ST. PAUL'S TOWERS

May 2012

Revised April 25, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
LOCATION ABBREVIATIONS DR Dining Room LG 2nd Floor Lounge Sol Solarium SR Skyroom - 21st Floor TG Terrace Garden RG Roof Garden RC Residents Center Gal Galleria, in RC close to bar Bay Bay, middle room in RC Vern Vernon, in RC with window	**1** Limo: Bank Run 9:00 Stretch and Tone, RC 9:00 Clay Sculpture, Canceled 10:30 Newcomers Forum, Vernon 1:30 Bible Study, Sol 17 1:30 Sewing Services, Canceled 2:00 Limo Planning, Sol 6 2:30 Brain Fitness w/Teri, Vernon 4:30 **Children from Temple Beth Abraham Singing**, RC 7:15 Sing-A-Long, Sol 17	**2** Limo: Emeryville/San Leandro 7:30 ESL Class, Sol 21 9:00 Exercise Time, RC 9:50 Gentle Exercise, RC 10:00 Clay Sculpture, Canceled 1:30 Meditation, Sol 17 3:00 Conversational Spanish, Sol 5 3:30 Sky Fitness, Sol 23 7:15 **Slideshow Lecture**: Golden Gate Audubon Society, RC	**3** Limo: Medical 9:00 Stretch and Tone, RC 9:00 Banker's Hours, Sol 6 10:00 Watercolor Class, Sol 15 10:00 Busy Hands, LG 10:00 Mindful Movement, RC 1:30 Memoir Writing, Sol 5 2:00 Dominos, LG 2:30 Open Play Ping Pong, Sol 21 3:00 **Kaiser Meeting, RC** 7:15 **Movie:** *The Ides of March* ,RC	**4** Limo: Montclair/Oakland Muse. 9:00 Exercise Time, RC 10:00 Gentle Exercise, RC 2:00 Scrapbooking, Galleria 2:00 Computer Class, Sol 4 4:30 **Cinco de May Happy Hour** w/ Mariachi Band, TG 7:15 Table Games, Sol 21	**5** **SATURDAY** 9:00 Exercise Time, RC 10:30 Folk Dance Class, RC 1:30 Kentuckey Derby, RC 3:00 Swts & Social Hour, LG 7:15 Classic Movie, RC 7:15 Table Games, Sol 21 **6** **SUNDAY** 9:30 Limo: Church Run 3:00 Poetry Hour, Sol 17 (time change) 7:15 **End of Life Comm. Film, RC**
7 Limo: Medical/Alameda 9:00 Exercise Time, RC 9:30 Sewing Services, Canceled 10:00 Mindful Movement, Sol 21 11:00 **Poets of Broadway Lecture** with Bonnie Weiss, RC 4:30 Happy Hour, LG 7:15 **Concert:** John Kendall Bailey & Voices of Musica Sacra, RC	**8** Limo: Rockridge 9:00 Stretch and Tone, RC 9:00 Clay Sculpture, Sol 8 10:30 **Tour of the Towers**, Meet on 23rd Floor 1:30 Sewing Services, Canceled 1:30 Food & Dining, Sol 17 2:30 Brain Fitness w/Teri, Vernon 7:15 Sing-A-Long, Sol 17	**9** Limo: Piedmont 7:30 ESL Class, Sol 21 9:00 Exercise Time, RC 9:50 Gentle Exercise, RC 10:00 Clay Sculpture,Sol 8 10:30 Catholic Mass, Sol 17 11:00 Health Servc. Forum, Vern 1:30 Meditation, Sol 17 3:00 Conversational Spanish, Sol 5 3:30 Sky Fitness, Sol 23	**10** Limo: Medical 9:00 Stretch and Tone, RC 9:00 Banker's Hours, Sol 6 10:00 Watercolor Class, Sol 15 10:00 Busy Hands, LG 10:00 Mindful Movement, RC 1:30 Memoir Writing, Galleria 1:30 Music Committee, Sol 12 2:00 Dominos, LG 2:30 Open Play Ping Pong, Sol 21 7:15 **Movie:** *War Horse* , RC	**11** Limo: de Young 9:00 Exercise Time, RC 10:00 Gentle Exercise, RC 2:00 Scrapbooking, Galleria 2:00 Computer Class, Sol 4 4:30 Birthday Reception, LG 7:15 Table Games, Sol 21	**12** **SATURDAY** 9:00 Exercise Time, RC 10:30 Folk Dance Class, RC 3:00 Sweets & Social Hour, LG 7:00 Toastmasters, Sol 17 7:15 Classic Movie, RC 7:15 Table Games, Sol 21 **13** **SUNDAY** 9:30 Limo: Church Run 7:15 Peace Circle, Sol 17
14 Limo: Medical/Walnut Creek 9:00 Exercise Time, RC 9:30 Sewing Services, Sol 11 10:00 Mindful Movement, RC 10:00 Green Action Comm., Sol 12 4:30 Happy Hour, LG 7:15 **Concert:** Angela Lee & Charles Chandler, RC	**15** Limo: Bank Run 9:00 Stretch and Tone, RC 10:00 Clay Sculpture, Sol 8 1:30 Sewing Services, Sol 11 1:30 Bible Study, Sol 17 2:30 Brain Fitness w/Teri, Vernon 7:15 **End of Life Comm. Film, RC** 7:15 Sing-A-Long, Sol 17	**16** Limo: Berkeley Bowl & COSTCO 7:30 ESL Class, Sol 21 9:00 Exercise Time, RC 9:50 Gentle Exercise, RC 10:00 Clay Sculpture, Sol 8 1:30 Meditation, Sol 17 3:00 Jewelry Services, LG 3:00 Conversational Spanish, Sol 5 3:30 Sky Fitness, Sol 23 7:15 **Slides & Lect.**: Latest Paintings from China w/ Gary Bukovnik	**17** Limo: Medical 9:00 Stretch and Tone, RC 9:00 Banker's Hours, Sol 6 10:00 Watercolor Class, Sol 15 10:00 Busy Hands, LG 10:00 Mindful Movement, RC 1:30 Memoir Writing, Galleria 1:30 Firedrill Monitors, Sol 10 2:00 Dominos, LG 2:30 Open Play Ping Pong, Sol 21 7:15 **Movie**: *My Week with Marilyn* ,R	**18** Limo: Walk - Fort Knox 9:00 Exercise Time, RC 10:00 Gentle Exercise, RC 2:00 Scrapbooking, Galleria 2:00 Computer Class, Sol 4 7:15 Table Games, Sol 21	**19** **SATURDAY** 9:00 Exercise Time, RC 10:30 Folk Dance Class, RC 1:30 Bridge Anyone? Sol 21 3:00 Sweets & Social Hour, LG 7:15 Classic Movie, RC 7:15 Table Games, Sol 21 **20** **SUNDAY** 2:00 **End of Life Comm.Speaker**, RC 4:00 Hymn Sing, Sol 17 5:30 Toastmasters, RC
21 Limo: Medical / Lafayette 9:00 Exercise Time, Sol 21 9:30 Sewing Services, Canceled 10:00 Mindful Movement, Sol 21 10:15 Book Review, Bay 1:30 Historian's Comm.,Sol 10 3:00 Low Vision Group, Vernon 4:30 Happy Hour, RC 7:15 **Concert:** Wesla Whitfield & Mike Greensill, RC	**22** Limo: Rockridge 9:00 Stretch and Tone, RC 10:00 Clay Sculpture, Sol 8 1:30 Sewing Services, Canceled 2:00 **I-House Speaker:** The Australian Gold Rush, RC 2:30 Brian Fitness w/Teri, Vernon 7:15 Sing-A-Long, Sol 17	**23** Limo: Golden Gate Outing 7:30 ESL Class, Sol 21 9:00 Exercise Time, RC 9:50 Gentle Exercise, RC 10:00 Clay Sculpture, Sol 8 1:30 Meditation, Sol 17 3:00 Conversational Spanish, Sol 5 3:30 Sky Fitness, Sol 23 7:15 **Lecture:** Sex Trafficking of American Girls, RC	**24** Limo: Medical 9:00 Stretch and Tone, RC 9:00 Banker's Hours, Sol 6 10:00 Watercolor Class, Sol 15 10:00 Busy Hands, LG 10:00 Mindful Movement, RC 1:30 Memoir Writing, Galleria 2:00 Dominos, LG 2:30 Open Play Ping Pong, Sol 21 7:15 **Movie**: *A Perfect Murder* , RC	**25** Limo: Union Square 9:00 Exercise Time, RC 10:00 Gentle Exercise, RC 2:00 Fireside Chat, RC 2:00 Computer Class, Sol 4 2:00 Scrapbooking, Canceled 7:15 **Music History Lecture** with John Kendall Bailey, RC 7:15 Table Games, Sol 21	**26** **SATURDAY** 9:00 Exercise Time, RC 10:30 Folk Dance Class, RC 3:00 Sweets & Social Hour, LG 7:15 Classic Movie, RC 7:15 Table Games, Sol 21 **27** **SUNDAY** 9:30 Limo: Church Run
28 HOLIDAY - NO LIMO 9:00 Exercise Time, Bay 10:30 Grab 'n' Go Pick up, Galleria MEMORIAL DAY	**29** Limo: Bank Run 9:00 Stretch and Tone, RC 10:00 Clay Sculpture, Sol 8 1:30 Sewing Services, Canceled 2:30 Brain Fitness w/Teri, Vernon 7:15 Sing-A-Long, Sol 17	**30** Limo: Filoli Garden 7:30 ESL Class, Sol 21 9:00 Exercise Time, RC 9:50 Gentle Exercise, RC 10:00 Clay Sculpture, Sol 8 1:30 Meditation, Sol 17 3:00 Conversational Spanish, Sol 5 3:30 Sky Fitness, Sol 23	**31** Limo: Medical 9:00 Stretch and Tone, RC 9:00 Banker's Hours, Sol 6 10:00 Watercolor Class, Sol 15 10:00 Busy Hands, LG 10:00 Mindful Movement, RC 1:30 Memoir Writing, Galleria 2:00 Dominos, LG 2:30 Open Play Ping Pong, Sol 21 7:15 **Movie**: *Sneakers* , RC	May	

May 2012