

SUN	MON	TUE	WED	THUR	FRI	SAT
ADVISORY COMMITTEES Facilities, 2nd Wed, 1:15 P3 Finance, Last Wed, 3:00 HH Dining, 3rd Thur, 2:30 P3 Health Com, 3rd Fri, 1:15 P3 House Com, 2nd Thurs, 2:15 P1 Landscape, 1st Wed, 1:15 P3 Welcoming, 1st Thurs, 3:00 P3 OTHER COMMITTEES Worship, 1st Thurs, 9:00 P2 <b>Guests Welcome</b>	AR = Art Room BG = Bowling Green D = Dining Room FC = Fitness Center HH = Hanson Hall L = Lounge LB = Library Ox = Oxley Rm in Lodge P = Parlor PG = Putting Green <b>TO= Transportation Outing</b>	<b>Please note: The Sequoias in-house channel for Independent Living, the Lodge, and the Gardens has been changed to channel 998. The channel for the HC is 30.</b>	2:00 Genealogy Club by Computer (P1) <b>1</b>	8:30 Stay Fit (HH/Ch. 998/30) <b>2</b> 9:00 Worship Cmte. (P2) 9:30 Balance Class (HH) 10:30 Aqua Yoga (Pool) 10:30 Fitness Center Drop-In (FC) 1:15 Lawn Bowling (BG) 3:00 Welcoming Cmte. (P3)	9:00 Aquasize (Pool) <b>3</b> 9:30 Sequoia Golfers 10:00 Joint Effort (HH) 11:15 Great Courses: Marine Mammal Distribution around the Globe & Intelligence in Marine Mammals (HH/Ch. 998/HC 30)	8:45 Stay Fit (HH/Ch. 998/30) <b>4</b> <b>9:15 Saturday Shopping: Sharon Heights (TO)</b> 11:00 QiGong/Daoist Yoga (HH) 1:15 Lawn Bowling (BG)
2:00 Stitchery Group (P2) <b>5</b> <b>4:30 VESPERS:</b> <b>Father MARTIN MAGER, OSB, THE PRIORY, Piano Music played by LORRAINE HANCOCK (HH/Ch. 998/30)</b>	9:00 Aquasize (Pool) <b>6</b> 10:00 Joint Effort (HH) 10:30 Aqua Yoga (Pool) 1:15 Resident Assoc. Mtg (HH/Ch. 998/30) 2:15 Emergency Preparedness Mtg. (P4)	8:30 Stay Fit (HH/Ch. 998/30) <b>7</b> 10:00 The World Today (HH/Ch. 998/30) 1:15 Green Team Building Representative Orientation (P4) 4:00 Music @ 4: The Nisene Piano Trio (HH/Ch. 998/HC 30)	9:00 Aquasize (Pool) <b>8</b> 10:00 Joint Effort (HH) 11:00 Bible Study (P3) 1:15 Facilities Advisory Cmte. Mtg (P3) 1:15 Landscape Advisory Cmte. Mtg (P4) 2:00 Genealogy Club by Computer (P1) 2:30 Sequoias Hearing Support Group (P3) 4:45 Social Hour (L)	8:30 Stay Fit (HH/Ch. 998/30) <b>9</b> 9:30 Balance Class (HH) 10:30 Aqua Yoga (Pool) 10:30 Family Support Group (P3) 10:30 Fitness Center Drop-In (FC) <b>1:00 Silicon Valley Auto Show (TO)</b> 1:15 Communication Forum (HH) 1:15 Lawn Bowling (BG) 2:15 House Cmte. Mtg (P1) 5:15 Birthday Dinner (D) 7:15 Movie Night: White Crow (HH/Ch. 998/HC 30)	9:00 Aquasize (Pool) <b>10</b> 9:30 Sequoia Golfers 10:00 Joint Effort (HH) 11:15 Great Courses: The Charismatic Megavertebrates & The Great Whale Hunt (HH/Ch. 998/HC 30) 7:00 "Isle of Hope, Isle of Tears" w/ Steve Gill & Friends (HH)	<b>8:30 Met Opera: Wozzeck (TO)</b> 8:45 Stay Fit (HH/Ch. 998/30) <b>9:30 Saturday Shopping: Menlo Park (TO)</b> 11:00 QiGong/Daoist Yoga (HH) 1:15 Lawn Bowling (BG)
2:00 Stitchery Group (P2) <b>12</b> <b>4:30 VESPERS:</b> The Reverend ELIZABETH BOATWRIGHT, SUNNYVALE PRESBYTERIAN CHURCH, Piano Music played by BARBARY GRANT (HH/Ch. 998/30)	9:00 Aquasize (Pool) <b>13</b> 10:00 Joint Effort (HH) 10:30 Aqua Yoga (Pool) 11:00 Memory Support Group (P2) 1:15 Green Team Building Representative Orientation (P4)	8:30 Stay Fit (HH/Ch. 998/30) <b>14</b> 10:00 "News, Fake News, & Democracy: A Report from Poland", Anna Gielewska (HH/Ch. 998/HC 30) 1:15 Vision Group (P1) 7:15 Sequoias Book Club (P3)	9:00 Aquasize (Pool) <b>15</b> 10:00 Joint Effort (HH) 11:00 Bible Study (P3) <b>11:20 Lunch at the Alpine Inn (TO)</b> 2:00 Genealogy Club by Computer (P1) 3:00 Renew Group A (P3)	8:30 Stay Fit (HH/Ch. 998/30) <b>16</b> 9:30 Balance Class (HH) 10:30 Aqua Yoga (Pool) 10:30 Fitness Center Drop-In (FC) 1:15 Lawn Bowling (BG) 1:15 Q&A with the ED (HH/Ch. 108/30) 2:30 Dining Services Advisory Cmte. (P3) 6:45 Bridge for Fun (HH)	9:00 Aquasize (Pool) <b>17</b> 9:30 Sequoia Golfers 10:00 Joint Effort (HH) 11:15 Great Courses: The Evolution of Whale Research & Marine Mammal Strandings (HH/Ch. 998/HC 30) 1:15 Health Services Cmte. Mtg (P3)	8:45 Stay Fit (HH/Ch. 998/30) <b>18</b> <b>9:15 Saturday Shopping: Sharon Heights (TO)</b> 11:00 QiGong/Daoist Yoga (HH) 1:15 Lawn Bowling (BG)
2:00 Stitchery Group (P2) <b>19</b> <b>4:30 VESPERS:</b> The Reverend FRANK VANDERZWAN, MENLO CHURCH, Piano Music played by MARK WANLESS (HH/Ch. 998/30)	9:00 Aquasize (Pool) <b>20</b> 10:00 Joint Effort (HH) 10:30 Aqua Yoga (Pool) 3:00 PC User Group (P3)	8:30 Stay Fit (HH/Ch. 998/30) <b>21</b> 10:00 The World Today (HH/Ch. 998/30) 2:00 Green Team (P3) 2:30 Renew Group B (P4) 4:00 Music @ 4: Angela Lee, cellist, & Stephen Prustman, piano (HH/Ch. 998/HC 30)	9:00 Aquasize (Pool) <b>22</b> <b>9:30 The Bay Model in Sausalito &amp; Lunch at the Spinnaker (TO)</b> 10:00 Joint Effort (HH) 11:00 Bible Study (P3) 2:00 Genealogy Club by Computer (P1) 3:00 SPVMUG (P3) 4:45 Social Hour (L)	8:30 Stay Fit (HH/Ch. 998/30) <b>23</b> 9:30 Balance Class (HH) 10:30 Aqua Yoga (Pool) 10:30 Fitness Center Drop-In (FC) <b>10:30 SF Symphony - Beethoven 250: Beethoven 7 &amp; Sibelius' Violin Concerto</b> 1:15 Lawn Bowling (BG) 1:30 TouchTown Information Session (P2) 7:15 Movie Night: Selma (HH/Ch. 998/HC 30)	9:00 Aquasize (Pool) <b>24</b> 9:30 Sequoia Golfers 10:00 Joint Effort (HH) 11:15 Great Courses: The Urban Ocean: Human Impact on Marine Life & Our Role in the Ocean's Future (HH/Ch. 998/HC 30) <b>1:15 Shopping in Los Altos (TO)</b> 7:00 "Adventure in Brass" w/ Menlo Brass Quintet (HH)	8:45 Stay Fit (HH/Ch. 998/30) <b>25</b> <b>9:15 Saturday Shopping: Menlo Park &amp; Palo Alto Farmer's Market (TO)</b> 11:00 QiGong/Daoist Yoga (HH) 1:15 Lawn Bowling (BG)
<b>11:15 SF Ballet: Cinderella (TO)</b> <b>26</b> 2:00 Stitchery Group (P2) <b>4:30 VESPERS:</b> The Reverend JENNIFER WARNER, VALLEY PRESBYTERIAN CHURCH, Piano Music played by ANTON NEL (HH/Ch. 998/30)	9:00 Aquasize (Pool) <b>27</b> 9:00 Board Study Session (P3) 10:00 Joint Effort (HH) 10:30 Aqua Yoga (Pool) 11:00 Memory Support Group (P2) 1:15 Health Forum: Dr. Ayati (HH/Ch. 108/30)	8:30 Stay Fit (HH/Ch. 998/30) <b>28</b> 10:00 "Stepping into Freedom: the Inner Journey", Harriet Wrye (HH/Ch. 998/HC 30)	9:00 Aquasize (Pool) <b>29</b> <b>9:00 Legion of Honor (TO)</b> 10:00 Joint Effort (HH) 11:00 Bible Study (P3) 2:00 Genealogy Club by Computer (P1) 3:00 Finance Cmte. (HH) 4:00 Great Decisions Discussion Group (P3) 7:00 Great Decisions Discussion Group (P3)	8:30 Stay Fit (HH/Ch. 998/30) <b>30</b> 9:30 Balance Class (HH) 10:30 Aqua Yoga (Pool) 10:30 Fitness Center Drop-In (FC) 11:00 Volleyball Tournament (Lodge Oxley Room) 1:15 Lawn Bowling (BG) 4:00 SSNC Presentation for New Residents (L)	9:00 Aquasize (Pool) <b>31</b> 9:30 Sequoia Golfers 10:00 Joint Effort (HH)	Transportation Outings are in <b>bold italics</b> on this calendar. Sign up sheets are available in the main building by the mail boxes.

# January 2020

Hill Calendar

Editor: Activity Department

Proof Reader: Jennifer Harris

