

July 2025



# THE STANDARD

## *Connections: Cultivating Joy*

### Independence Day Celebration

Celebrate July 4th at Stoneridge Creek with friends and family! Enjoy live entertainment, great food, and festive activities for all. Join in for an afternoon of patriotic fun and community spirit.

#### **9:00 AM**

Flag Raising with the Stoneridge Kids - Clubhouse Flag Poles

#### **10:30 AM**

Pup Parade - Pavilion to Fireside Patio

#### **11:00 AM**

The Swingin' Blue Stars - Clubhouse Lobby

BBQ - Las Olivas & Grille

RC Boats - Indoor Pool

Crafty Corner - Art Studio

Stars & Stripes Arcade - Lakeview Lounge

Pick and Play Game Zone - Players Lounge

#### **12:00 PM**

Ranch Hands Country Bands - Ohlone Hall

#### **1:00 PM**

Glenn Staller on guitar - Clubhouse Lobby

#### **2:30 PM**

Movie: National Treasure (2004)

#### **7:00 PM**

Movie: 1776 (1972)



### Daniel Rodriguez – Spirit of America

We are honored to welcome world-renowned tenor **Daniel Rodriguez** to the July Summer Concert Series. Known as "The Singing Policeman," Rodriguez first captured hearts with his stirring performances following 9/11. His powerful voice and heartfelt delivery have graced prestigious stages, from Carnegie Hall to international opera houses. On **Saturday, July 19th**, Rodriguez brings his Spirit of America concert to SRC—a moving tribute to the enduring strength, courage, and pride of the American spirit. The evening features a captivating blend of patriotic classics and inspirational songs, delivered with the warmth and passion that define his style. This is a rare opportunity to experience the voice called "a beacon of hope and healing." Don't miss this unforgettable night of music that celebrates America's journey and honors the values that unite us.

# EVENTS

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## Independence Day Celebration



Friday, July 4th  
11:00 AM - 3:00 PM  
Clubhouse  
*See schedule of events in Lobby Poster.*

## Workshop: Blankets for Love



Friday, July 11th  
3:30 - 4:30 PM  
Clubhouse Lobby  
*\*Note: location change this month only.*

## Summer Concert: Daniel Rodriguez Spirit of America



Saturday, July 19th  
7:30 - 9:00 PM  
Courtyard

## Friendships in Bloom Garden Social



Friday, July 25th  
11:00 AM - 12:30 PM  
East Garden

## Workshop: Wood Burned Cutting Board

Sign ups will open **Monday, June 23rd at 10:00 AM**



Tuesday, July 29th  
10:30 AM - 12:30 PM  
Art Studio

# LECTURES

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## New Zealand & Australia **Rick Deutch**

Tuesday, July 8th  
11:00 AM - 12:00 PM  
Legacy Theater

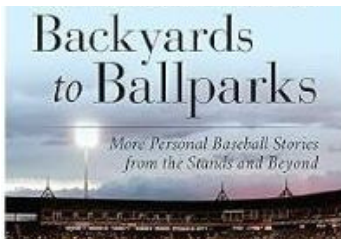
Located half-way around the world, these two English speaking islands are rich in history and natural beauty. Majestic mountains and awe-inspiring bays define New Zealand, while unique fauna, such as Kangaroo and Koala are renowned. The indigenous Maori and Aborigines peoples provide a blend of cultures.



## Something in the Air: My Experiences as an Olympic Track Coach **Bert Bonanno**

Tuesday, July 15th  
2:00 - 3:00 PM  
Ohlone Hall

During a career that spanned over 35 years in coaching and athletic administration, Bert Bonanno is generally regarded in international track and field circles as one of the greatest coaches and administrators of his era. Bert began his collegiate coaching career as an assistant to Lloyd "Bud" Winter (1909-1985), San Jose State's legendary track and field coach. Bonanno has had an illustrious career within the Olympic movement and world-wide competition. From 1964-1968, he was the head coach of the Mexican track and field team. New Zealand and Scotland from the 1970s to 1990s. In 1976 at the Olympic Games in Montreal, he coached decathlete Bruce Jenner and sprinter Millard Hampton to gold medals. Bert will focus this lecture on the events around the 1968 Olympics in Mexico City. He'll regale us with stories about the athletes, the Cold War intrigue and even the CIA. You don't want to miss it!



## American Baseball Stories **Eric Gray**

Thursday, July 17th  
2:00 - 3:00 PM  
Ohlone Hall

Eric Gray, originally from Plainview, New York, earned his B.A. from SUNY New Paltz in 1974. He eventually made his way to San Francisco, where his first job with the Department of Labor blossomed into a lifelong career. Eric's passions include baseball, rock and roll, politics, engaging conversation, and—most of all—his family and friends. His deep love for baseball inspired him to write two well-received books: *Backyards to Ballparks* and *Bases to Bleachers*. *Books will be available for purchase after the talk.*

# JULY EXCURSIONS

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## Electric Railbike Tour or Coastal Walk with lunch at Monterey Fisherman's Wharf

Friday, July 11th  
7:45 AM - 6:00 PM



**Date Change**

Handcar Tours - Marina, CA

## Shakespeare in the Vineyards

Friday, July 18th  
6:15 PM - 10:30 PM

Darcie Kent Vineyards - Livermore, CA

## Oakland Museum of California

Wednesday, July 23rd  
10:15 AM - 2:30 PM

Oakland Museum - Oakland, CA

# AUGUST EXCURSIONS



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Sign-ups for August excursions will open **Monday, June 23rd at 10:00 AM**



## Ruth Asawa: Retrospective Exhibit

Monday, August 11<sup>th</sup>  
9:30 AM - 3:00 PM  
SF MOMA - San Francisco

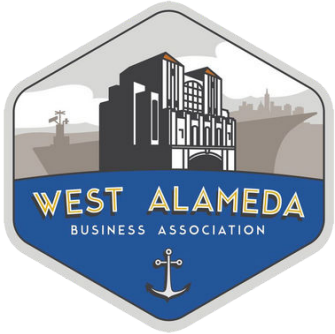
*Ruth Asawa: Retrospective* follows a loose chronology, from her student years at Black Mountain College through her mature decades in San Francisco. Encompassing the intricate suspended wire sculptures for which she is best known, bronze casts, clay masks, paper folds, drawings, prints, and documentation of her public sculpture and work with schoolchildren, the 300-plus artworks on view provide a comprehensive picture of her significant contributions to twentieth-century art.

**Cancellation deadline: Monday, July 28<sup>th</sup>**

# AUGUST EXCURSIONS CONTINUED

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Sign-ups for August excursions will open **Monday, June 23rd at 10:00 AM**



## Webster Street Stroll & Taproom Tasting Experience

Wednesday, August 20th  
10:00 AM - 5:30 PM  
Webster Street - Alameda, CA

Discover the vibrant atmosphere of Webster Street, where local eateries offer a variety of cuisines to satisfy your midday cravings. Visit the Pacific Pinball Museum which provides a nostalgic journey through the history of pinball machines, offering interactive fun for all ages. As the afternoon unfolds, we'll make our way to the historic grounds of the old Alameda Naval Air Station. Here, you'll have the opportunity to savor unique, handcrafted beers at both Almanac Beer Company and Faction Brewing. Each taproom presents a distinct ambiance and a selection of brews that reflect the creativity and passion of local brewers. With the charm of Alameda's local attractions this excursion promises a day of exploration and tasting.

**Cancellation deadline: Wednesday, August 6<sup>th</sup>**



## Mello Cielo Vineyard Tasting

Friday, August 29th  
10:30 AM - 3:00 PM  
Ruby Hill Vineyard - Pleasanton, CA

This popular excursion is making a return from May. Hop aboard the Mello Cielo bus for an unforgettable wine tasting journey through the Ruby Hill vineyards. This 90-minute experience offers participants insight into the history of Ruby Hill Winery and a behind-the-scenes look at how grapes are transformed into wine. Enjoy wine tasting paired with light snacks. Priority will be given to first time attendees.

**Cancellation deadline: Friday, August 15<sup>th</sup>**



## July Cabana Winners!

Congratulations to the **Saturday, July 19<sup>th</sup>** Summer Concert Cabana winners ***Shirley & Barry Kaminsky, Susan & John Mignano, and Buck Helsel!*** All are welcome to join Daniel Rodriguez: Spirit of America outside in the Courtyard for general seating. The final cabana winners will be announced in August Connections.



## Workshop: Wood Burned Cutting Board

This is an intermediate to advanced workshop

Residents are invited to join the Activities team on **Tuesday, July 29<sup>th</sup>** at 10:30 AM in the Art Studio for a hands-on wood burning experience. Using a handled cutting board and a wood burning tool, participants will explore the art of pyrography—creating personalized designs burned directly into the wood's surface. The project typically takes one to two hours, depending on the complexity of the design. Each cutting board features a 5x2-inch handle and a 9.5x5.5-inch base, making it perfect for a rustic home accent or a thoughtful handmade gift. Sign up on the Portal. Cost of class \$20 billed on monthly statement.

Sign ups will open **Monday, June 23<sup>rd</sup> at 10:00 AM**

## Friendship Day



### Friendship Day Booth Sign-Ups Now Open!

**Tuesday, August 26<sup>th</sup> - 11:00 AM - 2:00 PM**

Want to host a booth? Share your culture, hobbies, or interests with neighbors—sign up now! Flyers with more details will be available soon in the mailroom. This special day includes a variety of activities, like the

“Sound and Motion” music experience in the Granada Room and our community Friendship Wall—where you can add your message of connection and celebration.

## Calling All Cars



Get ready to rev your engines! Residents are invited to showcase their classic or unique vehicles at the 8th Annual Cars at the Creek Car Show on **Saturday, August 2<sup>nd</sup>**. Car placement begins at 9:00 AM; the show runs from 10:00 AM – 12:00 PM. Email Life Enrichment Director, Susan Filice at [filices@stoneridgecreek.com](mailto:filices@stoneridgecreek.com) to participate.

## Fitness Class Update



Meta Blast has been updated to “**Fitness Fusion**” taught by Kathleen. This low impact class consists of 25 minutes of easy to follow cardio movement, followed by a strength training session with weights and stretching. Residents can get their hearts pumping in this workout! Levels 2 & 3 are welcome.

## Friendship Walks



Take a walk by joining 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, July 22<sup>nd</sup>** 11:00 AM 1 Mile Walk at Meadows Park
- **Tuesday, August 19<sup>th</sup>** 10:00 AM 2 Mile Walk at Amaral Park
- **Tuesday, September 30<sup>th</sup>** 10:00 AM 3 Mile Walk at Thielsen Park

## Summer Wellness: Simple Steps for a Healthier Season




Summer is an ideal time for older adults to focus on wellness and stay active. As temperatures rise, small adjustments can support overall health and well-being. Walking is one of the simplest ways to stay moving—it promotes heart health, joint mobility, and a positive mood. Early morning walks are best for cooler air and avoiding midday heat.

Hydration is especially important during warmer months. Seniors are more prone to dehydration, which can cause fatigue and dizziness. Drinking water regularly and carrying a refillable bottle helps maintain hydration throughout the day. ***Did you know there are filtered water stations in the Clubhouse Lobby? One is outside the restrooms, and another is located just outside Lake View Lounge.***

A balanced diet also supports summer wellness. Light, nutrient-rich meals with seasonal produce—such as berries, cucumbers, and leafy greens—offer hydration and essential nutrients. With just a few mindful habits, summer can be a time of energy, vitality, and enjoyment.

# FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Water Workout</b> Levels 1, 2, 3 Indoor Pool <i>Heidi</i>  8:30	<b>Zumba</b> Levels 2, 3 Yosemite <i>Jenny</i>  8:30	<b>Water Workout</b> Levels 1, 2, 3 Indoor Pool <i>Heidi</i>  8:30	<b>Chair Yoga</b> Levels 1, 2, 3 Yosemite <i>Kathleen</i>  8:30	<b>Strength Training</b> Levels 1, 2, 3 Yosemite <i>Ann Marie (AW)</i>  8:30	<b>Zumba</b> Levels 2, 3 Yosemite <i>Jenny</i>  9:00
<b>Strength Training</b> Levels 1, 2, 3 Yosemite <i>Ann Marie (AW)</i>  9:00	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  9:00	<b>Fitness Fusion</b> Levels 2, 3 Yosemite <i>Kathleen</i>  9:00	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  9:00	<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  9:00	<b>BollyStrength</b> Levels 2, 3 Yosemite <i>Shivani</i>  10:00
<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  9:00	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  10:00	<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  9:00	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  10:00	<b>STEADI</b> 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.  This schedule is subject to change. Always refer to the Portal for the most current updates regarding group fitness classes.  <b>Fitness Levels:</b> Level 1: Beginning Level 2: Moderate Level 3: Advanced  <b>Revised: 6/9/25</b>
<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  10:00	<b>Aqua Fit</b> Levels 1, 2, 3 Indoor Pool <i>Kathleen</i>  10:00	<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  10:00	<b>Aqua Fit</b> Levels 1, 2, 3 Indoor Pool <i>Kathleen</i>  10:00	<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>  10:00	
<b>Pilates Fusion</b> Levels 2, 3 Yosemite <i>Heidi</i>  10:00	<b>Barre</b> Levels 2, 3 Yosemite <i>Roy</i>  10:15	<b>Pilates Fusion</b> Levels 1, 2, 3 Yosemite <i>Heidi</i>  10:00	<b>Barre</b> Levels 2, 3 Yosemite <i>Roy</i>  10:15	<b>Beginning Line Dance</b> Levels 2, 3 Yosemite <i>Gary</i>  11:00	
<b>Fluid Motion</b> Levels 1, 2, 3 Indoor Pool <i>Roy</i>  2:15	<b>Fluid Motion</b> Levels 1, 2, 3 Indoor Pool <i>Roy</i>  2:15	<b>Fluid Motion</b> Levels 1, 2, 3 Indoor Pool <i>Roy</i>  2:15	<b>BollyX</b> Levels 2, 3 Yosemite <i>Shivani</i>  12:00	<b>Advanced Line Dance</b> Levels 2, 3 Yosemite <i>Gary</i>  12:00	
<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>  3:30	<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>  3:30	<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>  3:30	<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>  3:30	<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>  3:30	