

THE REDWOODS WEEKLY CALENDAR

SUNDAY, MAY 20

9:00a	Catholic Mass	AUD
9:00a	Church Loops	BUS
2:00p	Sunday Open Studio	AR
2:00p	Coffee Social	DR
6:35p	Candlelight Peace Vigil	CR
7:00p	PCU Film: <i>"A New Kind of Love"</i>	PCU

MONDAY, MAY 21

9:00a	Strength Training w/Gloria	AUD
9:15a	Second Time Around	AR
10:00a	Orange Loop #1	BUS
10:15a	Exercise	AUD
10:30a	Spring Planting (<i>weather permitting</i>)	GAR
11:15a	Strength Training w/Eric	AUD
1:30p	Orange Loop #1	BUS
1:30p	Peace Group Pre-Meeting	2/4L
1:30p	Ceramics Class	AR
3:00p	Seniors for Peace	AUD
	<i>"Restorative Justice"</i>	
	Speaker: Marissa Wertheimer	
5:30p	Creative Writing	2/4L
7:00p	Eckhart Tolle - DVD Discussion	13/15
7:15p	Meet the Masters w/Mark Wachter	AUD
	<i>"Next: A Primer on Urban Painting"</i>	

TUESDAY, MAY 22

8:45a	Quiet, Together (Silence)	AUD
9:30a	Purple Loop #3: Northern Marin	BUS
9:30a	Community Center Drop-Off	BUS
10:00a	Exercise w/Donna	AUD
10:45a	Joy of Tai Chi	AUD
11:00a	SFP Program Planning Meeting	2/4L
12:30p	First Republic Banking	2/4L
1:00p	HCC/PCU Scenic Drive	BUS
1:00p	Parkinson's Group CANCELLED	AUD
1:30p	Gardening w/Fred	GAR
1:50p	Feldenkrais w/Maya (meet on the grass!)	GAR
2:00p	Parkinson's Caregiver Group CANCELLED	AR
3:00p	The Redwoods Drummers	AR
3:30p	Reading by Romi	2/4L
7:15p	Guitar Songs w/Kurt Huget	AUD

WEDNESDAY, MAY 23

9:00a	Strength Training w/Hilly	AUD
9:30a	Medical Appts: By Reservation Only	BUS
10:00a	Poetry Corner	4/6L
10:00a	Watercolor Class	AR
10:15a	Exercise w/Donna	AUD
11:00a	Red Loop #2: Mill Valley/Strawberry	BUS
11:00a	Tai Chi/Acupressure	AUD
1:30p	French Conversation Group	2/4L
2:00p	Red Loop #2: Mill Valley/Strawberry	BUS
2:00p	Computer Class - Sign-up	10/12L
2:00p	Coffee Social	DR
2:30p	Rock the Ages Chorus	AUD
7:00p	PCU Film Classics:	PCU
	<i>"It Started in Naples"</i>	
7:15p	Seniors for Peace Theatre	AUD

THURSDAY, MAY 24

9:00a	Purple Loop #3: Northern Marin	BUS
9:30a	Line Dancing	AUD
10:00a	Filoli Gardens Excursion	BUS
10:00a	Searching for Meaning Group	2/4L
10:00a	Knitting w/Sarah Oliver	AR
10:30a	Line Dancing w/Walkers	AUD
10:30a	Harvest	GAR
11:30a	Strength Training w/Eric	AUD
12:00p	Garden Produce Stand	LIB
12:30p	BYOL in the Garden!	GAR
1:00p	Purple Loop #3: Northern Marin	BUS
1:00p	UCSF Pharmacy Outreach Program	AUD
	<i>(By appointment only)</i>	
1:00p	Better Breathers	CR
1:00p	Innovative Memoir Writing Class	AR
2:00p	Ginkgo Memory Game	2/4L
3:30p	Yiddish Conversation Group	AR
6:00p	Computer Class (sign-up)	10/12L
7:00p	Computer Class (drop-in)	10/12L
7:00p	Bingo	PCU
7:15p	Opus 3 Trio	AUD
	<i>Classical Music Concert</i>	

FRIDAY, MAY 25

7:30a	Whole Foods Donation	HALL
9:00a	Impaq Strength & Flexibility	AUD
9:00a	Purple Loop #3: Northern Marin	BUS
9:30a	Medical Appts: By Reservation Only	BUS
10:00a	Men's Group	AR
10:15a	Exercise	AUD
10:30a	Gardening w/Fred	GAR
11:00a	Gentle Chair Yoga	AUD
1:15p	Improve Your Balance w/Eric	AUD
2:00p	Red Loop #2: Mill Valley/Strawberry	BUS
3:00p	Hydrate the Garden for the Weekend!	GAR
3:00p	Chinese Brush Art w/Madeleine Fu	AR
3:00p	Wine & Coffee Social	AUD
4:00p	Peace Demonstration	Miller
7:15p	Fri. Movie: <i>"The Madness of King George"</i>	AUD

SATURDAY, MAY 26

9:00a	Hatha Yoga w/Mary Nishifue	AUD
9:00a	Red Loop #2: Mill Valley/Strawberry	BUS
10:00a	Meditation Group	13/15L
11:15a	Strength Training w/Eric	AUD
11:30a	Miller's East Coast Deli (lunch)	BUS
2:30p	Coffee Social	DR
7:15p	Saturday Night Movie: <i>"Margin Call"</i>	AUD

SPOTLIGHTS

Tuesday, May 22, 7:15pm

Guitar Songs w/Kurt Huget

Join talented singer and guitarist Kurt Huget as he brings back his guitar, folk songs, popular standards and more!

Thursday, May 24, 7:15pm

Opus 3 Trio

Classical Music Concert

Come and experience this extremely talented trio as they play Beethoven, Mendelssohn and more for you! Celebrate Spring with them!