee Allen on Piano (ULA)	5 9:00am HCLS: Navigator at Your Service (GR)  10:00am RHC Budget Board Mtg (SR) 1:00pm HCLS: Finance 101 (ACR) 2:00pm AAW: Swim Clinic with Lida (SP) 3:00pm AAW: Salsa Lesson (SR)	6 9:30am HCLS: Insurance Insights (GR) 10:00am SF Outing: The Music Never Stopped (LL) 11:00am All About Authors w/Darwin (SR) 1:00pm & 2:30pm HCLS: Panel of Health Care Professionals (SR) 2:30pm HCLS: Selling Your Membership (LR) 4:00pm AAW: Hula w/Noriko (SR)	7 10:15am AAW: PT with James (SR) 11:00am AAW: Closing Ceremony (SR) 
Active Aging Week (AAW) 10/2-8 HEALTH CARE LEARNING SUMMIT (HCLS) 10/4-10						
8	9 10:00am HCLS: Navigator at Your Service (GR) 10:30am Investment Group (SR) 11:45am Bookmobile (PL) 1:00pm HCLS: Finance 101 (ACR) 1:00pm Ambiance Comm. (CFR) 3:00pm Holiday Decorating Comm. (LR) 7:00pm Bingo (LOU)	10 9:00am Woodshop Comm. (CFR) 10:00am Country Store/ Steering Comm. (CFR) 10:00am SJ Outing: Sikh Gurdwara Sahib (LL) 10:00am Landscape Comm. (LR) 1:00pm HCLS: Insurance Insights (GR) 2:00pm Drop-in Clinic for Easy Tech Help (LOU) 2:30pm HCLS: Selling Your Membership (LR) 7:30pm Film Comm. Movie Boynton Beach Club (SR)	11 11:00am Townhall (SR/Ch. 8) 5:00pm Resident Birthday Dinner (SR)  	12 2:00pm Film Committee (CFR) 3:30pm Architectural Review Comm. (CFR)	13 10:30am Garage Sale Collection (SR) 2:00pm Technology Education Comm. (ACR) 	14 2:30pm Diabetes Support Group (SR)
15	16 7:00PM Team Trivia Challenge (LOU) 	17 3:30pm Wellness Committee (CFR) 6:30pm MV Outing: Subscription - Mrs. Christie -Theatre Works (LL) 7:30pm Film Comm. Movie An Education (SR)	18 6:30pm SJ Outing: Center of Performing Arts - Les Misérables (LL) 	19 11:00am Lecture: Advanced Care Planning (SR)	20 11:00am Lecture: The Chinese in the Woods - Logging and Lumbering in the American West (SR) 5:45pm Peter Cor on Piano (ULA)	21 2:00pm Aurora Mandolin Orchestra (SR) 6:30pm SJ Outing: Symphony San Jose (LL)
22 3:00pm Easy & Fun Art with Elise (ACR)	23 11:00am Lecture: Beyond Estate Planning Basics (SR) 11:45am Bookmobile (PL) 	24 10:00am Resident Council Open Meeting (SR) 10:00am SF MOMA Outing: Yayoi Kusama Infinite Love (LL) 2:00pm Library Comm. (CFR) 7:30pm Film Comm. Movie Love Again (SR)	25 9:30am RSI Open Mtg. (GR) 11:00am Lecture: Friendship Force (SR) 1:15pm Christian Fellowship Bible Study (LR) 7:00pm Karaoke Night with Mimi (SR)	26 10:00am RHC Open Mtg. (SR) 3:30pm Architectural Review Committee (CFR) 3:30pm Octoberfest Celebration (SR)	27 1:00pm Emergency Preparedness Committee (EPC) Meeting (SR) 	28 2:30pm Diabetes Support Group (SR)
29 2:30pm Performance: Robert Applebaum Piano & Bass Duo (SR)	30 11:00am Lecture: City Affairs with Mayor Hung Wei (SR) 2:00pm New Year's Eve Committee (ACR)	31 11:30am Halloween Employee Parade (DR) 3:00pm Halloween Party (SR)	 ATTENTION: All events are subject to change, please check the weekly Pink Sheet for updates and information Thank You!			

Recurring Weekly Events

Saturday 7:30am - Walking/Hiking Group (LL) 9:30am - Stretch & Balance w/Marnie(SR) 11:00am - Happy Hounds Play Day (DP) 11:00am - Core & More w/ Marnie (SR) 1:00pm - Water Aerobics w/ Marnie (SP) 2:00pm - No Host Knitting Group (LR) Sunday 7:30am - Walking/Hiking Group (LL) 10:00am - Protestant Service (HCC) 10:30am - Catholic Mass (HCC) 2:00pm - Ping Pong (ACR)	Monday 7:30am - Walking/Hiking Group (LL) 8:45am - Sit and Be Fit® w/ Brian (SR) 10:00am - Monday Morning Sewing ACR) 1:00pm - Water Aerobics w/ Lida (SP) 1:15pm - Safeway Shopping (LL/UL) 2:00pm - Ping Pong (ACR)	Tuesday 7:30am - Walking/Hiking Group (LL) 8:45am - Chair Yoga w/ Marnie (SR) 9:30am - Back & Abs w/ Marnie (SR) 11:00am - Meditation - Resident Led (CFR) 1:15pm - Trader Joe's (LL/UL) 7:30pm - Film Comm. Movie (SR)
Wednesday 7:30am - Walking/Hiking Group (LL) 8:45am - Back & Abs w/ Marnie (SR) 1:00pm - Posture & Balance w/Marnie(FC) 2:00pm - Core & More w/ Marnie (LR) 3:00pm - VST Balance Screening (FC) 3:00pm - Happy Hounds Play Day (DP) 3:00pm - Wellness Wednesdays (Ch.8) 5:00pm - Broadway HD: Musical (Ch.8)	Thursday 7:30am - Walking/Hiking Group (LL) 11:00am - Water Aerobics w/ Marnie (SP) 11:30am - Mat Yoga w/ Ellen (LR) 12:45pm - Chair Yoga w/ Ellen (SR) 1:15pm - Lucky Supermarket (LL/UL) 7:00pm - Duplicate Bridge (SR)	Friday 7:30am - Walking/Hiking Group (LL) 8:45am - Sit and Be Fit® w/ Brian (SR) 9:30am - Back & Abs w/ Marnie (LR) 11:00am - Posture & Balance w/Marnie(FC) 12:00pm - Rosary Prayers (LR) 1:00pm - Spanish Conversation (LR) 2:00pm - Core & More w/ Marnie (LR) 2:00pm - Rite Aid Pharmacy (LL) 3:00pm - Current Events with Ken (Zoom) 4:00pm - Fitness Orientation (FC)

Location Key

ACR: Arts & Crafts Room	FC: Fitness Center	PL: Parking Lot
CB: Community Building	GAME RM: Game Room	PP: Pool Patio
CFR: Conference Room	GR: Green Room	SP: Swimming Pool
CS: Country Store	HCC: Health Care Center	SR: Sierra Room
DR: Dining Room	LL: Lower Lobby	TR: Training Room
DRP: Dining Room Patio	LOU: Lounge	UL: Upper Lobby
DRO: Doctor's Office	LR: Living Room	ULA: Upper Landing (Dining Room)
DP: Dog Park	PDR: Private Dining Room	WC: Wellness Center



Program Calendar
October 2023

Brief Highlights for the Month:

Events:

Aging Week (AAW) - October 2-8
Health Care Learning Summit (HCLS) - October 4-10
Octoberfest Celebration - October 26
Halloween Party - October 31

Lectures:

Money & Love - October 2
Live Well: A Little Goes a Long Way - October 3
The Chinese in the Woods - October 20
Beyond Estate Planning Basics - October 23
Friendship Force - October 25
City Affairs with Mayon Hung Wei - October 30

Outings:

The Music Never Stopped - October 6
Sikh Gurdwara Sahib - October 10
Mrs. Christie -Theatre Works (subscription) - October 17
Les Misérables - October 18
Symphony San Jose - October 21
SF MOMA - Yayoi Kusama - Infinite Love - October 24

Performances:

Aurora Mandolin Orchestra - October 21
Robert Applebaum - Piano & Bass Duo - October 29

~ See Details Inside ~