

# THE REDWOODS WEEKLY CALENDAR

WEEK OF SUN., June 18, THROUGH SAT., June 24, 2017

<u>SUNDAY, June 18</u>		
9:00a	Church Loops	BUS
2:00p	Red Loop - Mill Valley/Strawberry	BUS
6:35p	Candlelight Peace Vigil	2/4L

<u>MONDAY, June 19</u>		
7:30a	Whole Foods Donation	BLDG 10/12
10:00a	Green Loop - Bon Air/Larkspur	BUS
10:00a	Blood Pressure Reading	LIB
10:00a	<del>Play Reading &amp; Discussion</del> <b>ON BREAK</b>	2/4L
10:15a	Exercise Tape	AUD
10:15a	Rhythm & Balance with Torri	PCU
11:00a	The Redwoods Drumming Group	13/15L
11:15a	Strength Training with Erik	AUD
1:00p	Joy Thru Movement with Richard	AUD
2:00p	<del>Garden Program</del> <b>ON BREAK</b>	PCU
<b>2:15p</b>	<b>Seniors for Peace Pre- Agenda Meeting</b>	<b>AUD</b>
<b>3:00p</b>	<b>Seniors for Peace Presents: Laura Bock</b>	<b>AUD</b>
	<b>"Red Diaper Daughter"</b>	
4:00p	Bingo	PCU
5:30p	Creative Writing with Tom	2/4L
7:15p	Eckhart Tolle Discussion Group	13/15L

<u>TUESDAY, June 20</u>		
8:45a	Meditation: Quiet Together with Jody	2/4L
9:15a	MV Community Center Drop-Off	BUS
10:00a	South Marin Medical	BUS
10:00a	Exercise with Donna	AUD
10:00a	Chair Yoga with Rayner	PCU
10:45a	Watercolor Class with Heather	PCU
11:00a	Joy of Singing with Faith	AUD
1:00p	Bookmobile	FRONT
1:30p	Yiddish Conversation Group	2/4L
2:00p	Collage Workshop	PCU/DR
2:30p	<del>Growing in the Garden</del> <b>ON BREAK</b>	GAR
4:30p	Alternative Pain Management	2/4L
5:30p	June Birthday Dinner	AUD

<u>WEDNESDAY, June 21</u>		
9:00a	Northern Marin Medical Appointments	BUS
10:00a	Purple Loop - Northern Marin	BUS
10:00a	Exercise with Donna	AUD
11:00a	Friday Film Committee	2/4L
11:00a	Men's Group	4/6L
11:00a	Exercise with Donna	PCU
11:00a	Poetry Corner	BLDG 11/3rd Flr
1:30p	<del>French Conversation Group</del> <b>ON BREAK</b>	DR
2:00p	Coffee Hour	DR
2:00p	Red Loop - Mill Valley/Strawberry	BUS
2:00p	Resident Council	PCU
2:30p	Rock the Ages Rehearsal	AUD
4:00p	Mid-Week Meditation Circle	2/4L
6:00p	Wednesday Movie Night:	PCU
	"Fantastic Beasts and Where to Find Them"	
<b>7:15p</b>	<b>Seniors for Peace Theater:</b>	<b>AUD</b>
	<b>"After the Flood"</b>	

<u>THURSDAY, June 22</u>		
10:00a	Yoga with Mary Nishifue	AUD
10:00a	Searching for Meaning	2/4L
10:00a	Exercise Class with Carl	PCU
10:30a	Harvest with Fiona	GAR
11:30a	Strength Training with Erik	AUD
12:00p	Garden Produce Stand	GAR
1:00p	Senior Walk: Stafford Lake, Novato	BUS
1:30p	NY Times Discussion Group	PCU/DR
<b>2:15p</b>	<b>Health Talk:</b>	<b>AUD</b>
	<b>The Stewardship of Self-Care</b>	
3:00p	Art in the Garden	GAR
<b>4:00p</b>	<b>Resident Celebration Party - COURTYARD</b>	
	<b>Reception and Live Music</b>	
4:00p	Interspiritual and Human Inquiry	2/4L
6:00p	Computer Class Sign Up	10/12L
7:00p	Computer Class Drop In	10/12L

<u>FRIDAY, June 23</u>		
9:00a	Impaq Strength & Flexibility with Carl	AUD
9:00a	Southern Marin Medical Appointments	BUS
10:00a	Our Lady of Mt. Carmel Catholic Mass	2/4L
10:00a	Rhythm and Balance with Torri	AUD
10:00a	Drum Fit Class	PCU
10:00a	Purple Loop - Northern Marin	BUS
11:00a	Gentle Chair Yoga with Rayner	AUD
1:00p	Parkinson's Group	13/15L
1:15p	Improve your Balance with Erik	AUD
2:00p	Green Loop - Bon Air/Larkspur	BUS
2:00p	Parkinson's Caregiver Support Group	2/4L
2:00p	<del>Friday Social</del> <b>ON BREAK</b>	PCU
<b>4/6L</b>	<b>SFP Planning Meeting</b>	<b>4/6L</b>
4:00p	Peace Demonstration	MILLER
5:30p	Temple Rodef Sholom	TAXI
<b>7:15p</b>	<b>Friday Film Classics:</b>	<b>AUD</b>
	<b>"Pride of the Yankees"</b>	

<u>SATURDAY, June 24</u>		
9:00a	Yoga with Mary Nishifue	AUD
9:30a	Meditation Group with Martha & Lee	13/15L
10:00a	Green Loop - Bon Air/Larkspur	BUS
10:00a	Joy thru Movement with Richard	PCU
10:15a	Exercise Tape	AUD
11:15a	Strength Training with Erik	AUD
2:00p	Scenic Drive, San Anselmo	BUS
<b>7:15p</b>	<b>Saturday Night Film:</b>	<b>AUD</b>
	<b>"Blue Jasmine"</b>	

<b>SPOTLIGHT</b>		
<b>Health Talk: The Stewardship of Self-Care</b>		
<b>Thursday, 2:15 pm, Auditorium</b>		
<b>Resident Celebration Party</b>		
<b>Thursday, 4:00 - 6:00 pm, Courtyard</b>		
<b>Reception and Live Music</b>		

There are times we have to cancel classes or events for various reasons. Vacations or illnesses will often result in cancellations. The class or event is left on the calendar with the notation to reflect the current week only and it will resume in the future.