

# NOVEMBER 2025

Belmont Village Albany

Community Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>B</b> - Bistro, 1st Floor <b>CO</b> - Circle of Friends (COF), 3rd Floor <b>CP</b> - Circle of Friends Parlor, by #346 <b>EX</b> - Excursion <b>FC</b> - Fitness Center, 2nd Floor <b>GP</b> - Garden/Gym Patio, 2nd Floor <b>GR</b> - Great Room, 1st Floor <b>JK</b> - Josephine's Kitchen, 1st Floor <b>LB</b> - Library, 3rd Floor <b>SR</b> - Screening Room, 4th Floor</p>	<p><b>TH</b> - 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: BVA-AL/IL</p>				<p><b>1</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake <b>FC</b> 10:00 Mobility Class with Blake <b>EX</b> 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza <b>GP</b> 11:00 Garden Club <b>LB</b> 1:00 Library Organization: come help organize the library! <b>SR</b> 1:00 <b>Reel Talk: Behind the Scenes "Rocky Horror Picture Show"</b> <b>TH</b> 1:30 Come Play w/ Watercolor Paint Art with Resident Artist, John <b>SR</b> 2:00 Reel Talk Movie &amp;</p>
<p><b>2</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake <b>GR</b> 9:00 Religious Services Transportation <b>FC</b> 10:00 Mobility Class with Blake <b>LB</b> 10:00 <b>Reader Volunteer Hour with Susan</b> <b>SR</b> 1:00 Met Opera: La Sonnambula   2009   Composer: Bellini   2h 22m   Just as a young woman is about to marry her sweetheart, she is discovered —by the entire village, to say nothing of her fiancé—asleep in the bedroom of a stranger.</p>	<p><b>3</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Armonie <b>SR</b> 10:00 <b>Documentary: Abe Lincoln: A President's Pain: Behind Closed Doors - Biography   2025   YouTube   1h 29m   (repeat from October).</b> <b>TH</b> 10:00 Tai Chi with Nobuo <b>TH</b> 11:00 Savoring Short Stories <b>TH</b> 1:00 Politics &amp; Economics: A Current Events Discussion - No Facilitator This Week - Enjoy Connecting Amongst Fellow Residents</p>	<p><b>4</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake 10:00 Documentary: Lions of the Skeleton Coast   NATURE S43 Ep4   54m   Lion researcher Dr. Philip Stander follows three orphaned desert lion cubs as they navigate the brutal Skeleton Coast of Namibia. <b>TH</b> 10:00 James on Vacation - no yoga and meditation! <b>LB</b> 11:00 <b>Writing Class with Robin Meyerowitz, who will lead today in place of James!</b></p>	<p><b>5</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Armonie 10:00 Documentary: Nora Ephron: Everything is Copy   2015   YouTube   1h 27m   Utilizing home movies and interviews with family, friends and colleagues, Jacob Bernstein examines the life and legacy of his mother, filmmaker Nora Ephron. <b>TH</b> 10:00 Strength &amp; Stability Fitness <b>LB</b> 11:00 <b>You Be The Jury with Heike in the Library on the 3rd</b></p>	<p><b>6</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake <b>SR</b> 10:00 Documentary: The Magic of Nureyev   PBS Great Performances s52, Ep 10   This episode chronicles the groundbreaking 1964 production of Swan Lake by Rudolf Nureyev and Margot Fonteyn, combining archival excerpts with new interviews to explore how Nureyev redefined the male dancer's role.   53 minutes <b>EX</b> 10:00 Excursion: The Rock Shop -</p>	<p><b>7</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Armonie <b>SR</b> 10:00 Documentary: What Happens when A. I. Knows Too Much?   2025   YouTube   AI is becoming too powerful and could be used for dangerous purposes, such as creating weapons or biological weapons. 32m <b>TH</b> 10:00 Strength &amp; Stability Fitness <b>LB</b> 11:00 <b>Writing class led by Lenore, a selected colleague of James. Please</b></p>	<p><b>8</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake <b>FC</b> 10:00 Mobility Class with Blake <b>EX</b> 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza <b>GP</b> 11:00 Garden Club <b>LB</b> 1:00 Library Organization: come help organize the library! <b>SR</b> 1:00 Reel Talk: Behind the Scenes   I'm Your Man <b>TH</b> 1:30 <b>No Art Class today. *Town Hall is reserved for Carolyn Merchant's award event with the Society of Woman Geographers. Residents Of</b></p>
<p><b>9</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake <b>GR</b> 9:00 Religious Services Transportation <b>FC</b> 10:00 Mobility Class with Blake <b>LB</b> 10:00 <b>Reader Volunteer Hour with Susan</b> <b>SR</b> 1:00 Shakespeare: Macbeth   1948   YouTube   1h 48m   Orson Welles brings Shakespeare's haunting tragedy to the screen in this bold and atmospheric adaptation of Macbeth (1948). As the ambitious Thane of Glamis,</p>	<p><b>10</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Armonie <b>SR</b> 10:00 Documentary: Sugarcane   Hulu   2024   1 hr 47m   Directed by Julian Brave NoiseCat and Emily Kassie. The film follows an investigation into the legacy of the St. Joseph's Mission Indian Residential School near Williams Lake in British Columbia, Canada. The film is distributed by National Geographic Documentary</p>	<p><b>11 Veterans Day</b></p> <p><b>TH</b> 9:00 Kickstart with Armonie. <b>SR</b> 10:00 10:00 AM Documentary: After Action: Taps   PBS   S1   Ep7   57 minutes   Stacy Pearsall talks with three fellow veterans who reveal the trials of returning home. <b>TH</b> 10:00 Yoga &amp; Meditation Class with Marlene while James is away <b>TH</b> 10:30 Veteran's Day Pinning Ceremony in Town Hall (10:30 AM -- 11:30 AM) <b>LB</b> 11:00 <b>James out - no writing class</b></p>	<p><b>12</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness CANCELLED will resume next week. <b>SR</b> 10:00 Documentary: What the Constitution Means To Me.   2020   Prime   1 hr 44m   Directed by Marielle Heller' written by Heidi Schreck   It's a part autobiographical storytelling, part civics lesson, &amp; part public debate. The show evolves into a powerful meditation on how that same document has</p>	<p><b>13</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake CANCELED. Will resume next week. <b>EX</b> 9:30 Excursion: Silent Film Festival - Orinda -- Lunch in Orinda. Rain or Shine! <b>SR</b> 10:00 Documentary: T.S. Elliot: The Search For Happiness   Prime   2019   48 minutes   Directed by Adrian Munsey &amp; Vance Goodwin. The film explores the life of the poet T.S. Eliot (1888-1965), focusing on the contrast</p>	<p><b>14</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness <b>TH</b> 9:00 Kick-Start Fitness with Armonie CANCELED Class will resume next week!) <b>SR</b> 10:00 Documentary: History Of Sex: The Eastern World  Hulu   2014   43 minutes   This episode explores sex and sexuality in the "Eastern World" (China, Japan, India). Topics include ancient Chinese equivalents of Viagra, concubines and sexual elites in Chinese</p>	<p><b>15</b></p> <p><b>TH</b> 9:00 Kick-Start Fitness with Blake! <b>FC</b> 10:00 Mobility Class with Blake! <b>EX</b> 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza <b>GP</b> 11:00 Garden Club <b>LB</b> 1:00 Library Organization: come help organize the library! <b>SR</b> 1:00 Reel Talk: Behind the Scenes   Bunny Lake is Missing <b>TH</b> 1:30 Come Play w/ Watercolor Paint Art with Resident Artist, John <b>SR</b> 2:00 Reel Talk Movie &amp; discussion: Bunny Lake is</p>

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16	<div>TH</div> <div>GR</div> <div>FC</div> <div>LB</div> <div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>9:00</div> <div>Religious Services Transportation</div> <div>10:00</div> <div>Mobility Class with Blake!</div> <div>10:00</div> <div>Reader Volunteer Hour with Susan</div> <div>10:30</div> <div>Cardio Drumming with Anne</div> <div>1:00</div> <div>Epic Movie! Ben-Hur   1959   PRIME   3h 22m   Starring: Charleton Heston   Set in 1st-century Jerusalem, "Ben-Hur" follows the story of Judah Ben-Hur, a wealthy Jewish</div>	17	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Armonie</div> <div>10:00</div> <div>Documentary: Mysteries of the Terra Cotta Warriors   2024   Netflix   Fifty years after the Terracotta Warriors' discovery, this documentary unearths new secrets from China's first emperor's mausoleum and its 8,000 pottery soldier guards.</div> <div>10:00</div> <div>Tai Chi with Nobuo</div> <div>11:00</div> <div>Savoring Short Stories with Debra. Interpreting and</div>	18	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>10:00</div> <div>Documentary: Famous Last Words: Dr. Jane Goodall   2025   Netflix   55m   Dr. Jane Goodall connected humanity and nature in unprecedented ways. In this deeply personal interview, she shares her final message with the world. Starring: Jane Goodall</div> <div>10:00</div> <div>Yoga &amp; Meditation Class with Marlene while James is out</div> <div>11:00</div> <div>James on vacation from he selected a colleague,</div>	19	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Armonie</div> <div>10:00</div> <div>Documentary: The Rise of RFK Jr.   PBS Frontline S2025 Ep12   1h 30m   The dramatic and controversial rise of Robert F. Kennedy Jr., and how he is reshaping government and public health.</div> <div>10:00</div> <div>Strength &amp; Stability Fitness</div> <div>11:00</div> <div>You Be The Jury with Heike in the Library on the 3rd Floor</div>	20	<div>TH</div> <div>SR</div> <div>EX</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>10:00</div> <div>No Documentary due to Staff Training</div> <div>10:30</div> <div>Excursion: BAMFA Exhibit: Routed West: Twentieth-Century African American Quilts in California   Lunch in Berkeley</div> <div>2:00</div> <div>Game Players Club: Rummikub</div> <div>2:00</div> <div>No Matinee Today due to Staff Training</div> <div>3:00</div> <div>Parkinson's Support Group Meeting</div>	21	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>10:00</div> <div>Documentary: The Kennedy Assassination: 24 Hours After   2009   Hulu   1h 14m   A behind-the-scenes look at November 22, 1963 from the unique perspective of Lyndon Johnson.</div> <div>10:00</div> <div>Strength &amp; Stability Fitness</div> <div>11:00</div> <div>James on vacation from he selected a colleague, Robin Meyerowitz, to lead his writing this today! Please come join us in the library.</div>	22	<div>TH</div> <div>FC</div> <div>EX</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>10:00</div> <div>Mobility Class with Blake!</div> <div>10:00</div> <div>Weekend Shopping Shuttle to Target and El Cerrito Plaza</div> <div>11:00</div> <div>Garden Club</div> <div>11:00</div> <div>Never Enough Jewelry Sales with Marie 11am-3pm</div> <div>1:00</div> <div>Library Organization: come help organize the library!</div> <div>1:00</div> <div>Reel Talk: Behind the Scenes   Laura</div> <div>1:30</div> <div>Come Play w/ Watercolor Paint Art with Resident Artist, John</div>	
23	<div>TH</div> <div>GR</div> <div>FC</div> <div>LB</div> <div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>9:00</div> <div>Religious Services Transportation</div> <div>10:00</div> <div>Mobility Class with Blake!</div> <div>10:00</div> <div>Reader Volunteer Hour with Susan</div> <div>10:30</div> <div>Cardio Drumming with Anne</div> <div>1:00</div> <div>Met Opera : A Hymn for Peace   2025   1h 13m   Composer: Beethoven   To mark the third anniversary of the Russian full-scale invasion into Ukraine, the</div>	24	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness</div> <div>10:00</div> <div>Documentary: Ann   PBS Great Performances S47 EP 24   2025   1hr 53m   Enjoy a powerful and revealing look at legendary, larger-than-life Texas governor Ann Richards who enriched the lives of her followers, friends and family in this critically acclaimed play.</div> <div>10:00</div> <div>Tai Chi with Nobuo</div> <div>11:00</div> <div>Savoring Short Stories with Debra. Interpreting and</div>	25	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>10:00</div> <div>Documentary: Human: Building Empires   PBS NOVA S52 Ep16   53m   Discover how two revolutionary ancient inventions changed the course of humanity forever.</div> <div>10:00</div> <div>Yoga &amp; Meditation Class with James</div> <div>11:00</div> <div>Book Club — Returning Next Month!</div> <div>1:00</div> <div>Movement &amp; Coordination with Armonie</div>	26	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Armonie</div> <div>10:00</div> <div>Documentary: My Octopus Teacher   2020   Netflix   1h 25m   This film documents a year spent by filmmaker Craig Foster forging a relationship with a wild common octopus in a South African kelp forest. The film won Best Documentary Feature at the 93rd Academy Awards.</div> <div>10:00</div> <div>Strength &amp; Stability Fitness</div>	27	Thanksgiving		28	<div>TH</div> <div>SR</div> <div>9:00</div> <div>Kick-Start Fitness with Armonie</div> <div>10:00</div> <div>Documentary: Ann   PBS Great Performances S47 EP 24   2025   1hr 53m   Enjoy a powerful and revealing look at legendary, larger-than-life Texas governor Ann Richards who enriched the lives of her followers, friends and family in this critically acclaimed play.</div> <div>10:00</div> <div>Strength &amp; Stability Fitness</div> <div>2:00</div> <div>Friday Afternoon</div>	29	<div>TH</div> <div>FC</div> <div>EX</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>10:00</div> <div>Mobility Class with Blake!</div> <div>10:00</div> <div>Weekend Shopping Shuttle to Target and El Cerrito Plaza</div> <div>11:00</div> <div>Garden Club</div> <div>1:00</div> <div>Library Organization: come help organize the library!</div> <div>1:30</div> <div>Come Play w/ Watercolor Paint Art with Resident Artist, John</div> <div>2:00</div> <div>Reel Talk Movie &amp; discussion: My Dinner with Andre</div> <div>6:00</div> <div>Classical Music Hour</div>
30	<div>TH</div> <div>GR</div> <div>FC</div> <div>LB</div> <div>TH</div> <div>TH</div> <div>9:00</div> <div>Kick-Start Fitness with Blake</div> <div>9:00</div> <div>Religious Services Transportation</div> <div>10:00</div> <div>Mobility Class with Blake!</div> <div>10:00</div> <div>Reader Volunteer Hour with Susan</div> <div>10:45</div> <div>Cardio Drumming with Anne</div> <div>1:30</div> <div>Pop Up Concert: Resident Stevie Barsotti will delight us with an acoustic guitar performance, featuring his own original compositions. Town Hall</div>													

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