

SUN

MON

TUE

WED

THUR

FRI

SAT

9:00 AM Kick-Start Fitness (TH)  
 9:00 AM Religious Services Transportation (GR)  
**10:00 AM Reader Volunteer Hour (LB)**  
**10:45 AM Cardio Drumming (TH)**  
 1:00 PM Met Opera: The Queen of Spades (1999) (SR)  
 1:30 PM Pop Up Concert with Stevie (TH)  
 3:00 PM Rummikub (B)  
 6:30 PM Evening Film (SR)

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**LOCATION KEY**  
 BP - Bistro Patio  
 B - Bistro, 1st Floor  
 CP - Circle of Friends Parlor, by #346  
 EX - Excursion  
 GP - Garden/Gym Patio, 2nd Floor  
 GR - Great Room, 1st Floor  
 GYM - Gym, 2nd Floor  
 JK - Josephine's Kitchen  
 LB - Library, 3rd Floor  
 SR - Screening Room, 4th Floor  
 TH - Town Hall, 1st Floor

9:00 AM Kick-Start Fitness (TH)  
 9:00 AM Religious Services Transportation (GR)  
**10:00 AM Reader Volunteer Hour (LB)**  
**10:45 AM Cardio Drumming (TH)**  
 1:00 PM Met Opera: Eugene Onegin (2007) (SR)  
 1:30 PM Pop Up Concert with Stevie (TH)  
 3:00 PM Rummikub (B)  
**3:00 PM Gel Plate Printing Inspired by Nature with Elaine Chu (TH)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
**10:00 AM Tai Chi with Nabou (TH)**  
**10:00 AM Nature Walk + Lunch Out: Crab Cove Alameda (EX)**  
 11:00 AM Savoring Short Stories (TH)  
 1:00 PM Politics & Current Events Discussion (TH)  
 2:00 PM Matinee (SR)  
 3:00 PM Pop up Ping Pong (TH)  
 6:30 PM Evening Film (SR)

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**Cinco de Mayo**  
 9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Yoga and Meditation (TH)  
**1:00 PM Cinco de Mayo Party with Mariachi band (TH)**  
 2:00 PM Mah Jongg (B)  
 2:00 PM Matinee (SR)  
 2:00 PM Rummikub (B)  
 3:00 PM Mobility Class (GYM)  
**3:00 PM Monthly Resident Activities Meeting (TH)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (Cancelled Today) (TH)  
 11:00 AM You Be The Jury (On hiatus this month)  
**11:30 AM UC Berkeley Noon Concerts (EX)**  
**1:00 PM Walking Fundamentals (GYM)**  
 2:00 PM Matinee (SR)  
**2:00 PM Distinguished Lecture Series: Alison Gopnik, Professor of Psychology, UC Berkeley (TH)**  
 3:00 PM Bridge (B)  
 3:00 PM Sing-A-Long (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
**9:30 AM Excursion: SF Silent Film Festival-Amazing Tales from the Archives (EX)**  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (Cancelled Today) (TH)  
 2:00 PM Matinee (SR)  
 2:00 PM Rummikub (B)  
 3:00 PM Parkinson's Support Group (LB)  
**4:00 PM Tech Support (GR)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
**10:00 AM NEW: Movement and Mindfulness with James (TH)**  
 2:00 PM Matinee (SR)  
 2:00 PM Friday Afternoon Conversation (CP)  
**3:00 PM Happy Hour: Bob Roden 5 (TH)**  
 4:30 PM Shabbat Blessings (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
 11:00 AM Garden Club (GP)  
 1:00 PM Library Organization (LB)  
**1:00 PM Reel Talk Behind The Scenes (SR)**  
**1:30 PM Come Play w/ Watercolor (TH)**  
 2:00 PM Reel Talk Movie & Discussion (Cancelled Today) (SR)  
 5:30 PM Classical Music Hour (SR)  
 6:30 PM Evening Film (SR)

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**Mother's Day**  
 9:00 AM Kick-Start Fitness (TH)  
 9:00 AM Religious Services Transportation (GR)  
**10:00 AM Reader Volunteer Hour (LB)**  
**10:45 AM Cardio Drumming (TH)**  
**11:00 AM Mother's Day Brunch with classical pianist (JK)**  
 1:00 PM Met Opera: Der Rosenkavalier (SR)  
 1:30 PM Pop Up Concert with Stevie (TH)  
 3:00 PM Rummikub (B)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Tai Chi with Nabou (TH)  
 11:00 AM Savoring Short Stories (TH)  
 1:00 PM Politics & Current Events Discussion (TH)  
 2:00 PM Matinee (SR)  
**3:00 PM Low Vision Support Group (on hiatus this month) (LB)**  
 3:00 PM Pop up Ping Pong (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Yoga and Meditation (TH)  
**11:00 AM MyBv App Training Session (TH)**  
**1:00 PM Monthly Film Selection Meeting (TH)**  
 2:00 PM Mah Jongg (B)  
 2:00 PM Matinee (SR)  
 2:00 PM Rummikub (B)  
 3:00 PM Mobility Class (GYM)  
**3:00 PM Resident Council Agenda Setting Meeting (LB)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
**11:00 AM Resident Wellness Presentation (TH)**  
 11:00 AM You Be The Jury (On hiatus this month)  
**11:30 AM UC Berkeley Noon Concerts (EX)**  
**1:00 PM Walking Fundamentals (GYM)**  
 2:00 PM Matinee (SR)  
**2:00 PM Culinary Chat (TH)**  
 3:00 PM Bridge (B)  
**3:00 PM History of Koto & Performance (TH)**  
 3:00 PM Sing-A-Long (Cancelled Today) (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
**10:00 AM Excursion: Asian Art Museum & Lunch (EX)**  
 2:00 PM Matinee (SR)  
 2:00 PM Rummikub (B)  
 3:00 PM Parkinson's Support Group (LB)  
**4:00 PM Tech Support (GR)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
**10:00 AM NEW: Movement and Mindfulness with James (Cancelled Today) (TH)**  
 2:00 PM Matinee (SR)  
 2:00 PM Friday Afternoon Conversation (CP)  
**3:00 PM Happy Hour: Medicine Ball Band (TH)**  
 4:30 PM Shabbat Blessings (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
 11:00 AM Garden Club (GP)  
 1:00 PM Library Organization (LB)  
**1:00 PM Reel Talk Behind The Scenes (SR)**  
**1:30 PM Come Play w/ Watercolor (TH)**  
 2:00 PM Reel Talk Movie & Discussion (SR)  
 5:30 PM Classical Music Hour (SR)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 9:00 AM Religious Services Transportation (GR)  
**10:00 AM Reader Volunteer Hour (LB)**  
**10:45 AM Cardio Drumming (TH)**  
 1:00 PM Epic Movie! La Dolce Vita (1960) (SR)  
 1:30 PM Pop Up Concert with Stevie (TH)  
 3:00 PM Rummikub (B)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Tai Chi with Nabou (TH)  
**10:00 AM Nature Walk + Lunch Out: Miller Knox**  
 11:00 AM Savoring Short Stories (TH)  
 1:00 PM Politics & Current Events Discussion (TH)  
 2:00 PM Matinee (SR)  
 3:00 PM Pop up Ping Pong (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Yoga and Meditation (TH)  
 2:00 PM Mah Jongg (B)  
 2:00 PM Matinee (SR)  
**2:00 PM Life Stories with Mel Washburn (TH)**  
 3:00 PM Mobility Class (GYM)  
**4:00 PM Jeopardy! (TH)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
**10:00 AM Resident Head Shot Photos (GR)**  
 11:00 AM You Be The Jury (On hiatus this month)  
**11:30 AM UC Berkeley Noon Concerts (EX)**  
**1:00 PM Walking Fundamentals (GYM)**  
 2:00 PM Matinee (SR)  
 3:00 PM Bridge (B)  
 3:00 PM Sing-A-Long (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
**10:00 AM Excursion: Magnes Museum & Lunch (EX)**  
 2:00 PM Matinee (SR)  
 2:00 PM Rummikub (B)  
 3:00 PM Parkinson's Support Group (LB)  
**4:00 PM Tech Support (GR)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
**10:00 AM NEW: Movement and Mindfulness with James (TH)**  
 2:00 PM Matinee (SR)  
 2:00 PM Friday Afternoon Conversation (CP)  
**3:00 PM Happy Hour: Party of Two (TH)**  
 4:30 PM Shabbat Blessings (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
 11:00 AM Garden Club (GP)  
 1:00 PM Library Organization (LB)  
**1:00 PM Reel Talk Behind The Scenes (SR)**  
**1:30 PM Come Play w/ Watercolor (TH)**  
 2:00 PM Reel Talk Movie & Discussion (SR)  
 5:30 PM Classical Music Hour (SR)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 9:00 AM Religious Services Transportation (GR)  
**10:00 AM Reader Volunteer Hour (LB)**  
**10:45 AM Cardio Drumming (TH)**  
 1:00 PM Met Opera: Cavalleria Rusticana & Pagliacci (1978) (SR)  
**1:30 PM Nature Walk: Emeryville Marina (EX)**  
 1:30 PM Pop Up Concert with Stevie (TH)  
 3:00 PM Rummikub (B)  
 6:30 PM Evening Film (SR)

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**Memorial Day**  
 9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Tai Chi with Nabou (TH)  
**11:00 AM Memorial Day BBQ and Bluegrass Band (BP)**  
 11:00 AM Savoring Short Stories (TH)  
 1:00 PM Politics & Current Events Discussion (TH)  
 2:00 PM Matinee (SR)  
 3:00 PM Pop up Ping Pong (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Yoga and Meditation (TH)  
**11:00 AM Book Club: (TH)**  
**1:30 PM New Resident Welcome (B)**  
 2:00 PM Mah Jongg (B)  
 2:00 PM Matinee (SR)  
 2:00 PM Rummikub (B)  
 3:00 PM Mobility Class (GYM)  
**3:00 PM Monthly Resident Town Hall Meeting (TH)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
 11:00 AM You Be The Jury (On hiatus this month)  
**11:30 AM UC Berkeley Noon Concerts (EX)**  
**12:00 PM Monthly Birthday Lunch (JK)**  
**1:00 PM Walking Fundamentals (GYM)**  
 2:00 PM Matinee (SR)  
 3:00 PM Bridge (B)  
 3:00 PM Sing-A-Long (TH)  
**4:45 PM Dinner Out: Kensington Circus Pub (EX)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
**10:00 AM Excursion: San Francisco Botanical Gardens & Lunch (EX)**  
 2:00 PM Matinee (SR)  
 2:00 PM Rummikub (B)  
 3:00 PM Parkinson's Support Group (LB)  
**4:00 PM Tech Support (GR)**  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
**10:00 AM NEW: Movement and Mindfulness with James (TH)**  
 2:00 PM Matinee (SR)  
 2:00 PM Friday Afternoon Conversation (CP)  
**3:00 PM Happy Hour: Mads Telling (TH)**  
 4:30 PM Shabbat Blessings (TH)  
 6:30 PM Evening Film (SR)

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9:00 AM Kick-Start Fitness (TH)  
 10:00 AM Documentary (SR)  
 10:00 AM Strength & Stability Fitness (TH)  
 11:00 AM Garden Club (GP)  
 1:00 PM Library Organization (LB)  
**1:00 PM Reel Talk Behind The Scenes (SR)**  
**1:30 PM Come Play w/ Watercolor (TH)**  
 2:00 PM Reel Talk Movie & Discussion (SR)  
 5:30 PM Classical Music Hour (SR)  
 6:30 PM Evening Film (SR)

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May 2026