

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>THIS CALENDAR IS AVAILABLE IN LARGE PRINT ON 11" x 17" TABLOID-SIZED SHEETS.</b></p> <p><b>CALL ROGER CUTLER (EXT. 5425)</b></p> <p><b>TO BE ADDED TO THE LARGE PRINT DELIVERY LIST</b></p>		<p><b>1</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:30 Computers—<i>Internet</i> 10:30 Tai Chi 1:15 ♦<b>Shopping Trip</b> 2:00 Chaplain's Drop-in 4:00 Singercise 6:00 Happy Hour</p>	<p><b>2</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 10:30 <b>Craig Griffeaths</b> 11:00 Exercise with Phil 1:00 Art with Nadine 3:00 <b>SPECIAL Stitch Club</b> <i>Buttons &amp; Mending</i> 7:30 Dominos</p>	<p><b>3</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:00 Banking 10:30 Tai Chi 1:15 ♦<b>Museum Trip</b> 6:00 Happy Hour</p>	<p><b>4</b> 8:30 ♦<i>Walking Group</i> 9:15 Stretch &amp; Tone 11:00 Exercise with Phil 11:30 <b>Debbie's Gift Shop</b> 12:00 Poetry Lunch 1:00 <b>BatteriesPLUS</b> 8:00 <b>Friday Night Movie</b> <i>George Gently</i></p>	<p><b>5</b> <b>CINCO de MAYO</b> 9:00 Aqua Class 10:00 Intermed. Bridge<sup>S</sup> 10:30 Tai Chi 1:00 Beginning Bridge<sup>S</sup> 1:30 Mah Jongg 8:00 <b>Weekend Movie</b> <i>We Bought a Zoo</i></p>
<p><b>6</b> 9:00 Catholic Mass 11:00 Episcopal Service 8:00 <b>Explorations</b> <i>The Distinguished Gentleman</i></p>	<p><b>7</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 10:30 <b>John Rothmann</b> 11:00 Exercise with Robin<sup>S</sup></p>	<p><b>8</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:30 Computers—<i>Internet</i> 10:30 Tai Chi 1:15 ♦<b>Shopping Trip</b> 4:00 Singercise 6:00 Happy Hour</p>	<p><b>9</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 10:30 <b>Craig Griffeaths</b> 11:00 Exercise with Phil 1:00 Art with Nadine 3:00 <b>Stitch Club</b> 7:30 Dominos</p>	<p><b>10</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:00 Banking 10:30 Tai Chi 1:15 <sup>SPECIAL</sup> ♦<b>Museum Trip</b> <i>Strybing Arboretum</i> 6:00 Happy Hour</p>	<p><b>11</b> 8:30 ♦<i>Walking Group</i> 9:15 Stretch &amp; Tone 11:00 Exercise with Phil 11:30 ♦<b>Debbie's Spring Sale</b> 12:00 Poetry Lunch 8:00 <b>Friday Night Movie</b> <i>J. Edgar</i></p>	<p><b>12</b> 9:00 Aqua Class 10:00 Intermed. Bridge<sup>S</sup> 11:30 ♦<b>Debbie's Spring Sale</b> 10:30 Tai Chi* <i>room change</i><sup>S</sup> 1:00 Beginning Bridge<sup>S</sup> 1:30 Mah Jongg  <i>No Movie Tonight</i></p>
<p><b>13</b> <b>MOTHERS' DAY</b> 9:00 Catholic Mass 11:00 Episcopal Service 8:00 <b>Explorations</b> <i>Housewife, 49</i></p>	<p><b>14</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 11:00 Exercise with Robin<sup>S</sup> 8:00 <b>Health Lecture</b> <i>Sleep Disorders: Insomnia</i></p>	<p><b>15</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:30 Computers—<i>Mac</i> 10:30 Tai Chi 1:15 ♦<b>Shopping Trip</b> 3:30 <b>Pet Club</b> 4:00 Singercise 6:00 Happy Hour</p>	<p><b>16</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 10:30 <b>Craig Griffeaths</b> 11:00 Exercise with Phil 1:00 Art with Nadine 3:00 <b>Stitch Club</b> 5:30 <b>Birthday Dinner</b> 7:30 Dominos</p>	<p><b>17</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:00 Banking 10:00 <b>Bookmobile</b> 10:30 Tai Chi 11:00 ♦<b>Bible Study</b> 1:15 ♦<b>Museum Trip</b> 1:30 ♦<b>Program Committee</b> 6:00 Happy Hour 8:00 <b>Docent Lecture</b></p>	<p><b>18</b> 8:30 ♦<i>Walking Group</i> 9:15 Stretch &amp; Tone 9:45 <b>SPECIAL TRIP:</b> Filoli 11:00 Exercise with Phil 11:30 <b>Debbie's Gift Shop</b> 12:00 Poetry Lunch 3:00 <b>Music with JKB</b> 4:00 <b>Shabbat</b> 8:00 <b>Friday Night Movie</b> <i>The Quiet Man</i></p>	<p><b>19</b> 9:00 Aqua Class 10:30 Tai Chi 1:30 Mah Jongg 8:00 <b>Weekend Movie</b> <i>Million Dollar Mermaid</i>  <i>No Bridge Classes Today</i></p>
<p><b>20</b> 9:00 Catholic Mass 11:00 Episcopal Service 8:00 <b>Explorations</b> <i>Warm Springs</i></p>	<p><b>21</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 10:30 <b>Eric Gattmann</b> 11:00 Exercise with Robin<sup>S</sup> 3:00 <b>SPUR Ballot Analysis</b> 8:00 <b>Art Documentary</b> <i>Thomas Eakin: A Motion Portrait</i></p>	<p><b>22</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:30 Computers—<i>PC</i> 10:30 Tai Chi 1:15 ♦<b>Shopping Trip</b> 4:00 Singercise 6:00 Happy Hour 8:00 <b>Foreign Film</b> <i>Captain Abu Raed</i></p>	<p><b>23</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 10:30 <b>Residents' Assn. Meeting</b> 11:00 Exercise with Phil 1:00 Art with Nadine 3:00 <b>Stitch Club</b> 7:30 Dominos  <i>No Craig Griffeaths' Today</i></p>	<p><b>24</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:00 Banking 10:30 Tai Chi 1:15 ♦<b>Museum Trip</b> 4:00 ♦<b>Sherry Hour</b> 6:00 Happy Hour 8:00 <b>Classical Concert</b> <i>SF Chamber Orchestra Quartet</i></p>	<p><b>25</b> 8:30 ♦<i>Walking Group</i> 9:15 Stretch &amp; Tone 11:00 Exercise with Phil 11:30 <b>Debbie's Gift Shop</b> 12:00 Poetry Lunch 5:00 <b>Monthly Mixer</b> <i>Residents Only</i></p>	<p><b>26</b> 9:00 Aqua Class 10:30 Tai Chi 1:30 Mah Jongg 8:00 <b>Weekend Movie</b> <i>Little Voice</i>  <i>No Bridge Classes Today</i></p>
<p><b>27</b> 9:00 Catholic Mass 11:00 Episcopal Service 8:00 <b>Explorations</b> <i>The Constant Gardener</i></p>	<p><b>28</b> <b>MEMORIAL DAY</b>  <i>Staff Holiday</i></p>	<p><b>29</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 10:30 Tai Chi 1:15 ♦<b>Shopping Trip</b> 4:00 Singercise 6:00 Happy Hour</p>	<p><b>30</b> 8:30 ♦<i>Walking Group</i> 9:00 Stretch &amp; Tone 10:30 <b>Craig Griffeaths</b> 11:00 Exercise with Phil 1:00 Art with Nadine 7:30 Dominos 3:00 <b>Stitch Club</b> 8:00 <b>Musical Movie</b> <i>The Little Colonel</i></p>	<p><b>31</b> 8:45 Falls Avoidance 9:00 Aqua Class 9:00 Chair Yoga 9:00 Banking 10:30 Tai Chi 1:15 ♦<b>Museum Trip</b> 6:00 Happy Hour</p>	<p><b>CALENDAR LEGEND:</b> For more detail on this month's events, please see the LOGISTICS listing on the reverse.</p> <p><b>B</b> Unusual events, or those that occur less frequently than weekly are marked in bold.</p> <p>* Asterisks denote a CHANGE to a regularly occurring event</p> <p><sup>S</sup> A Superscript "S" denotes a semi-private event</p> <p>♦ OUTINGS are marked with a diamond and are both bold and italic.</p> <p><i>Rides to cultural events are listed on the separate Outside Calendar only.</i></p>	

## **LOGISTICS—May 2012**

Claudia Landivar, Program Coordinator, x5530  
Office Hours: 9 am - 5 pm, Monday-Thursday

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**THE COMMUNITY CALENDAR IS ALSO AVAILABLE  
IN LARGE PRINT ON 11" BY 17" TABLOID-SIZED SHEETS.  
CALL ROGER CUTLER AT X 5425 FOR DELIVERY.**

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### **AQUA CLASS with PAULINE VARGAS**

Tues., Thurs. & Sat., at 9 am, in the Pool

### **ART DOCUMENTARY**

*Thomas Eakin: A Motion Portrait*, Mon, May 21, 8 pm, Main Lounge. Pauline Schwartz, Host

### **ART with NADINE**

Stop by anytime, Wednesdays in May, 1-3 pm, Craft Rm. #3. Materials, guidance and support provided.

### **BANKING (until 11 am) First Republic Bank Onsite**

Thursdays, 9-11 am, Library Annex.

### **BATTERIES PLUS with TOM SHULTZ**

Fri., May 4, Activities Rm., from 1:00 to 2:00 pm.

### **BIBLE STUDY**

Thursday, May 17, 11 am, 12<sup>th</sup> Floor Lounge

### **BIRTHDAY DINNER**

Wed., May 16, 5:30 pm, Activities Room.

### **BOOKMOBILE**

Thurs., May 17, 10 am, Franklin St. Entrance.

### **BRIDGE with DEBORAH MURPHY** SEMI-PRIVATE

Saturdays, May 5 & 12, *Intermediate* classes meet at 10 am, and *Beginning* classes meet at 1 pm—in the 12<sup>th</sup> Floor Card Room.

### **CATHOLIC MASS** Sundays, 9:00 am, Chapel.

### **CHAIR YOGA with CHRISTINE**

Now held in the 12<sup>th</sup> Floor East Room, at 9 am, Tuesdays & Thursdays.

**CHAPLAIN'S DROP-IN** (*No appointment needed*)  
Tuesday, May 1, 2-3:30 pm, Chaplain's Office. *Or call Chaplain (ext. 5580) for private appointment.*

### **CLASSICAL CONCERT**

Ben Simon and members of the San Francisco Chamber Orchestra perform a concert. Thurs, May 24, 8 pm, Main Lounge. Inge Berliner, Host.

### **COMPUTER CLASSES with JASON DARE**

4 Tuesdays monthly, 9:30 am, Main Lounge

**Using Skype on May 3 & 10; Mac:** May 17, M. Steen x5400; and **PC:** May 24, S. Potts x5722.

### **CRAIG GRIFFEATH'S CLASS**

Craig will give his multi-media lectures on May 2 (*The High Renaissance in Venice*), 9 (*The Late Renaissance and Mannerism*), 16 (*The Northern Renaissance: Van Eyck to Durer*) and 30 (*The Northern Renaissance: Holbein, Bosch, and Brueghel*) at 10:30 am, Main Lounge.

### **DEBBIE'S GIFT SHOP & SPRING SALE**

Debbie offers stationery, gifts, supplies and services Fridays from 11:30 am to 5:30 pm, Activities Room, Right Side. On Friday and Saturday, May 11-12, she will hold her annual Spring Sale in anticipation of Mothers' Day.

### **DOMINOS**

Wednesdays, 7:30 pm, AL Lounge, 2nd Floor

### **DOCENT'S LECTURE**

Marsha Holm of the Fine Arts Museums will present a talk on "*Pilgrim's Progress: A Journey to Santiago de Compostela*" on Thursday, May 17<sup>th</sup>, 8 pm, Main Lounge. Pauline Schwartz, Host

### **EPISCOPAL SERVICE** Sundays, 11:00 am, Chapel.

### **ERIC GATTMANN**

*Now once a month.* Monday, May 21<sup>st</sup>, 10:30 am, Main Lounge.

### **EXERCISE with PHIL**

Each Wed & Fri., 11 am, Activities Room.

### **EXERCISE with ROBIN** SEMI-PRIVATE

Mondays in May, EXCEPT Mon., May 28, 11 am, Activities Rm.

### **EXPLORATIONS**

Sundays in May at 8 pm, Lounge. Mel Flyer, Host.

### **FALLS AVOIDANCE**

Tues. & Thurs., 8:45-9:30 am, Activities Rm.

### **FOREIGN FILM**

*"Captain Abu Raed"*—A tale exploring human connection, especially the range of adult's relationships with children. In Arabic, with English subtitles. Tuesday, May 2<sup>nd</sup>, 8 pm, Main Lounge. Running time: 1 hr, 42 minutes. Geraldine Clifford, Host, x 5424

### **FRIDAY NIGHT MOVIE**

Fridays, May 4, 11 & 18, 8:00 pm, Main Lounge. See boards for details.

### **HAPPY HOUR**

Tuesdays & Thursdays, 6:00 pm, Library Annex.

### **HEALTH LECTURE**

Dr. David Claman, Director of the UCSF Sleep Disorder Center, will give a talk titled "*Sleep Disorders: Insomnia*" on Monday, May 14<sup>th</sup>, 8 pm, Main Lounge. Dolly Tsang, Host.

### **JOHN ROTHMANN**

Monday, May 7, 10:30 am, Main Lounge.

### **MAH JONGG** (*Lita Swiryn, x5474*)

Saturdays, 1:30 pm, 12 Floor Card Rm.

### **MONTHLY MIXER**

Friday, May 25<sup>th</sup>, 5 pm, Main Lounge.  
*Residents Only.*

### **MUSIC with J.K. BAILEY**

John Kendall Bailey will speak on a musical topic, yet to be announced, Fri., May 18, 3 pm, Main Lounge.

### **MUSICAL MOVIE**

*"The Little Colonel,"* starring Shirley Temple and Bill "Bojangles" Robinson, featuring their dance up a staircase., Wed., May 30, Main Lounge, 8 pm. Host, John Spicer.

### **MUSEUM TRIPS** *Sign-Ups at Front Desk*

Thursdays, departing SFT at 1:15 pm: See Outside Calendar. This month includes a sponsored trip to the Strybing Arboretum California Native Garden on May 10<sup>th</sup>

### **PET CLUB**

Tuesday, May 15, 3:30 pm, Activities Rm.

### **POETRY LUNCH**

Fridays at 12:00 noon, 12<sup>th</sup> Floor Card Room.  
Mel Flyer, x5379.

### **PROGRAM COMMITTEE MEETING**<sup>1</sup>

Thurs., May 19<sup>th</sup>, now at 1:30 pm, 12<sup>th</sup> Floor Lounge.

### **RESIDENTS' ASSOCIATION OPEN MEETING**

Wednesday, May 23<sup>rd</sup>, 10:30 am, Main Lounge

**SHABBAT** Friday, May 18, 4 pm, Chapel

### **SHOPPING TRIPS** *Sign-Ups at Front Desk*

Tuesdays! Trader Joe's, 1 & 15; Laurel Village, 8 & 29; Marina Safeway, 22. All trips depart at 1:15 pm & return to the Towers by 3:30 pm.

### **SHERRY HOUR**

Now on THURSDAY, May 24<sup>th</sup> at 4 pm, Library Annex.

### **SINGERCISE with CANDY FOREST**

Join the Glee Club every Tuesday in May, 4 pm in the Main Lounge. Susan Nance will lead the class in Candy's absence.

### **SPECIAL TRIP: FILOLI**

The Program Committee has arranged a special trip to Filoli on Friday, May 18, loading for departure at 9:45 am. Derry Schillaci, Host.

### **SPUR BALLOT ANALYSIS**

Jim Chappelle will present an analysis of the 2 San Francisco and 2 California measures on the June 5 ballot on Monday, May 21, 3 pm, Main Lounge

### **STITCH CLUB**

Every Wednesday at 3 pm, 2<sup>nd</sup> Floor Sunroom.  
**SPECIAL!** Monthly drop-in for buttons and mending for fellow residents on Wednesday, May 2<sup>nd</sup>. Hella Cheitlin, Host.

### **STRETCH & TONE**

Mon. & Wed., 9 am; Fridays 9:15 am (EXCEPT Mon., May 28), in the full Activities Rm.  
Room Change on May 12 to be announced.

### **TAI CHI with ATSUKO**

Tuesdays, Thursdays & Saturdays, 10:30 am, Activities Rm.

### **WEEKEND MOVIES**

Saturdays, May 5, 19 & 26, 8 pm, Main Lounge. Mel Flyer, Host.

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**OUTPATIENT SERVICES (x5571)**  
**PERSONAL FITNESS TRAINING (x5544)**