

AUGUST 2025

August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>G2 - Game Room, 2nd Floor GR - Great Room, 1st Floor JK - Josephine's Kitchen, 1st Floor L3 - Library, 3rd Floor TH - Town Hall, 1st Floor</p>	<p>Questions or suggestions? Talk to Beau!! His desk is on the 3rd floor, just past wellness. Thanks!</p>	<p>Please sign up for all outings with the concierge at the front desk.</p>	<p>Be the reason someone smiles today.</p>	<p>And then the day came, when the risk to remain tight in a bud was more painful than the risk it took to blossom. - "Risk", by Anaïs Nin</p>	<p>1 TH 9:30 Exercise with Noodles TH 10:00 Poetry Corner w/Beau & Friends GR 1:00 AL Outing: G2 1:00 Mahjong GR 2:00 Walking Club G2 2:15 Bridge TH 6:15 Friday Night Movie:</p>	<p>2 TH 9:30 Morning Exercise - 30 minute Chair Exercise TH 10:00 Documentary: TH 10:45 Documentary Discussion G2 1:00 Rummikub TH 2:30 Movie Matinee: TH 6:15 Late Night Movie:</p>
<p>3 Self Care Sunday: Do something nice for yourself. TH 9:00 Virtual Mass TH 1:30 North Valley Baptist Church TH 2:30 Sunday Matinee: TH 6:15 Sunday Night Movie:</p>	<p>4 TH 9:30 Move It Monday TH 10:00 Ted Talk w/Beau G2 1:00 Mahjong TH 1:15 Stability w/Our PT Team G2 2:15 Bridge TH 2:30 Flower Arranging w/Poppie TH 3:30 Craft Corner w/Beau TH 6:15 Monday Night Movie:</p>	<p>5 TH 9:30 Chair Yoga TH 10:00 Beau's Brain Busters TH 1:00 Music with Stacey L3 1:15 Balance Class TH 2:15 PT Lecture with Warisha L3 3:00 Bible Study w/Pastor Crown TH 6:15 Tuesday's Movie:</p>	<p>6 TH 9:30 Move Your Body, Calm Your Mind L3 10:00 Catholic Mass L3 10:00 Communion with Rita TH 1:30 Bingo! JK 3:00 Happy Hour TH 6:15 Wednesday's Movie:</p>	<p>7 TH 9:30 All-In-One Workout L3 10:30 Book Club: G2 1:00 Rummikub TH 3:00 History Lecture with Professor Di Bono TH 6:15 Thursday's Movie:</p>	<p>8 TH 9:30 Exercise with Noodles TH 10:00 Poetry Corner w/Beau & Friends GR 1:00 AL Outing: G2 1:00 Mahjong GR 2:00 Walking Club G2 2:15 Bridge GR 4:15 Piano Hour w/Deborah TH 6:15 Friday Night Movie:</p>	<p>9 TH 9:30 Morning Exercise - 30 minute Chair Exercise TH 10:00 Documentary: TH 10:45 Documentary Discussion G2 1:00 Rummikub TH 2:30 Movie Matinee: TH 6:15 Late Night Movie:</p>
<p>10 Self Care Sunday: Do something nice for yourself. TH 9:00 Virtual Mass TH 1:30 North Valley Baptist Church TH 2:30 Sunday Matinee: TH 6:15 Sunday Night Movie:</p>	<p>11 TH 9:30 Move It Monday TH 10:00 Ted Talk w/Beau G2 1:00 Mahjong TH 1:15 Stability w/Our PT Team TH 2:00 Learn Guitar or Ukulele G2 2:15 Bridge TH 3:00 Craft Corner w/Rita TH 6:15 Monday Night Movie:</p>	<p>12 TH 9:30 Chair Yoga TH 10:00 Beau's Brain Busters GR 10:00 Sunnyvale Library Book Exchange L3 1:15 Balance Class L3 3:00 Bible Study w/Pastor Crown TH 6:15 Tuesday's Movie:</p>	<p>13 TH 9:30 Move Your Body, Calm Your Mind L3 10:00 Communion with Rita G2 10:30 Learn how to play Mahjong w/Adrienne! TH 1:30 Bingo! JK 3:00 Happy Hour TH 6:15 Wednesday's Movie:</p>	<p>14 TH 9:30 All-In-One Workout L3 10:30 Book Club: G2 1:00 Rummikub TH 3:00 Lecture w/Rick Deutsch TH 6:15 Thursday's Movie:</p>	<p>15 TH 9:30 Exercise with Noodles TH 10:00 Poetry Corner w/Beau & Friends GR 11:00 AL Outing: G2 1:00 Mahjong GR 2:00 Walking Club G2 2:15 Bridge TH 3:00 Climate Change Presentation by Shriya w/the Red Cross TH 6:15 Friday Night Movie:</p>	<p>16 TH 9:30 Morning Exercise - 30 minute Chair Exercise TH 10:00 Documentary: TH 10:45 Documentary Discussion G2 1:00 Rummikub TH 2:30 Movie Matinee: TH 6:15 Late Night Movie:</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>17</div> <p>Self Care Sunday: Do something nice for yourself.</p> <p>TH 9:00 Virtual Mass</p> <p>TH 1:30 North Valley Baptist Church</p> <p>TH 2:30 Sunday Matinee:</p> <p>TH 6:15 Sunday Night Movie:</p>	<div>18</div> <p>TH 9:30 Move It Monday</p> <p>TH 10:00 Ted Talk w/Beau</p> <p>G2 1:00 Mahjong</p> <p>TH 1:15 Stability w/Our PT Team</p> <p>G2 2:15 Bridge</p> <p>TH 2:30 Flower Arranging with Poppie</p> <p>TH 3:30 Craft Corner w/Rita</p> <p>TH 6:15 Monday Night Movie:</p>	<div>19</div> <p>TH 9:30 Chair Yoga</p> <p>TH 10:00 Beau's Brain Busters</p> <p>TH 1:00 Music w/Rebecca</p> <p>L3 1:15 Balance Class</p> <p>TH 2:00 Resident Council</p> <p>L3 3:00 Bible Study w/Pastor Crown</p> <p>TH 6:15 Tuesday's Movie:</p>	<div>20</div> <p>TH 9:30 Move Your Body, Calm Your Mind</p> <p>L3 10:00 Communion with Rita</p> <p>TH 1:30 Bingo!</p> <p>JK 3:00 Happy Hour</p> <p>TH 6:15 Wednesday's Movie:</p>	<div>21</div> <p>TH 9:30 All-In-One Workout</p> <p>L3 10:30 Book Club:</p> <p>G2 1:00 Rummikub</p> <p>TH 3:00 Chef's Chat with Ellis</p> <p>TH 6:15 Thursday's Movie:</p>	<div>22</div> <p>TH 9:30 Exercise with Noodles</p> <p>TH 10:00 Poetry Corner w/Beau & Friends</p> <p>GR 1:00 AL Outing:</p> <p>G2 1:00 Mahjong</p> <p>GR 2:00 Walking Club</p> <p>G2 2:15 Bridge</p> <p>GR 4:15 Piano Hour w/Deborah</p> <p>TH 6:15 Friday Night Movie:</p>	<div>23</div> <p>TH 9:30 Morning Exercise - 30 minute Chair Exercise</p> <p>TH 10:00 Documentary:</p> <p>TH 10:45 Documentary Discussion</p> <p>G2 1:00 Rummikub</p> <p>TH 2:30 Movie Matinee:</p> <p>TH 6:15 Late Night Movie:</p>
<div>24</div> <p>Self Care Sunday: Do something nice for yourself.</p> <p>TH 9:00 Virtual Mass</p> <p>TH 1:30 North Valley Baptist Church</p> <p>TH 2:30 Sunday Matinee:</p> <p>TH 6:15 Sunday Night Movie:</p>	<div>25</div> <p>TH 9:30 Move It Monday</p> <p>TH 10:00 Ted Talk w/Beau</p> <p>G2 1:00 Mahjong</p> <p>TH 1:15 Stability w/Our PT Team</p> <p>TH 2:00 Learn Guitar/Ukulele</p> <p>G2 2:15 Bridge</p> <p>TH 6:15 Monday Night Movie:</p>	<div>26</div> <p>TH 9:30 Chair Yoga</p> <p>TH 10:00 Beau's Brain Busters</p> <p>L3 1:15 Balance Class</p> <p>TH 2:15 Health Lecture w/PT Team</p> <p>L3 3:00 Bible Study w/Pastor Crown</p> <p>TH 6:15 Tuesday's Movie:</p>	<div>27</div> <p>TH 9:30 Move Your Body, Calm Your Mind</p> <p>L3 10:00 Communion with Rita</p> <p>G2 10:30 Learn how to play Mahjong w/Adrienne!</p> <p>TH 1:30 Bingo!</p> <p>JK 3:00 Happy Hour</p> <p>TH 6:15 Wednesday's Movie:</p>	<div>28</div> <p>TH 9:30 All-In-One Workout</p> <p>L3 10:30 Book Club:</p> <p>G2 1:00 Rummikub</p> <p>TH 3:00 Chef's Demo</p> <p>TH 6:15 Thursday's Movie:</p>	<div>29</div> <p>TH 9:30 Exercise with Noodles</p> <p>TH 10:00 Poetry Corner w/Beau & Friends</p> <p>GR 11:00 AL Outing:</p> <p>G2 1:00 Mahjong</p> <p>GR 2:00 Walking Club</p> <p>G2 2:15 Bridge</p> <p>TH 6:15 Friday Night Movie:</p>	<div>30</div> <p>TH 9:30 Morning Exercise - 30 minute Chair Exercise</p> <p>TH 10:00 Documentary:</p> <p>TH 10:45 Documentary Discussion</p> <p>G2 1:00 Rummikub</p> <p>TH 2:30 Movie Matinee:</p> <p>TH 6:15 Late Night Movie:</p>
<div>31</div> <p>Self Care Sunday: Do something nice for yourself.</p> <p>TH 9:00 Virtual Mass</p> <p>TH 1:30 North Valley Baptist Church</p> <p>TH 2:30 Sunday Matinee:</p> <p>TH 6:15 Sunday Night Movie:</p>						