

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Balance & Fall Prevention (CT) 10:00-1:00 Peel Tech (near J1 door) 10:30 Chef's Forum (DR) 10:30 Strong for Life (CT) 11:30 Ingredients Pick Up (MVR) 12:00 Baking (Z) 2:30 Flower Arranging (LL) 7:00 Israeli Folk Dancing (CT)	2 10:00 Better Posture Bal & Flex (CL) 10:30 Furry Friends (Lobby) 11:00 ACE Excursion: Cantor Arts Center, Stanford 3:30 Big Movement (CT)	3 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 1:00 San Antonio Shopping 2:00 Music Therapy (CL) 5:00 Oneg Shabbat (CT)	4 Transportation to synagogue available by appointment. 10:00 Tech Q&A with Dave Casuto (Z) 11:00 Big Movement (CT) 1:00 Rubik's Cube Class (CT) 1:30 Weekend Movie (MR)
5 Transportation to church available by appointment. 9:45 Walking Club 10:00 VivAsia Lotus (CT) 11:30 Hebrew Café (Z) 1:30 Ride to Chamber Music SF Concert, 2:00 Strength & Vitality (Z) 2:00 Stanford Mall Shopping	6 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 Short Story with Joan (MVR) 2:00 Collage Art with Julie (AS) 2:00 Mah Jongg (PR) 2:00 Learn American Mah Jongg (CL) 3:30 Tai Chi with Jason (CT)	7 PURIM 10:00 Town Hall (Z) 12:00 Megillah Reading with Rabbi Mickael Mayer (CT) 1:00 Los Altos DT/Post office 1:30 ACE Committee (MVR) 1:30 Grief Support Group (PR) 2:00 Moldaw Market 3:30 Big Movement (CT) 7:00 Scrabble (CL)	8 International Women's Day 9:30 Balance & Fall Prevention (CT) 10:00 Dining Committee (Z) 10:00-1:00 Peel Tech (near J1 door) 10:30 Strong for Life (CT) 12:00 Better Together with Hausner (CT) 2:30 Flower Arranging (LL) 4:00 Book Club (CT) 7:00 Israeli Folk Dancing (CT)	9 10:00 ACE Excursion: Legion of Honor, SF 10:00 Better Posture Bal & Flex (CL) 11:00 Time Together: Mind Fit (CT) 1:00 Floor 1 Chat with Elyse (CT) 2:30 Afternoon Movie (MT) 3:30 Big Movement (CT) 7:00 Moldaw Singers (CT)	10 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 11:00 & 1:00 Special Brunch (DR) 12:00 Bridge with Gloria (CL) 1:00 San Antonio Shopping 1:30 Rabbi Weissman- Beth Am (CT) 2:00 Music Therapy (CL) 5:00 Oneg Shabbat (CT)	11 Transportation to synagogue available by appointment. 11:00 Big Movement (CT) 1:00 Rubik's Cube Class (CT) 1:30 Weekend Movie (MR) 3:30 Harp Concert with Tamara Mead (CT)
12 Daylight Saving Time Transportation to church available by appointment. 9:45 Walking Club 10:00 VivAsia Lotus (CT) 11:30 Hebrew Café (Z) 2:00 Strength & Vitality (Z) 2:00 Nordstrom Rack & Ikea 3:30 HaShirim Choir (CT) 5:00 95th Academy Awards Watch Party (CT)	13 9:00 Gentle Yoga w/Lily (Z) 9:30 Workout w/ Mwezo (CT) 10:00 San Antonio Shopping 10:30 Strong for Life (CT) 12:00 Health Committee (Z) 1:00 Monologues (MVR) 2:00 Collage Art with Julie (AS) 2:00 Mah Jongg (PR) 2:00 Learn American Mah Jongg (CL) 3:30 Tai Chi with Jason (CT) 4:30 CBJ Game Hour (CT)	14 1:00 Grant Road Shopping 1:00 Rabbi Graff —Kol Emeth (PR) 2:00 Moldaw Market 2:30 Building & Grounds (Z) 3:30 Big Movement (CT) 7:00 Scrabble (CL)	15 9:30 Balance & Fall Prevention (CT) 10:00-1:00 Peel Tech (near J1 door) 10:30 Strong for Life (CT) 1:00 & 2:00 Share the Art (Apt. L303) 2:30 Flower Arranging (LL) 2:30 Private Staff meeting (CT) 5:30 Mingle at Dinnertime (DR) 7:00 Israeli Folk Dancing (CT)	16 9:45 Podiatrist (Wellness) 10:00 Better Posture Bal & Flex (CL) 10:00 ACE Excursion: Moffet Field Historical Society Museum & Lunch at Castro St., MV 11:00 Windows to Israel Through Literature (Z) 1:00 Floor 2 Chat with Elyse (CT) 2:00 Birthday Happy Hour (CT) 3:30 Big Movement (CT) 7:00 Moldaw Singers (CT)	17 St. Patrick's Day 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 1:00 San Antonio Shopping 2:00 Music Therapy (CL) 5:00 Oneg Shabbat (CT)	18 Transportation to synagogue available by appointment. 10:00 Tech Q&A with Dave Casuto (Z) 11:00 Big Movement (CT) 12:15 ACE Excursion: SF Ballet 1:00 Rubik's Cube Class (CT) 1:30 Weekend Movie (MR)
19 Transportation to church available by appointment. 9:45 Walking Club 10:00 VivAsia Lotus (CT) 11:00 & 1:00 Brunch (DR) 11:30 Hebrew Café (Z) 2:00 Strength & Vitality (Z) 2:00 Stanford Mall Shopping 2:00 Memorial for Helga Newman (CT)	20 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 Short Story with Joan (MVR) 2:00 Moldaw Market Meeting (MVR) 2:00 Mah Jongg (PR) 2:00 Learn American Mah Jongg (CL) 3:30 Tai Chi with Jason (CT)	21 10:00 Prof. Reno Di Bono (CT) 1:00 PA Middlefield shopping 1:30 Grief Support Group (PR) 2:00 Moldaw Market 3:00 Library Committee (MVR) 3:30 Big Movement (CT) 7:00 Scrabble (CL)	22 9:30 Balance & Fall Prevention (CT) 10:00-1:00 Peel Tech (near J1 door) 10:30 Strong for Life (CT) 2:30 Flower Arranging (LL) 3:30 Time Together—Bingo! (CT) 7:00 Israeli Folk Dancing (CT)	23 Ramadan begins 12:15 ACE Excursion: Recology Tour 10:00 Better Posture Bal & Flex (CL) 11:00 Windows to Israel Through Literature (Z) 1:00 Floor 3 Chat with Elyse (CT) 1:00 Paper Crafts with Miriam (AS) 3:30 Transportation Committee (MVR) 3:30 Big Movement (CT) 7:00 Moldaw Singers (CT)	24 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 12:00 Bridge with Gloria (CL) 1:00 San Antonio Shopping 2:00 Music Therapy (CL) 5:00 Oneg Shabbat (CT)	25 Transportation to synagogue available by appointment. 11:00 Big Movement (CT) 1:00 Rubik's Cube Class (CT) 1:30 Weekend Movie (MR) 3:30 Violin Concert with Alexie Koh (CT)
26 Transportation to church available by appointment. 9:45 Walking Club 10:00 VivAsia Lotus (CT) 11:30 Hebrew Café (Z) 2:00 Strength & Vitality (Z) 2:00 Nordstrom Rack & Ikea 3:30 Alyssa Lin, Piano (CT)	27 9:00 Gentle Yoga w/Lily (Z) 9:30 Workout w/ Mwezo (CT) 10:00 San Antonio Shopping 10:30 Strong for Life (CT) 11:30 Women and Aging (PR) 1:00 Monologues (MVR) 1:30 Time Together: Hot Cider (CT) 2:00 Mah Jongg (PR) 2:00 Learn American Mah Jongg (CL) 3:30 Tai Chi with Jason (CT)	28 11:00 Committee of Chairs (Z) 11:00 Stories Behind Musicians (CT) 1:00 Costco, Rengstorff Center, Piazza & Library 1:30 Women and Aging (PR) 2:00 Moldaw Market 2:30 Pine Park: Health Talk (CT) 3:30 Big Movement (CT) 7:00 Scrabble (CL)	29 9:30 Balance & Fall Prevention (CT) 10:00-1:00 Peel Tech (near J1 door) 10:30 Strong for Life (CT) 2:30 Flower Arranging (LL) 7:00 Israeli Folk Dancing (CT)	30 9:30 ACE Excursion: Bocce & Lunch 10:00 Better Posture Bal & Flex (CL) 10:00 Budget & Finance (Z) 11:00 Windows to Israel Through Literature (Z) 1:00 Floor 4 Chat with Elyse (CT) 3:30 Big Movement (CT) 7:00 Moldaw Singers (CT)	31 9:00 Breathing Yoga w/Lily (Z) 9:30 S.A.I.L. w/ Mwezo (CT) 10:30 Moldaw Market 11:00 Bike Club 11:00 Chair Yoga with Lily (PR) 1:00 San Antonio Shopping 2:00 Music Therapy (CL) 5:00 Oneg Shabbat (CT)	