

JUNE 2022

Belmont Village Albany

Enrichment Program Calendar

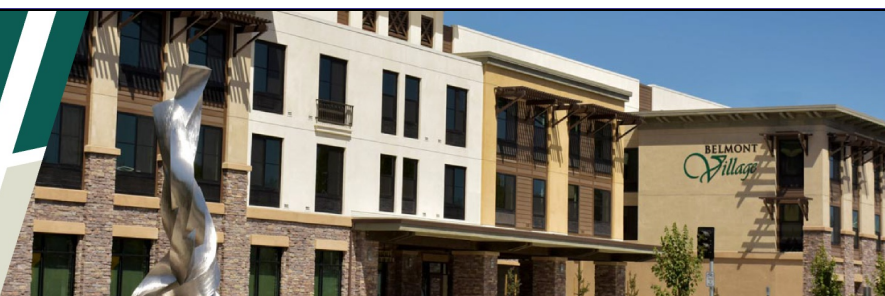


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B - Bistro, 1st Floor EX - Excursion GP - Garden/Gym Patio, 2nd Floor GR - Great Room, 1st Floor LB - Library, 3rd Floor SA - Salon, 3rd Floor SR - Theatre/Screening Room, 4th Floor TH - Town Hall, 1st Floor</p>		<p>Not all of the daily activities fit on this calendar. To see the complete schedule download the Spectrio Share app and log in using our Community Pin: Albany</p>	<p>1</p> <p>TH 9:00 Kick-Start Fitness with Armonie SA 9:15 Salon OPEN until 2:30 pm Call Laura (510) 558-4623 for Appt! TH 10:00 Strength & Stability Fitness with Marlene B 11:00 Cranium Crunches Concept: Theory of the Mind SR 11:00 Documentary Screening — The Beatles: Get Back (Pt. 1) 2h 30m The Beatles arrive at</p>	<p>2</p> <p>TH 9:00 Kick-Start Fitness Video One day only! EX 10:00 Excursion Trip: Carquinez Bridge Walk & Lunch at Dead Fish Hop on the BVA bus to enjoy a trip to Crockett for a sunshine walk & lunch! Spaces still available. GR 10:00 POP-UP Concert! Jazz Trumpet & Piano Please join BVA in welcoming our newest</p>	<p>3</p> <p>TH 9:00 Kick-Start Fitness with Sue LB 9:30 COVID Testing Library, 3rd Floor 9:30 am - 12:00 pm All residents must be tested! Please report to the Library by Noon to be tested. TH 10:00 Strength & Stability Fitness with Marlene TH 11:00 History of Dragon Boat Please join BVA Enrichment Leader &</p>	<p>4</p> <p>TH 9:00 Kick-Start Fitness with Blake from Agile4Life TH 10:15 Cardio Drumming with Stephanie GP 11:00 Belmont Blooms Gardening Club SR 11:00 Documentary — The Beatles: Get Back (Pt. 3) 2021 2h 20m Days 17-22 The Beatles continue recording as the deadline for completing the project approaches. The</p>
<p>5</p> <p>TH 9:00 Kick-Start Fitness with Blake from Agile4Life EX 11:00 Birding Club: Berkeley Aquatic Park LSign-up to attend! SR 11:00 Documentary Screening — Like a Rolling Stone 2022 1h 42m The life of writer and rock-journalist Ben Fong-Torres; the American-born son of Chinese immigrants, Ben grew up in Chinatown with a</p>	<p>6</p> <p>TH 9:00 Kick-Start Fitness with Sue TH 10:00 Tai Chi with Nobuo B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary — David Foster Off the Record 2019 1h 38m A revealing and personal profile of Grammy Award-winning composer and producer</p>	<p>7</p> <p>TH 9:00 Kick-Start Fitness Video Sue returns tomorrow! TH 10:00 Yoga & Meditation with James B 11:00 Cranium Crunches: Anagrams Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary — Becoming Who I Was 2017 1h 35m After a boy is discovered to be the reincarnation of a</p>	<p>8</p> <p>TH 9:00 Kick-Start Fitness with Armonie SA 9:15 Salon OPEN until 2:30 pm Call Laura (510) 558-4623 for Appt! TH 10:00 Strength & Stability Fitness with Marlene B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary Screening — When Claude Got Shot 2022 </p>	<p>9</p> <p>TH 9:00 Kick-Start Fitness with Armonie EX 10:00 Excursion Trip: Ruth Bancroft Gardens Walk & Picnic B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary Screening - Giving Voice 2020 1H 27M Students from across the United States audition for a spot in the</p>	<p>10</p> <p>TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Strength & Stability Fitness with Marlene B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary Screening - Winter's Fortress: The Alps Nature S39 Ep8 53M Experience the hostile and bitter cold ecosystems of the Alps,</p>	<p>11</p> <p>TH 9:00 Kick-Start Fitness with Blake from Agile4Life TH 10:00 Cardio Drumming with Stephanie GP 11:00 Belmont Blooms Gardening Club SR 11:00 Documentary Screening - The Power of an Illusion Ep 2 1h Ancient peoples used language, custom, class and religion as the bases of stigmatism, but racial stigma traces</p>
<p>12</p> <p>TH 9:00 Kick-Start Fitness with Blake from Agile4Life GR 10:00 Sing-Along with Achi EX 11:00 Birding Club: Berkeley Aquatic Park LSign-up to attend! SR 11:00 Documentary Screening - Salam: The First Muslim Nobel Laureate 2018 1h 15m Shunned by his country due to religion, Abdus Salam strives for an achievement that would</p>	<p>13</p> <p>TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Tai Chi with Nobuo B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary — 20 Feet from Stardom 2013 1h 31m Filmmaker Morgan Neville shines a long-overdue spotlight on the hit-making contributions of longtime</p>	<p>14 Flag Day</p> <p>TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Yoga & Meditation B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary — They'll Love Me When I'm Dead 2018 1h 38m In the last 15 years of his life, legendary director Orson Welles puts his hopes of a</p>	<p>15</p> <p>TH 9:00 Kick-Start Fitness with Armonie SA 9:15 Salon OPEN until 2:30 pm Call Laura (510) 558-4623 for Appt! TH 10:00 Strength & Stability Fitness with Marlene B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary Screening — Tricky Dick and the Man in Black 2018 </p>	<p>16</p> <p>TH 9:00 Kick-Start Fitness with Armonie EX 10:00 Excursion Trip: Jelly Belly Factory Tour B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) SR 11:00 Documentary Screening — 5 American Handguns - 5 American Kids 1995 44m The disturbing account of five innocent children</p>	<p>17</p> <p>TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Strength & Stability Fitness with Marlene B 11:00 Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min) LB 11:00 Reel Talk Film Discussion: The Lost Daughter GR 2:00 Happy Hour Concert — Medicine Ball Duo SR 3:00 Matinee Film —</p>	<p>18</p> <p>TH 9:00 Kick-Start Fitness with Blake from Agile4Life TH 10:00 Cardio Drumming with Stephanie GP 11:00 Belmont Blooms Gardening Club SR 11:00 Documentary Screening - The Power of an Illusion Ep1 1h The division of the world's peoples into distinct groups - "red," "black," "white" or "yellow" peoples - has become</p>

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
19	Father's Day	20	Summer Begins	21		22		23		24		25	
TH 9:00	Kick-Start Fitness with Blake from Agile4Life	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Blake from Agile4Life
EX 11:00	Birding Club: Berkeley Aquatic Park LSign-up to attend!	TH 10:00	Tai Chi with Nobuo	TH 10:00	Yoga & Meditation	SA 9:15	Salon OPEN until 2:30 pm Call Laura (510) 558-4623 for Appt!	EX 10:00	Excursion Trip: Alice Neel Exhibit at the de Young Museum	TH 10:00	Strength & Stability Fitness with Marlene	TH 10:00	Cardio Drumming with Stephanie
SR 11:00	Documentary Screening - Salam: The First Muslim Nobel Laureate 2018 1h 15m Shunned by his country due to religion, Abdus Salam strives for an achievement that would define modern physics	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)	TH 10:00	Strength & Stability Fitness with Marlene	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)	GP 11:00	Belmont Blooms Gardening Club
		SR 11:00	Documentary — David Foster Off the Record 2019 1h 38m A revealing and personal profile of Grammy Award-winning composer and producer	SR 11:00	Documentary — Becoming Who I Was 2017 1h 35m After a boy is discovered to be the reincarnation of a centuries-old Tibetan monk, his godfather	TH 11:00	Book Club Meeting: The Great Influenza (Pt. 2)	SR 11:00	Documentary Screening — The Beatles: Get Back (Pt. 2) 2021 2h 30m Days 8-16 John, Paul, and Ringo meet	LB 11:00	Reel Talk Film Discussion: The Painter & the Thief	SR 11:00	Documentary Screening - The Power of an Illusion Ep1 1h The division of the world's peoples into distinct groups - "red," "black," "white" or "yellow" peoples - has become
						B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)			TH 1:00	Jewelery Making		
						SR 11:00	Documentary Screening			GR 2:00	Happy Hour Concert — TBA		
26		27		28		29		30		Birthdays 6/3 - Randy B, #358 6/4 - Tom L, #344 6/5 - Yolanda L, Housekeeper 6/7 - Alma S, PAL 6/9 - Kathryn K, #326 6/12 - Naomi M, Private PAL 6/12 - Jane H, #213 6/14 - Michael Y, Bistro Attendant 6/14 - Bunny S, #444 6/14 - Rhea R, #405 6/24 - Jack G, #224 6/25 - Michael S, #328			
TH 9:00	Kick-Start Fitness with Blake from Agile4Life	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Armonie	TH 9:00	Kick-Start Fitness with Armonie				
EX 11:00	Birding Club: Berkeley Aquatic Park LSign-up to attend!	TH 10:00	Tai Chi with Nobuo	TH 10:00	Yoga & Meditation	SA 9:15	Salon OPEN until 2:30 pm Call Laura (510) 558-4623 for Appt!	EX 10:00	Excursion Trip: Part 2 - Tour Japanese Tea Garden of San Francisco				
SR 11:00	Documentary Screening - Salam: The First Muslim Nobel Laureate 2018 1h 15m Shunned by his country due to religion, Abdus Salam strives for an achievement that would define modern physics	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)	TH 10:00	Strength & Stability Fitness with Marlene	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)				
		SR 11:00	Documentary — David Foster Off the Record 2019 1h 38m A revealing and personal profile of Grammy Award-winning composer and producer	SR 11:00	Documentary — Becoming Who I Was 2017 1h 35m After a boy is discovered to be the reincarnation of a centuries-old Tibetan monk, his godfather	B 11:00	Cranium Crunches Build your Cognitive Reserve with a daily brain game! (30 min)	SR 11:00	Documentary Screening — The Beatles: Get Back (Pt. 1) 2h 30m				