

THE REDWOODS WEEKLY CALENDAR

WEEK OF SUN., July 23, THROUGH SAT., July 29, 2017

<u>SUNDAY, July 23</u>		
9:00a	Church Loops	BUS
2:00p	Red Loop - Mill Valley/Strawberry	BUS
2:00p	Movie Musical: "South Pacific"	PCU
3:00p	Reading by Joanne Williams	PETITE CAFÉ
6:35p	Candlelight Peace Vigil	2/4L

<u>MONDAY, July 24</u>		
7:30a	Whole Foods Donation	BLDG 10/12
10:00a	Green Loop - Bon Air/Larkspur	BUS
10:00a	Play Reading & Discussion	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
12:30p	Monday Movie Matinee: "The Big Sick"	BUS
1:00p	Joy Thru Movement with Richard	AUD
2:00p	Garden with Fiona	PCU
3:00p	Seniors for Peace Presents: SUMMER BREAK	AUD
4:00p	Bingo	PCU
5:30p	Creative Writing with Tom	2/4L
7:15p	Eekhart Tolle Discussion Group ON BREAK	13/15L
7:15p	The Silver Foxes Film Society: To Be a Dancer, Part 3	AUD

<u>TUESDAY, July 25</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
1:30p	Yiddish Conversation Group	2/4L
2:00p	Collage Workshop	PCU/DR
2:30p	Growing in the Garden	GAR

<u>WEDNESDAY, July 26</u>		
9:00a	Northern Marin Medical Appointments	BUS
10:00a	Purple Loop - Northern Marin	BUS
10:00a	Exercise with Donna	AUD
11:00a	Men's Group	4/6L
11:00a	Exercise with Donna	PCU
11:00a	Poetry Corner	BLDG 11/3rd Flr
1:30p	French Conversation Group	DR
2:00p	Coffee Hour	DR
2:00p	Red Loop - Mill Valley/Strawberry	BUS
2:00p	Crossword	PCU
2:30p	Rock the Ages Rehearsal	AUD
4:00p	Mid-Week Meditation Circle	2/4L
6:00p	Wednesday Movie Night: "Creed"	PCU
7:15p	Seniors for Peace Theater: Special Sing Along "Sing for a Better World!"	AUD

<u>THURSDAY, July 27</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
1:30p	NY Times Discussion Group	PCU/DR
2:15p	Health Talks: Tools for Reducing Your Stress	AUD
3:00p	Art in the Garden	GAR
4:00p	Interspiritual and Human Inquiry	2/4L
6:00p	Computer Class Sign Up	10/12L
7:00p	Computer Class Drop In	10/12L
7:15p	A Wellness Committee Presentation: V.A.L.E. - Vigiling At Life's End	AUD

<u>FRIDAY, July 28</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
4:00p	Peace Demonstration	MILLER
5:30p	Temple Rodef Sholom	BUS
7:15p	Friday Film Classics: "Bringing Up Baby"	AUD

<u>SATURDAY, July 29</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, Ross & Kentfield	BUS
7:15p	Saturday Night Film: "Beauty and the Beast"	AUD

SPOTLIGHT		
The Silver Foxes Film Society: Monday, 7:15 pm, Auditorium To Be a Dancer, Part 3		
Health Talks: Thursday, 2:15 pm, Auditorium Tools for Reducing Your Stress		
A Wellness Committee Presentation: V.A.L.E. - Vigiling At Life's End		

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.