

SAMPLE MONTH PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Here's a glimpse into the vibrant array of programs and activities offered at Saratoga Retirement Community.</p>		<p>While the following list provides a taste of what's available, our dynamic community is continuously evolving, with residents regularly introducing new groups and committees to explore emerging interests.</p>					
	<p>1</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:30 Get Fit 11:00 The Write Stuff 1:30 Art Class 2:00 Photography 3:00 Corn Hole</p>	<p>2</p> <p>9:30 Balance & Fall Prevention 10:30 Get Fit 10:45 Bookmobile 1:00 Mah Jongg 1:30 Ukulele Group 3:00 Movie Committee 3:30 Bible Study</p>	<p>3</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Get Fit 10:30 Core Conditioning 1:00 Party Bridge 1:15 Shopping Shuttle 3:30 Protestant Service 7:15 Documentary</p>	<p>4</p> <p>9:00 Women's Bocce Ball 9:30 Balance & Fall Prevention 10:30 Chair Yoga 1:30 Canasta 1:30 Afternoon Stretch 3:00 Corn Hole</p>	<p>5</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:00 Core Conditioning 10:30 Coffee with Sarah 11:00 Get Fit 1:00 Ping Pong 1:00 1st Friday in Art Studio 2:30 Masterclass - Cooking</p>	<p>6</p> <p>9:00 Bocce Ball 10:30 Fitness Lite 11:00 Get Fit 1:00 Opera - Capriccio 2:00 Ballroom Dance 7:15 Movie Night</p>	
<p>7</p> <p>9:30 Get Moving (Cardio) 10:00 Catholic Mass 1:30 Canasta 3:30 Concert by STO Capella</p>	<p>8</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:00 Threads & Things 10:30 Get Fit 1:30 Zentangle Interest Group 2:00 Fitness Committee 3:00 Corn Hole</p>	<p>9</p> <p>9:30 Balance & Fall Prevention 10:00 Birthday Brunch 10:30 Get Fit 11:00 Well-Being Workshop 1:00 Mah Jongg 1:30 Ukulele Group 3:30 Bible Study</p>	<p>10</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Get Fit 10:30 Core Conditioning 1:00 Party Bridge 1:15 Shopping Shuttle 3:00 Talk - Living w/ Diabetes 7:15 Documentary</p>	<p>11</p> <p>9:00 Women's Bocce Ball 9:30 Balance & Fall Prevention 10:30 Chair Yoga 1:30 Canasta 1:30 Afternoon Stretch 3:00 Corn Hole 4:00 BYOB with Tony</p>	<p>12</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:00 Core Conditioning 10:30 Coffee with Sarah 11:00 Fitness Orientation 1:00 Ping Pong 1:00 1st Friday in Art Studio 7:15 Game Night</p>	<p>13</p> <p>9:00 Bocce Ball 10:30 Los Altos Art & Wine Fest 1:45 West Valley Light Opera 7:15 Movie Night</p>	
<p>14</p> <p>9:30 Get Moving (Cardio) 10:00 Catholic Mass 1:30 Canasta 3:30 Trivia</p>	<p>15</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:00 Tech Support 10:30 Get Fit 1:30 Art Class - Free Form 2:00 Lorel Lu Play Readers 3:00 Corn Hole</p>	<p>16</p> <p>9:30 Balance & Fall Prevention 10:00 Bookmobile 10:30 Get Fit 11:00 Coffee Chat 1:00 Mah Jongg 1:30 Ukulele Group 3:00 Railroad Interest Group 3:30 Bible Study / Meditation</p>	<p>17</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Get Fit 10:30 Core Conditioning 1:00 Party Bridge 1:15 Shopping Shuttle 3:00 Talk - 1st Spy Satellite 3:30 Protestant Service 7:15 Documentary</p>	<p>18</p> <p>9:00 Women's Bocce Ball 9:00 Asilomar Beach/Fishwife 9:30 Balance & Fall Prevention 10:30 Chair Yoga 1:30 Canasta 1:30 Afternoon Stretch 2:00 Chef's Forum 3:00 Corn Hole</p>	<p>19</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:00 Core Conditioning 10:30 Coffee with Sarah 11:00 Get Fit 1:00 Ping Pong 1:00 Sheriff's Dept. Presentation 4:30 Shabat Celebration/Dinner</p>	<p>20</p> <p>9:00 Bocce Ball 10:30 Fitness Lite 11:00 Get Fit 2:00 Ballroom Dance 7:15 Movie Night</p>	
<p>21</p> <p>9:30 Get Moving (Cardio) 10:00 Catholic Mass 1:30 Canasta 3:30 Bingo</p>	<p>22</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:30 Get Fit 3:00 Corn Hole 3:30 Health Committee</p>	<p>23</p> <p>9:30 Balance & Fall Prevention 10:30 Get Fit / Mah Jongg 1:30 Ukulele Group 3:00 Book Group 3:00 Topics That Matter 3:30 Bible Study 6:00 Ice Cream Social</p>	<p>24</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Get Fit 10:30 Core Conditioning 1:00 Party Bridge 1:15 Shopping Shuttle 3:00 Guest Speaker 7:15 Documentary</p>	<p>25</p> <p>9:00 Women's Bocce Ball 9:30 Balance & Fall Prevention 10:30 Chair Yoga 1:30 Canasta 1:30 Afternoon Stretch 1:30 Zentangle Interest Group 3:00 Corn Hole</p>	<p>26</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:00 Core Conditioning 10:30 Coffee with Sarah 11:00 Get Fit 1:00 Ping Pong 7:15 Game Night</p>	<p>27</p> <p>10:00 - 4:00 Odd Fellows BBQ Party 7:15 Movie Night</p>	
<p>28</p> <p>9:30 Get Moving (Cardio) 10:00 Catholic Mass 10:00 Saratoga Car Show 1:30 Canasta</p>	<p>29</p> <p>9:00 Stretch/Balance 9:30 Aqua Fitness / Tai Chi 10:30 Get Fit 1:30 Art Class - Free Form 3:00 Corn Hole</p>	<p>30</p> <p>9:30 Balance & Fall Prevention 10:30 Get Fit / Mah Jongg 1:30 Ukulele Group 3:30 Bible Study</p>					