

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**1 Mardi Gras**  
**10:00** TOWN HALL (Z)  
**1:30** ACE meeting (LL)  
**2:00** Costco & Piazza's  
**2:30** Current Events with Phil Lumish (Z)  
**3:30** Big Movement (CT)  
**7:00** Scrabble (CL)

**2**  
**9:30** Balance & Fall Prevention (CT)  
 10:00 Chef's Forum  
**10:30** Strong for Life (CT)  
**12:30** Ingredient Pick up (MVR)  
**1:30** Baking Hamentashen (Z)  
**2:00** French Club (LL)

**3**  
**9:45 ACE: Foster Museum**  
**10:30** Great Courses (MT)  
**2:00** Feldenkrais (CT)  
**3:30** Big Movement (CT)  
**7:00** Moldaw Singers (CT)

**4 Nat'l Wear Blue Day**  
**9:00** Breathing Yoga w/Lily (Z)  
**9:30** S.A.I.L. w/ Mwezo (CT)  
**11:00** Bike Club  
**11:00** Chair Yoga with Lily (CT)  
**1:00** San Antonio Shopping  
**3:45** Music Therapy (CT)  
**5:00** Oneg Shabbat (CT)

**5**  
**11:00** Big Movement (CT)  
**3:00** Saturday Matinee (MT)

**6**  
**9:30** Walking Club  
**11:00** Sunday Matinee (MT)  
**2:00** Tai Chi w/Nathan (Z)

**7**  
**9:00** Gentle Yoga w/Lily (Z)  
**9:30** Workout w/ Mwezo (CT)  
**10:00** San Antonio Shopping  
**10:30** Strong for Life (CT)  
**1:00** Monologues (Z)  
**2:15** Sketching w/Mel Rabkin(AS)  
**3:30** Tai Chi with Jason (CT)

**8**  
**10:00** Dining Committee (Z)  
**11:00** Dancing Around the World (CT)  
**1:30** Exercise w/ONR (CT)  
**2:00** Costco & Piazza's  
**2:00-2:30** Blood Pressure Clinic (WC)  
**2:30** Current Events with Phil Lumish (Z)  
**2:30** Building & Grounds (Z)  
**3:30** Big Movement (CT)  
**7:00** Scrabble (CL)

**9**  
**9:30** Balance & Fall Prevention (CT)  
**10:30** Strong for Life (CT)  
**12:00** Better Together with Hausner (CT)  
**2:00** Card making with Miriam  
**2:00** French Club (LL)  
**3:30** Health Committee (Z)  
**4:00** Moldaw Film Festival (CT)

**10**  
**9:45-11:00** Podiatrist (WC)  
**10:30 ACE: Anderson Collection**  
**10:30** Great Courses (MT)  
**2:00** Feldenkrais (CT)  
**3:30** Big Movement (CT)  
**7:00** Moldaw Singers (CT)

**11**  
**9:00** Breathing Yoga w/Lily (Z)  
**9:30** S.A.I.L. w/ Mwezo (CT)  
**11:00** Bike Club  
**11:00** Chair Yoga with Lily (CT)  
**12:15** Bridge w/ Gloria (CL)  
**1:00** San Antonio Shopping  
**3:45** Music Therapy (CT)  
**5:00** Oneg Shabbat (CT)

**12**  
**11:00** Big Movement (CT)  
**3:00** Saturday Matinee (MT)

**13**  
**9:30** Walking Club  
**11:00** Sunday Matinee (MT)  
**2:00** Tai Chi w/Nathan (Z)

**14**  
**9:00** Gentle Yoga w/Lily (Z)  
**9:30** Workout with Mwezo (CT)  
**10:00** San Antonio Shopping  
**10:30** Strong for Life (CT)  
**1:00** Short Story Club with Joan (SC)  
**2:00** Stitching Bee (CT)  
**3:30** Tai Chi with Jason (CT)

**15**  
**10:00** Library Committee Mtg (Lib)  
**11:00** Dancing Around the World (CT)  
**1:30** Go Green Lecture (CT)  
**2:00** Costco & Piazza's  
**2:30** Current Events with Phil Lumish (Z)  
**3:00** Jewish Genealogy Lecture (Z)  
**3:30** Big Movement (CT)  
**7:00** Scrabble (CL)

**16**  
**9:30 ACE: Steinbeck Center**  
**9:30** Balance & Fall Prevention (CT)  
**10:30** Strong for Life (CT)  
**2:00** French Club (LL)  
**4:00** Moldaw Film Festival (CT)

**17 PURIM**  
**10:30** Great Courses (MT)  
**11:00** Movie Committee (LL)  
**1:00** Megillah Reading w/ Rabbi Levin (CT)  
**2:00** Feldenkrais (CT)  
**3:30** Big Movement (CT)  
**7:00** Moldaw Singers (CT)

**18**  
**9:00** Breathing Yoga w/Lily (Z)  
**9:30** S.A.I.L. w/ Mwezo (CT)  
**11:00** Bike Club  
**11:00** Chair Yoga with Lily (CT)  
**1:00** San Antonio Shopping  
**3:45** Music Therapy (CT)  
**5:00** Oneg Shabbat (CT)

**19**  
**11:00** Big Movement (CT)  
**12:15** SF Ballet  
**3:00** Saturday Matinee (MT)

**20 First Day of Spring**  
**9:30** Walking Club  
**11:00** Sunday Matinee (MT)  
**1:00** Music Concert (CT)  
**2:00** Tai Chi w/Nathan (Z)

**21**  
**9:00** Gentle Yoga w/Lily (Z)  
**9:30** Workout w/ Mwezo (CT)  
**10:00** San Antonio Shopping  
**10:30** Strong for Life (CT)  
**1:00** Monologues (Z)  
**2:15** Sketching w/ Mel Rabkin(AS)  
**3:30** Tai Chi with Jason (CT)

**22**  
**10:00** RAC meeting (Z)  
**11:00** Dancing Around the World (CT)  
**1:30** ONR lecture: Balance (CT)  
**2:00** Happy Hour (SC)  
**2:00** Costco & Piazza's  
**2:30** Current Events with Phil Lumish (Z)  
**2:00-2:30** Blood Pressure Clinic (WC)  
**3:30** Big Movement (CT)  
**7:00** Scrabble (CL)

**23**  
**9:30** Balance & Fall Prevention(CT)  
**10:30** Strong for Life (CT)  
**12:00** Better Together with Hausner (CT)  
**2:00** French Club (LL)  
**2:00** Committee of Chairs (CT)  
**4:00** Moldaw Film Festival (CT)

**24**  
**10:30** Great Courses (MT)  
**2:00** Feldenkrais (CT)  
**3:30** Big Movement (CT)  
**3:30** Transportation Committee (Z)  
**5:00 ACE: Local Dinner: Sun of Wolf**  
**7:00** Moldaw Singers (CT)

**25**  
**9:00** Breathing Yoga w/Lily (Z)  
**9:30** S.A.I.L. w/ Mwezo (CT)  
**11:00** Bike Club  
**11:00** Chair Yoga with Lily (CT)  
**12:15** Bridge w/Gloria (CL)  
**1:00** San Antonio Shopping  
**3:45** Music Therapy (CT)  
**5:00** Oneg Shabbat (CT)

**26**  
**11:00** Big Movement (CT)  
**3:00** Saturday Matinee (MT)

**27**  
**9:30** Walking Club  
**11:00** Sunday Matinee (MT)  
**2:00** Tai Chi w/Nathan (Z)

**28**  
**9:00** Gentle Yoga w/Lily (Z)  
**9:45** Camera Club (CL)  
**9:30** Workout w/ Mwezo (CT)  
**10:00** San Antonio Shopping  
**10:30** Strong for Life (CT)  
**1:00** Short Story Club with Joan(SC)  
**2:00** Stitching Bee (CT)  
**3:30** Tai Chi with Jason (CT)

**29**  
**10:00** Alfred Kuhn Memorial Lecture Series: Bonnie Schwid on Forensic handwriting analysis (CT)  
**11:00** Dancing Around the World (CT)  
**2:00** Costco & Piazza's  
**2:30** Current Events with Phil Lumish (Z)  
**3:30** Big Movement (CT)  
**7:00** Scrabble (CL)

**30**  
**9:30** Balance & Fall Prevention (CT)  
**10:30** Strong for Life (CT)  
**2:00** French Club (LL)  
**4:00** Moldaw Film Festival (CT)

**31**  
**10:00** Budget & Finance (Z)  
**10:30** Great Courses (MT)  
**11:45 ACE: Met @ the movies (Shoreline)**  
**2:00** Feldenkrais (CT)  
**3:30** Big Movement (CT)  
**7:00** Moldaw Singers (CT)

**March 2022**