








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>February 5th</p> 	<p>February 14th</p> 	<p>February 18th</p> 		<p>1</p> <p>9:00 COFFEE HOUR with Scott-fsl 9:30 Laughter Yoga w/Natalie-afc 10:15 Local Shopping 10:45 Laughter Yoga w/Natalie south wing activity rm-2nd fl 11:00 Bible Study w/Dr. Samra-wwl 4:00 PIANIST, BOB PHILLIPS PERFORMING IN THE</p>	<p>2</p> <p>2:00 Saturday Matinee "Ocean's 8" showing in the swar</p>
<p>3</p> <p>9:00 Worship w/Pastor Mark in the chapel 2:00 Sunday Cinema-swar "Downton Abbey"</p>	<p>4</p> <p>9:15 Morning Chat w/Natalie-swar 10:15 Local Shopping 1:00 After Lunch Bunch Activities hosted by Marty-swar, 2nd fl 1:30 Basics of Exercise-afc 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Aerobics Light-afc</p>	<p>5</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:30 Body Conditioning-afc 11:00 Mindful Movement-swar 2:00 BROTHERLY LOVE Singers, Ray Paul and Lee Durley Performing in the south wing dining rm</p>	<p>6</p> <p>10:15 Shopping at the Crossroads 1:30 Gentrain Society Lecture at MPC 1:30 Basics of Exercise 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Western Wednesday Beginning Line Dancing-afc</p>	<p>7</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:00 Worship Service-swar 2nd fl 10:30 Body Conditioning-afc 11:00 Mindful Movement-swar 11:00 Tai Chi with Liana-wwl 4:00 Catholic Service-chapel</p>	<p>8</p> <p>9:30 Laughter Yoga w/Natalie-afc 10:15 Local Shopping 10:45 Laughter Yoga w/Natalie south wing activity rm-2nd fl 4:30 Birthday Celebration </p>	<p>9</p> <p>2:00 Saturday Matinee "Tea with the Dames" showing in the swar</p>
<p>10</p> <p>9:00 Worship w/ Pastor Mark in the chapel 2:00 Sunday Cinema "Downton Abbey" in the swar</p>	<p>11</p> <p>9:15 Morning Chat w/Natalie-swar 10:15 Local Shopping 1:00 After Lunch Bunch Activities hosted by Marty-swar, 2nd fl 1:30 Basics of Exercise-afc 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Aerobics Light-afc</p>	<p>12</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:30 Body Conditioning-afc 11:00 Mindful Movement-swar 2:00 BROTHERLY LOVE Singers, Ray Paul and Lee Durley Performing in the south wing dining rm 3:30 Montage Health Lecture Addressing Dizziness and Vertigo presented by Sasha Spadoni-fsl</p>	<p>13</p> <p>10:15 Shopping in Marina 1:30 Basics of Exercise 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 2:30 Historian Pat McAnaney presents, "Presidential Romance" fsl 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Western Wednesday Beginning Line Dancing-afc 6:30 Residents' Association Meeting-FSL</p>	<p>14</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:00 Worship Service-swar 2nd fl 10:30 Body Conditioning-afc 11:00 Mindful Movement-swar 11:00 Tai Chi with Liana-wwl 3:30 A Valentine Affair  in the FSL 4:00 Catholic Service-chapel</p>	<p>15</p> <p>9:30 Laughter Yoga w/Natalie-afc 10:15 Local Shopping 10:45 Laughter Yoga w/Natalie south wing activity rm-2nd fl 4:30  main lobby</p>	<p>16</p> <p>2:00 Saturday Matinee "In the Fade" showing in the swar</p>
<p>17</p> <p>9:00 Worship w/Pastor Mark in the chapel 2:00 Sunday Cinema "Downton Abbey" in the swar 3:00 Monterey Symphony at the Sunset Center</p>	<p>18</p> <p>9:15 Morning Chat w/Natalie-swar 10:15 Local Shopping 1:00 After Lunch Bunch Activities hosted by Marty-swar, 2nd fl 1:30 Basics of Exercise-afc 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Aerobics Light-afc</p>	<p>19</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:30 Body Conditioning-afc 11:00 Mindful Movement-swar 2:00 Reading Group or Fun at the Forum-wwl 3:30 Life Long Learning Hour</p>	<p>20</p> <p>10:15 Shopping at Del Monte SC 1:30 Gentrain Society Lecture at MPC 1:30 Basics of Exercise 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Line Dancing-afc</p>	<p>21</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:30 Balance Class-afc 11:00 Mindful Movement-swar 11:00 Tai Chi with Liana-wwl 2:30 UKULELE JOE performing in the SWAR-2nd fl 4:30 Sing-A-Long w/Todd-fsl</p>	<p>22</p> <p>9:30 Laughter Yoga w/Natalie-afc 10:15 Local Shopping 10:45 Laughter Yoga w/Natalie south wing activity rm-2nd fl 11:00 Bible Study w/Dr. Samra-wwl 3:30  wwl</p>	<p>23</p> <p>2:00 Saturday Matinee "John Q" showing in the swar 4:00 Concert Pianist Gustavo Romero performing in the FSL</p>
<p>24</p> <p>9:00 Worship w/Pastor Mark in the chapel 2:00 Sunday Cinema "Downton Abbey" in the swar</p>	<p>25</p> <p>9:15 Morning Chat w/Natalie-swar 10:15 Local Shopping 1:00 After Lunch Bunch Activities hosted by Marty-swar, 2nd fl 1:30 Basics of Exercise-afc 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Aerobics Light-afc</p>	<p>26</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:30 Body Conditioning-afc 11:00 Mindful Movement-swar 2:00 BROTHERLY LOVE Singers, Ray Paul and Lee Durley Performing in the south wing dining rm</p>	<p>27</p> <p>10:15 Shopping in Seaside 1:30 Basics of Exercise 2:00 Sunshine Stroll w/Klare-afc 2:30 Mindful Movement-wwl 3:00 Ladies Afternoon Tea in the West Wing Lounge 3:00 Get Fit with Klare-afc 3:30 Body Conditioning/Balance-afc 4:00 Line Dancing-afc</p>	<p>28</p> <p>9:00 Sunshine Stroll-afc 9:30 Whole Body Stretch-afc 10:00 Get Fit with Klare-afc 10:30 Balance Class-afc 11:00 Mindful Movement-swar 11:00 Tai Chi with Liana-wwl 4:30 Hymn Sing w/Dr Samra in the chapel</p>	<p>Location Key fsl-fireside lounge wwl-west wing loung afc-atrium fitness center ro-residents' office mdr-main dining rm swar-south wing activity rm swdr-south wing dining rm ml-main lobby chapel-located in the west wing</p>	

Outings:

Please sign-up at the Residents' Desk for all scheduled outings.

Wednesday 2/6, Gentrain Society Lecture at 1:30 Monterey Peninsula College. The Elkhorn Slough, Wildness at the heart of the Monterey Bay, presented by Mark Silberstein. For the past several decades, Mark Silberstein has worked behind the scenes on the understanding and conservation of Elkhorn Slough. In this talk, Mark will share insights from his time at the Slough and "pull back the curtain" on the efforts to protect this wild place at the heart of the bay. Elkhorn Slough is the largest coastal wetland south of the San Francisco Bay and harbors a remarkable diversity of life, including the densest concentration of sea otters. No fee for lecture. Bus leaves at 1:00.

Sunday 2/17, Monterey Symphony Concert 3. This concert features "Four Sea Interludes" from Peter Grimes, Op.33a, by Benjamin Britten, England's finest modern opera composer: composed in 1945, Grimes launched his career in the new post-war era. The gorgeous tone-poem Oceanides, Op. 73, by Jean Sibelius was inspired by the sea-nymphs referenced in Greek mythology: haunting and tempting. Sign-up at the Residents' Desk. Bus leaves Forest Hill at 2:15

Wednesday 2/20, Gentrain Lecture at 1:30 Monterey Peninsula College. Mr. Selden's map of China: A Historical Argument for Building Military Bases in the South China Sea? Frederik Vermote, Assistant Professor of Global and Asian History at CSU, Monterey Bay and Research Fellow at the USF Ricci Institute for Chinese-Western Cultural History, will talk about the historical context and present-day implications of John Selden's map of China and the South China Sea. No fee for lectures. Bus leaves at 1:00.

FOREST HILL ACTIVE LIVING PROGRAMS: FEBRUARY 2019

Entertainment, Events & Presentations:

Friday 2/1 at 4, Pianist Bob Phillips will be performing in the Fireside Lounge.

Friday 2/1 & 2/2, Bible Study at 11am Meets the WWL with Dr. Todd Samra. All faiths are welcome: broad perspectives of how the readings fit our lives today, along with historical information, will be discussed.

Tuesdays 2/5, 2/12 and 2/19 at 2pm Brotherly Love. Singers, Ray Paul & Lee Durley perform in the South Wing Dining Rm, singing all your favorite hits from the 20's-60's.

Friday 2/8, Birthday Celebration, will be held in the Fireside Lounge. The celebration begins at 4:30. Come join us in wishing all of the residents who are celebrating their birthday in the month of February, "Happy Birthday." Happy Birthday to: 1-Evelyn Lee & Mary Thomas, 15-Judy Moffett, and 18-Bonnie Baker. Serving wine, a variety of crackers, cheeses and non-alcoholic beverages. Theme: Chinese New Year.

Tuesday 2/12, Montage Health Lecture, "Addressing Dizziness and Vertigo," presented by Sasha Spadoni. Are you feeling dizzy, off balance, or like the room is spinning? These could be signs of an inner ear problem. Learn about: Role of the inner ear system; Causes and variations; Treatments to reduce symptoms; Impacts on balance and stability, and safety.

Wednesday 2/13, Historian Pat McAnaney, presents, "Presidential Romance." As Valentine's Day nears, we will look at the courtships, marriages and Romantic liaisons of our commanders-in-chief and the first ladies. Held in the FSL at 2:30.

Monday 2/14, Our Annual "Valentine Affaire," hosted by the Residents' Association. Reg Huston will sing love songs accompanied by pianist Pauline Troia and Kent Leatham reading love poems. Refreshments will be served. Join us in the Fireside Lounge at 3:30

Friday 2/15, Happy Hour in the Main Lobby at 4:30. Serving wine, non-alcoholic beverages, and a variety of crackers and cheeses.

Thursday 2/21, Sing-A-Long with director and pianist, Dr. Todd Samra. Starts at 4:30 in the Fireside Lounge. Singing songs from the 20's-60's.

Saturday 2/23 at 4:00pm, Gustavo Romero will be performing in the Fireside Lounge. Concert pianist Gustavo Romero is internationally renowned for his exceptional technical brilliance and interpretive depth and has gained an acclaimed reputation for his commitment to in-depth exploration of a wide variety of composers. A native of San Diego with heritage in Guadalajara, Mexico, Mr. Romero discovered his love and gift for the piano at the age of five, gave his first public performances at the age of 10 and won his first piano competition. At 13, he performed with the New York Philharmonic under Zubin Mehta. Rudolf Serkin recognized his exceptional talent, and at the age of 14 he attended the Juilliard School.

Wednesday 2/27, Ladies Afternoon Tea at 3:00 in the West Wing Lounge. Ladies join us for a spot of tea! Enjoy a cup of fresh brew tea and pastries, while visiting with friends.

Thursday 2/28 at 4:30, Hymn Sing with Dr. Todd Samra. Songs and hymns from the United Methodist Hymnal. The hymns highlight a particular theme each meeting, either by season or through meaning, like hope or faith. Hymns are usually transposed down for easier singing. Meets in the chapel at 4:30.

Meetings:

Friday 2/1 at 9:00am, Coffee Hour with Scott. Held in the FSL

Wednesday 2/21 & 2/28, Music and Encouragement w/ Pastor Mark will be held in the A.L. activity room at 9:30. Everyone is welcome.

Wednesday 2/13 at 6:30pm Residents' Association Meeting will be held in the Fireside Lounge.

Every Sunday at 9:00am, Worship with Pastor Mark Buenafe. Service is held in the chapel

Thursday 2/1 at 4:30 Catholic Service held in the chapel

Weekend Movies: February Saturdays at 2 in the SWAR
2-Ocean's 8
9-Tea with the Dames
16-In the Fade
23-John Q

Sundays at 2 in the SWAR:
Downton Abbey season 4

Residents' Check Cashing every Thursday: 12:30-1 in the MB, Residents' Office.

Medical Transportation, Tuesday & Thursdays from 8-12. Request slips for transportation to medical appointments are available at the front desk.

Kernes Pool in Monterey Are you interested in taking a therapeutic aquatic class? For more information contact Toni at 646-6487 Transportation provided on Tues & Thurs mornings.

From the Fitness Instructor Klare Nichols:Get Fit-this half hour is our most rigorous class. Expect elevated heart rates and decently heavy weights. The focus is building up functional muscles and lessen your risk of falling.

Western Wednesday, Line-Dancing class new time 4:00.