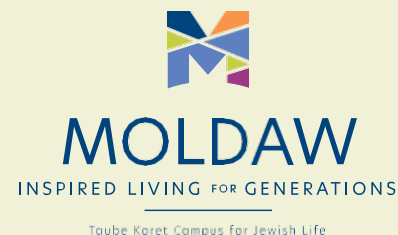


The listed activities, programs and events are currently or previously been offered by the **Lifestyles Department at Moldaw Residences**. In addition to an array of recreational and social events, Moldaw offers a variety of different programs, classes and lectures on campus with the participation of many local universities and colleges.



## Events and Activities at Moldaw

### Moldaw Special Occasions/ Holidays

New Year's Eve Party

---

Sukkot Celebration

---

Rosh Hashana (New Year) Celebration

---

Valentine's Day

---

Mardi Gras Party

---

Veteran's Day Celebration & Ceremony

---

Monthly Birthday Celebration

---

Valentine's Day

---

Chinese New Year Celebration

---

Super Bowl Party

---

Purim Celebration

---

St. Patrick's Day Party

---

Moldaw Community Passover Seder

---

Hawaiian Luau

---

Labor Day

---

Memorial Day BBQ

---

Stanford Health & Wellness Fair

---

Cinco De Mayo Celebration

---

4<sup>th</sup> of July BBQ & Entertainment

---

Grandparents' Day

---

First Responder Luncheon

---

Sunday Brunch

---

Mother's Day Family Brunch

---

Father's Day Family Brunch

---

Halloween Party & Costume Contest

---

Chanukah Celebration

---

Christmas Party

---

Divali/ Shabbat

---

### Moldaw Committees & Clubs

Resident Association Committee

---

Building & Grounds

---

Dining Committee

---

Health Committee

---

Budget & Finance

---

A.C.E –Art, Culture & Education

---

Hospitality Committee

---

This & That Store

---

Yiddish Club

---

Annual Resident Art & Craft sale

---

Cinema Club

---

French Club

---

Spanish Club

---

Library Club

---

Resident Book Review

---

Holiday Decorating

---

RAC New Resident Orientation & Tour

---

Transportation Committee

---

Safety Committee

---

### Support Groups

Parkinson's Support Group

---

Grief Counseling Group ( I wouldn't put this in writing right now)

---

Chronic Health Challenges Support Group

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Moldaw Senior Care Group w/ Therapist Wes Fornes

---

### Ongoing Moldaw Activities/ Classes

Chefs Forum w/ Executive Chef Allain Bernabe

---

Weekly Men's Club

---

Tai Chi classes with Nathan Ng and Jason Chan

---

P.E.I.R (Personal Enrichment in Retirement)

---

Big Movement & Strength with Larry Hovland

---

Watercolor Class

---

Sketching Class

---

Gentle Stretch and Tone with Mwenzo

---

Happy Hour with Live Entertainment

---

Art Class/ Color Theory with Melissa Medina

---

Balance & Fall Prevention with Mwenzo

---

Mediation with Sujatha

---

History Class with Phil Lumish

---

Latest News from Israel w/ special guest Speakers

---

Music Therapy with Leslie Rush

---

Breathing Yoga with Lily Ann Hillis

---

Bridge Lessons with Gloria Leitstein

---

S.A.I.L Staying Active and Independent in Life

---

Jewelry making Class

---

Cricut Class

---

Knitting Club

---

Whole Brain Health with Charles Hall

---

Ceramics Class with Kiln on site

---

## Special Guest Speakers/ Moldaw In House

RN Deanne Belcher Mind Fit 6  
Week Course

Abby Schwartz Executive Director  
of the Skirball Museum /Docent  
Tour

Anat Harrel, The Armchair  
Traveler: Tours throughout Israel  
PhD. TAMAR SHAHAM & DMITRY  
GLINETS from Technion University:  
The Future of Technology in Israel

Dr. Frederic Luskin Lecture:  
“Forgiveness Project” at Stanford

Dr. Laura Bodin Dunn Geriatric  
Professor Stanford University  
Geriatric Professor of Psychiatry  
and Behavioral Sciences  
“Adventures in Geriatric  
Psychiatry”

PHD. Itamar Kahn Technion  
University, Lecture: MRI  
innovations detecting brain  
disorders and Alzheimer’s disease  
Rita Cowell Lecture: Science,  
Sexism and the Fight Against the  
Status Quo

David Makovsky Presentation:  
Middle East UAE Agreement  
Professor Noam Ziv Faculty of  
Medicine Technion–Israel Institute  
of Technology Lecture: Relearning  
what we have learned about  
learning.

Dr. Janet Meiselman Lectures, Best  
Practices on Aging Well

Keith Raffel Harvard Professor  
and Author Presentation

Dr. Sam Kinzter. 6–week  
series “Optimizing Brain Function

Barbara Sher Tinsley, Stanford  
Ph.D. Author: Reading excerpts  
from her new book of poetry. Q &  
A

AiMusic Traditional Chinese  
Musical Performance

Alice McGrath, Lecture: Strategies  
for dealing with vision loss”

David Meir Levi, Israel Life,  
Politics, and Religion

Fred Finkelsteins, Filmmaker &  
Presenter “LEAVING MEMEL –  
REFUGEES from the REICH”.

Stephen Cain: Whole Brain Health

Larry Spivak: Bird Watching Series  
Abby Schwartz Lecture, Life  
through the Book of Job (Kind of a  
dup – see lectures)

Hank Vlcek Master of Mystifying  
Magic Presents: Magical Moments

## Moldaw Entertainment/ In-House

Opera & Traditional Folk Songs:  
with Steve Gill, Karl Franzen, and  
Feeta. Journey through Ellis Island.

T.A.C.O. Concert in the Courtyard  
“The Terrible Adult Community  
Orchestra” Music Director  
Catherine Humphers Smith

Googapella: Google Acapella  
Choir

Greg Zehr and the “None Too  
Soon Band”

Twilight in Venice, Bay Area  
Strings: Bach, Handel, Vivaldi, and  
Corelli

Haopinaka – Traditional Hawaiian  
Music and Dance

Mejia Arts Professional Caricature  
Artist

Community School of Music & Arts  
Performance

Laura Garner Harpist, Pianist,  
String Ensemble

Steven Gary, Songs or our Time,  
guitarist & singer

Deborah Choe Pianist

Kimberly Gold, singer & Guitarist  
Maddaline Goepel, Pianist singer

\*Diana Orsatelli Singer–Opera

\*Gregory Deane Exhibit  
(Multimedia Artist)

\*Barbera Mustard Exhibit  
(Multimedia Artist)

Bay Area Strings & Brass: Classical  
Concert

Stacy Carter

RS–3 Jazz Combo 1930s – 1950s

Community Women’s Choir; Music  
Director Karl Schmidt

The Hashirim Singers

Sarah Tuan, Award Winning  
International Young Pianist, San  
Francisco Conservatory of Music

Charles “Chaz Gunter Jazz  
Musician

Sue Dinwiddle, “Wind in the  
Strings” Harp & Flute Duo

Happy Time Banjo Band

DJ Mark Hester “Cocktail Dance  
Party”

## Moldaw Outings & Excursions

Met Opera at the Palo Alto Square  
Theater

Asian Art Museum

Stanford Theater

Moffett Field Museum

San Francisco Museum of Modern  
Art

Contemporary Jewish Museum

SF African Diaspora Museum

Half Moon Bay

Walt Disney Family Museum

Cantor Arts Center

Stanford Outdoor Rodin Sculpture  
Garden

The Rengstorff House

Computer History Museum

De Young Museum

Legion of Honor Museum

Chinese Historical Society of  
America Museum

Tenderloin Museum

Various Local Vineyards/  
Winetasting & Tours

Rosie the Riveter Historical Park & Assemble Restaurant

Conservatory of Flowers & Lunch at Tartine Manufactory

Violins of Hope: A Journey of Heroism, Healing, and Humanity

Japanese American Museum

Los Altos History Museum

Pacific International Quilt Festival

Burlingame Shopping & Luncheon

Santana Row Shopping & Luncheon

CCA Wattis Institute

Presidio Day: WWII Exhibits & Luncheon at the Presidio Officers Club

San Mateo History Museum

San Francisco Symphony Youth Orchestra

Filoli Gardens

BAMPFA

San Jose Museum of Art

Oakland Museum

Buddhist Temple Tour & Luncheon

GLBT Historical Society

PACE Gallery

American Craft Council Show in San Francisco

Koret Young Performance at Menlo Park

Ruth Waters Studio Tour at the Burlingame Museum of Art

SF Oracle Park Baseball Tour & Brunch on King Street

San Francisco Ferry to Sausalito

Pacific International Quilt Festival

Hatemi Masjid, Palo Alto Mosque Tour

Intel Museum in Santa Clara

Ridge Vineyards, Cupertino

San Mateo County Fair

KQED Radio & TV Studio Tour, San Francisco

Hiller Aviation Museum

Bay Area Glass Institute

### JCC Exclusive Member Events

- **Bill Murray and Vogler** celebrate the premiere of their show. The Hollywood star's love for classical music is young and his art of language boundless. All the more reason to look forward to a fascinating encounter between great music and great literature featuring two masters of their art.
- San Francisco Symphony at the JCC
- JCC Community Tuesdays: Music at Noon and Afternoon Lecture Recitals
- Jason Alexander of 'Seinfeld' comes to Palo Alto JCC for Sunday-night show
- Pocket Opera Presents "Don Giovanni" by Mozart at the Palo Alto JCC

### TEDTalks Palo Alto JCC Schultz Cultural Arts Hall

#### **David Crane**

Lecturer in Public Policy at Stanford University and President of Government for California

#### **David Hochschild**

Commissioner

#### **Desmond Richardson**

Dancer

#### **Dr. Alicia Jackson**

CTO and Co-Founder of Drawbridge Health

#### **Dr. Harry Saal**

Executive Chair of Retrotope

#### **Dr. Leila Takayama**

Human-Robot Interaction Researcher

#### **Dr. Mehret Mandefro**

Film Producer/Writer, Anthropologist, Harvard-trained Physician, and Health Policy Expert

#### **Ibtihaj Muhammad**

Member of the United States Fencing Team

#### **Nina Simon**

Executive Director of the Santa Cruz Museum of Art & History

#### **Okieriete Onaodowan**

Actor

### Community Lectures

*Join us for compelling and thought-provoking lectures and conversations with experts in a myriad of subjects. The below are examples of topics:*

- Still Traveling: Travels to Bewitching Broadway
- Community Conversations Presents "The Third Daughter" with Author Talia Carner
- Terrific Tastings: Bubbles & Bites
- Community Conversations Presents The Romantic Piano
- From Crisis to Recovery: IsraAID's Humanitarian Aid Around the World
- Community Conversations Presents: World Water Crisis? How Israel Turned a Problem into a Success
- Housework, Housewives and Advertising with Diane Claerbout
- Community Conversations