



THE STANDARD

Connections: Cultivating Joy

Catch the Wave this June!

Let's spread kindness and connection with our Catch the Wave campaign! Our goal is to reach over 1,000 waves during the month of June. A simple wave can brighten someone's day, spark a smile, and help build a friendlier, more welcoming community. Starting **Friday, May 30th** every time you wave to a neighbor, drop a marble in the bottle at the Activities Office and watch our wave count grow! How will you help us reach 1,000?

Join the fun at special events like the Summer Kickoff Beach Bash Dance featuring Woody and the Longboards on **Saturday, June 28th**, including a special dining experience.

Don't miss June highlights: Resident Art & Wine Stroll (June 6), Woodshop Open House and Sale (June 12), 1st Summer Concert (June 14), and more!

Melodies in Bloom – An Evening of Musical Magic

Join neighbors on **Tuesday, June 4th** for Melodies in Bloom, featuring the incredible Synchronicity String Quartet. Step into an elegant indoor garden of sound as you are transported by a vibrant program of contemporary music and unexpected delights. Let the rich harmonies and surprises of the evening whisk you away for a one-of-a-kind musical experience.

As part of our Catch the Wave campaign, let this evening be your wave of inspiration—lifting your spirits and filling the room with energy and joy. Don't miss this unforgettable night of music and imagination!

Win a Cabana at a 2025 Summer Concert

Want the best seat in the house? Enter for your chance to win a private cabana at one of SRC's 2025 Summer Concerts! Enjoy the bold San Francisco Brass Band (June 14), patriotic Dan Rodriguez – Spirit of America (July 19), or energetic Tom Rigney & Flambeau (August 23). One entry per household. Previous winners, please give others a chance.

Stop by the Activities Office starting Monday, May 19th to enter!



EVENTS

Melodies in Bloom w/ Synchronicity String Quartet



Wednesday, June 4th
7:30 - 9:00 PM
Ohlone Hall

Art and Wine Stroll



Friday, June 6th
1:00 - 2:30 PM
Clubhouse Lobby

Workshop: Blankets for Love



Friday, June 13th
3:30 - 4:30 PM
Granada

Summer Concert: San Francisco Brass Band



Saturday, June 14th
7:30 - 9:00 PM
Courtyard

Workshop: Floral Serving Resin Tray

Sign ups will open **Monday, May 19th at 10:00 AM**



Wednesday, June 18th
10:30 AM - 12:00 PM
Art Studio

SRC Choir Concert



Friday, June 20th
7:30 - 9:00 PM
Ohlone Hall

Beach Bash Dance w/ Woody and The Longboards



Saturday, June 28th
6:00 - 8:30 PM
Ohlone Hall

LECTURES



Mexico City – Our Southern Neighbor **Rick Deutsch**

Tuesday, June 10th
11:00 AM - 12:00 PM
Legacy Theater

Best known for the Aztecs who were the last civilization to rule what is today's Mexico. Centuries ago, inhabitants built huge pyramids; the tallest reaching over 200 feet. With more than 8 million people, the capital, Mexico City, is the 7th largest city in the world. 22 million live in the metro area. It sits on a now-dry ancient lake. It's best known for its many cathedrals built when the Spanish came and the miracle of Our Lady of Guadalupe. The museums highlight beautiful wall murals and artifacts from archaeological digs.



SRC Women Remember... **Joyce Hsu, Diane Lovitt, Rena Leibovitch, Wai Moy**

Tuesday, June 17th
2:00 - 3:00 PM
Ohlone Hall

Four SRC residents will be on a panel, sharing their stories and experiences about what has motivated them to start writing memoirs, along with the challenges and benefits of writing them. They will also discuss how their writing journey has impacted their personal growth and relationships, and offer advice to others interested in documenting their own life stories.



Marathonning For Life **Ron + Susan Carino**

Thursday, June 19th
2:00 - 3:00 PM
Ohlone Hall

Susan and Ron started their marathonning adventures as fundraising participants for the Leukemia and Lymphoma Society's Team in Training in 2005. The thrill of achieving this bucket list item and the bonds formed with the team led them to become mentors, captains, and eventually head Coaches for the marathon Walk Team over the next 7 years.

A series of meetings with race walkers, Marathon Maniacs and Half Fanatics club members and close friends led them to new challenges and bucket list items like Marathons on seven continents, half marathons in many states, and time goals. As a couple, they have finished over 300 half marathons, 30 marathons, and one ultramarathon.

JUNE EXCURSIONS

A Beautiful Noise: A Neil Diamond Musical

Tuesday, June 3rd

5:30 - 10:15 PM

Golden Gate Theatre - San Francisco, CA

Alameda County Fair

Wednesday, June 25th

11:15 AM - 3:15 PM

Pleasanton Fairgrounds - Pleasanton, CA

JULY EXCURSIONS

Sign-ups are now available on the Portal



Monterey Handcar Railbike Tour & Coastal Walk

Saturday, July 12th

8:15 AM - 3:30 PM

Handcar Tours - Marina, CA

Residents are invited to explore the scenic beauty of Fort Ord Dunes State Park through a guided railbike tour. This six-mile round-trip journey travels along historic railroad tracks using handcars and electric-assist railbikes. The experience lasts approximately 1 hour and 45 minutes, with each railbike accommodating two people. The cost is \$152.00 per pair.

For those seeking a more relaxed outing, you can walk along the Monterey Bay Coastal Trail, which runs parallel to the railroad tracks and provides breathtaking views at a gentler pace. After the handcar tour or coastal walk, participants will have the opportunity to enjoy lunch and explore Fisherman's Wharf in Monterey.

Residents can sign up for one activity—either the handcar tour or the coastal walk—on the Portal to indicate their preference.

Cancellation deadline: Saturday, June 28th

JULY EXCURSIONS CONTINUED

Sign-ups will open **Monday, May 19th at 10:00 AM**



Shakespeare in the Vineyards

Friday, July 18th

6:15 PM - 10:30 PM

Darcie Kent Vineyards - Livermore, CA

Experience the magic of live theater beneath the starry sky. Enjoy a picnic and a glass of wine while the sun sets over Darcie Kent Vineyards. SPARC Theater proudly presents, *Sir John Falstaff and the Merry Wives of Windsor*, a summer production filled with humor, cleverness, and charm. This play dives into the amusing chaos of domestic life, showcasing a world of jealous husbands, cunning wives, and misguided suitors. The story revolves around the pompous Sir John Falstaff, whose comical romantic attempts are met with sharp wit and playful mockery from two clever women.

Cancellation deadline: Friday, July 4th



Sign-ups are now available on the Portal

Oakland Museum of California

Wednesday, July 23rd

10:15 AM - 3:30 PM

Oakland Museum - Oakland, CA

The Oakland Museum of California presents unique collections, exhibitions, and educational programs designed to enhance the understanding and appreciation of California's environment, history, art, and its people. Explore a diverse range of collections showcasing California art, design, and paintings. Stroll through the terraced gardens overlooking Oakland's Lake Merritt, which have been revitalized with new native plantings that represent five distinct ecoregions of California on each tier of the garden. For lunch, residents can visit the Museum's Mid Level to enjoy the Town Fare Cafe. The menu features a variety of shared plates, salads, sandwiches, entrees, and vegan options.

Cancellation deadline: Wednesday, July 9th

Movies at Legacy Theatre this June



Throughout the month of June, all films at Legacy Theatre were chosen based on suggestions from residents. Be sure to check the movie calendar to find out if any of your recommended films are being shown, and don't forget to save the date! A sincere thank you to everyone who has shared their fantastic movie recommendations.

Art Display Reception



The Art Display Reception on **Friday, May 23rd**, offers an opportunity to meet the talented artist Ken Sweezey and connect with other art enthusiasts. From 2:00-3:00 PM savor some wine while exploring the exhibit in the Tahoe building at the first floor Tahoe Art Wall. Ken, along with the Art Display Committee, will be available to answer your questions about HDR photography, which enhances tonal quality, depth of field, and color.

Memorial Day Flag Raising



On **Monday, May 26th**, at 9:00 AM, attend a Memorial Day flag-raising ceremony at the flagpole in front of the Stoneridge Creek Clubhouse. Come together to honor and remember the brave military personnel who made the ultimate sacrifice in service to our Armed Forces.

Ikebana Style Floral Lesson

Sign ups will open **Monday, May 19th at 10:00 AM**



Experience an enchanting Ikebana-style floral lesson workshop on **Thursday, June 5th** at 1:00 PM in the Art Studio! Hosted by residents Joan Buchanan and Alice Huang, discover the art of Japanese flower arrangement, where you'll learn to create stunning, minimalist designs that emphasize harmony, balance, and simplicity. Perfect for beginners and enthusiasts alike, this workshop will inspire your creativity and deepen your appreciation for nature's beauty.

Workshop: Floral Resin Serving Tray

Sign ups will open **Monday, May 19th at 10:00 AM**



Join the floral resin serving tray workshop on **Wednesday, June 18th** at 10:30 AM in the Art Studio. Learn how to design and craft beautiful trays in this intermediate to advanced class with Andrea and Eileen. This hands-on session will guide you through the process, from arranging flowers to pouring resin, resulting in a unique and functional piece of art.

Improvisation Sensation



The Stoneridge Creek Improv Club invites you to a thrilling event on **Friday, June 27th**, at 2:00 PM in Ohlone Hall. Immerse yourself in an afternoon filled with spontaneous creativity and laughter as talented performers demonstrate their improvisational talents. Be sure not to miss this entertaining experience!

Friendship Day Save the Date: Tuesday, Aug 26th



Mark your calendars for **Tuesday, August 26th**, to celebrate Friendship Day! This event promises engaging activities and shared experiences, providing an interactive opportunity to honor friendships—both old and new—while nurturing positive connections among residents. Residents who wish to contribute and participate can fill out a booth registration form available at the Activities Window.

NEW CLASS! BEGINNING UKELELE



Discover the joy of music for a new Beginning Ukulele class led by experienced instructor, Glenn Staller. Starting **Wednesday, June 25th** this six-course will focus on the fundamentals of ukulele playing, including chord transitions, rhythm, and music reading, all through engaging contemporary and traditional songs. The class fee is \$100, conveniently billed through your monthly resident statement.

Please bring your own ukulele if you have one. If you need to purchase an instrument, local options include:

- Ingram & Brauns Musik Shoppe: 3160 Santa Rita Rd, Pleasanton, CA.
- JAMS Music: Dublin, CA.
- Danville Music: Danville, CA.

Alternatively, ukuleles are available online through retailers like Amazon.

Join us and start your musical journey today!

Sign ups will open Monday, May 19th at 10:00 AM



FITNESS

Friendship Walks

Take a walk by joining your fellow residents and celebrating friendships at Stoneridge Creek. In support of the FRIENDSHIPS THRIVE in 2025 theme and preparing for Active Aging Week activities in October, the Fitness Buddies are hosting monthly walks throughout the summer. Sign up now on the Portal to see more details and walk schedules.

- **Tuesday, June 24th** 11:00 AM
- **Tuesday, July 22nd** 11:00 AM
- **Tuesday, August 19th** 10:00 AM
- **Tuesday, September 30th** 10:00 AM

Mobility Walk at SRC Courtyard
1 Mile Walk at Meadows Park
2 Mile Walk at Amaral Park
3 Mile Walk at Thielsen Park

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Workout Levels 1, 2, 3 Indoor Pool <i>Heidi</i> 8:30	Zumba Levels 2, 3 Yosemite <i>Jenny</i> 8:30	Water Workout Levels 1, 2, 3 Indoor Pool <i>Heidi</i> 8:30	Chair Yoga Levels 1, 2, 3 Yosemite Kathleen 8:30	Strength Training Levels 1, 2, 3 Yosemite <i>Ann Marie (AW)</i> 8:30	Zumba Levels 2, 3 Yosemite <i>Jenny</i> 9:00
Strength Training Levels 1, 2, 3 Yosemite <i>Ann Marie (AW)</i> 8:30	STEADI Strong Levels 1, 2 Ohlone Hall <i>Warren</i> 9:00	MetaBlast Levels 2, 3 Yosemite Kathleen 8:30	STEADI Strong Levels 1, 2 Ohlone Hall <i>Warren</i> 9:00	STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 9:00	BollyStrength Levels 2, 3 Yosemite <i>Shivani</i> 10:00
STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 9:00	STEADI Strong Levels 1, 2 Ohlone Hall <i>Warren</i> 10:00	STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 9:00	STEADI Strong Levels 1, 2 Ohlone Hall <i>Warren</i> 10:00	STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 10:00	Select classes are also available via livestream on YouTube Live or Zoom. Those classes are marked with this symbol: ▶ Note that classes taught by Active Workplace (AW) require a waiver upon entering the class.
STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 10:00	Aqua Fit Levels 1, 2, 3 Indoor Pool Kathleen 10:00	STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 10:00	Aqua Fit Levels 1, 2, 3 Indoor Pool Kathleen 10:15	STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 10:00	This schedule is subject to change. Always refer to the Portal for the most current updates regarding group fitness classes.
Pilates Fusion Levels 2, 3 Yosemite <i>Heidi</i> 10:00	Barre Levels 2, 3 Yosemite <i>Roy</i> 10:15	Pilates Fusion Levels 1, 2, 3 Yosemite <i>Heidi</i> 10:00	Barre Levels 2, 3 Yosemite <i>Roy</i> 10:15	Beginning Line Dance Levels 2, 3 Yosemite <i>Gary</i> 11:00	Fitness Levels: Level 1: Beginning Level 2: Moderate Level 3: Advanced Revised: 12/12/2024
Fluid Motion Levels 1, 2, 3 Indoor Pool <i>Roy</i> 2:15	Fluid Motion Levels 1, 2, 3 Indoor Pool <i>Roy</i> 2:15	Fluid Motion Levels 1, 2, 3 Indoor Pool <i>Roy</i> 2:15	Fluid Motion Levels 1, 2, 3 Indoor Pool <i>Roy</i> 2:15	Advanced Line Dance Levels 2, 3 Yosemite <i>Gary</i> 12:00	
Bootcamp Levels 2, 3 Yosemite <i>Warren</i> 3:30	Bootcamp Levels 2, 3 Yosemite <i>Warren</i> 3:30	Bootcamp Levels 2, 3 Yosemite <i>Warren</i> 3:30	Bootcamp Levels 2, 3 Yosemite <i>Warren</i> 3:30		