



THE STANDARD

Connections: Cultivating Joy

August Brings Music, Fun, and Friendship!

August at Stoneridge Creek is filled with music, dancing, and vibrant community events.

The month begins with the **Roundup on Saturday | August 2 | 10 a.m. - 3 p.m.**—this July 4 rescheduled celebration featuring delicious food, festive fun, and great company. Residents are encouraged to **sign up on the Portal** to help the team plan a great experience.

On **Wednesday | August 6 | 7:30 p.m.**, enjoy an evening concert with **Danny Coots & Carl Sonny Leyland**, known for their lively piano and percussion performance.

Friday | August 8 | 7:30 p.m. brings the return of the **Anthony Paule Soul Orchestra**, offering soulful rhythms and a dance floor ready to go.

The Summer Concert Series concludes on **Saturday | August 23 | 7:30 p.m.** with **Tom Rigney & Flambeau**, delivering a high-energy mix of *Cajun, Zydeco, and Blues*.

The month wraps up with resident favorite—**Friendship Day Festival Tuesday August 26 | 11 a.m. - 2 p.m.** celebrating connection and community with music, activities, and themed booths. August at Stoneridge Creek showcases the joy of shared experiences and neighborly fun!

Connected Horse Visit



Mark your calendar for a special visit from **Connected Horse** on **Friday | August 15 | 11 a.m. | Fireside Patio**. Team members from this inspiring organization will be here to share how their equine-guided programs support emotional wellness, connection, and cognitive health.

A special welcome to two mini guests—**Snuggles and Cinnabon**, the beloved miniature horses from **Hillendale Home Care**! These gentle, adorable animals are sure to bring smiles and brighten your day. Don't miss this heartwarming visit and a chance to learn more!

Want more? Check the Portal under Excursions to sign up for an upcoming **Connected Horse Barn Experience**—a hands-on opportunity to explore their program and interact with horses in a meaningful way.

NEWS

August Cabana Winners!

Congratulations the Saturday, August 23 Summer Concert raffle winners:

Noelle Michaelson, Shirley & Herb Nie, and Carolyn Baysdorfer!

Thank you to everyone who took part in the 2025 Summer Concert Series!

Friendship Day Festival



Don't miss one of the most heartwarming events of the season—**Friendship Day Festival | Tuesday, August 26 | 11 a.m. - 2 p.m.** This vibrant celebration is all about connection and community, offering residents the chance to share their interests, hobbies, and cultures with one another through interactive booths and displays.

Booth sign-ups remain open for residents interested in sharing something special—whether it's art, collections, traditions, or talents.

The festival kicks off with an upbeat performance by **The Swinging Blue Stars**, setting a joyful tone for the afternoon. A festive meal will be provided by the culinary team (meal credits apply). The day concludes with a **human chain and community sing-along** in the courtyard—a meaningful celebration of connection.

Friendships Thrive in '25 at Stoneridge Creek!



Community Cookbook comes to Stoneridge

The **Hospitality Committee** is putting together a **Community Cookbook** and invites residents to submit a favorite appetizer or dessert recipe. Whether it's a family favorite or a go-to crowd-pleaser, all submissions are welcome. The cookbook will be published as an eBook this fall and shared with residents. Recipe Submission Forms are available on the **Portal under Go To Links**. Celebrate the flavors that bring the community together!

Bingo Etiquette Reminder



Bingo brings great energy to the community! To keep the experience fair and enjoyable for all, residents are asked to take **only one card per person**. **Table reservations should be avoided** to ensure everyone feels welcome. During play, please keep conversations low so numbers can be heard clearly. Kindness, patience, and encouragement are always appreciated.

Bingo supplies are always available in the Lakeview Lounge for those who wish to start a game of their own.

Bingo Night: Friday | August 29 | Ohlone Hall | 6:30 p.m.

EVENTS

Roundup! A Family Event



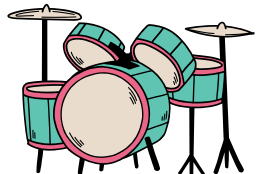
Saturday, August 2

10 a.m. - 3 p.m.

Clubhouse Entrance, Courtyard, Ohlone Hall

Re-scheduled July 4 festivities

Concert: Danny Coots + Carl Sonny Leyland



Wednesday, August 6

7:30 p.m.

Ohlone Hall

Anthony Paule Soul Orchestra Concert and Dance



Friday, August 8

7:30 p.m.

Ohlone Hall

Mini Horse Visit



Friday, August 15

11 a.m.

Fireside Patio

Summer Concert: Tom Rigney & Flambeau



Saturday, August 23

7:30 p.m.

Courtyard

Workshop: Blankets for Love



Monday, August 25

3:30 p.m.

Granada

Friendship Day Festival



Tuesday, August 26

11 a.m. - 2 p.m.

Ohlone Hall | Courtyard

AUGUST EXCURSIONS

Group Barn Experience

An introduction to therapeutic benefits of human-horse interaction



Monday, August 11

9:15 a.m. - 12:30 p.m.

3 Horse Farms - Pleasanton, CA



Join friends at **Connected Horse** for a special **Barn Experience**—a two-hour introduction designed for seniors and others impacted by cognitive change. This engaging session includes mindfulness practices, hands-on horse interactions, and group connection activities, all guided by trained facilitators. No riding involved—just meaningful, on-the-ground interaction. Participants often leave feeling more connected, confident, and uplifted. Explore the therapeutic benefits of human-horse connection in a warm, supportive setting!

Sign ups open Monday| July 21 | 10 a.m.

Ruth Asawa: Retrospective Exhibit

Monday, August 11

9:30 a.m. - 3 p.m.

SF MOMA - San Francisco

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

Friday, August 15

7:45 a.m. - 6 p.m.

Handcar Tours - Marina, CA



Date Change

Webster Street Stroll & Taproom Tasting Experience

Wednesday, August 20

10 a.m. - 5:30 p.m.

Webster Street - Alameda, CA

Mello Cielo Vineyard Tasting

Friday, August 29

10:30 a.m. - 3 p.m.

Ruby Hill Vineyard - Pleasanton, CA

SEPTEMBER EXCURSIONS

Sign-ups for September excursions open **Monday| July 21 | 10 a.m.**
For detailed information visit the Portal.



Lech Walesa Grand Lecture Tour

Saturday, September 6
4 p.m. - 9 p.m.
Oakland Marriot City Center - Oakland, CA

Meet Lech Walesa, a legendary figure who championed freedom and democracy. His courage inspired millions, and he is now embarking on his first Grand Lecture Tour in the U.S. Join him to explore pivotal moments in history and envision a collaborative future.

Cancellation deadline: Saturday, August 23



Niles Silent Film Museum & Lunch

Friday, September 19
8:45 a.m. - 3:45 p.m.
Niles Boulevard -Fremont, CA

Step back into the silent era at the Niles Essanay Silent Film Museum in Fremont, which preserves silent film history with a vast collection of equipment and about 10,000 films. Learn about early filmmaking and the history of Niles and the Essanay Film Studio, and explore the Edison Theatre and museum exhibits. After the tour, enjoy nearby shops, cafés, and restaurants. **Cancellation deadline: Friday, September 5**



Livermore Opera Presents **La Traviata Opera**

Saturday, September 27
6:15 - 10:30 p.m.
Bankhead Theater, Livermore CA

La Traviata tells the poignant story of Violetta, a celebrated courtesan who dares to follow her heart, only to be confronted by the harsh realities of her world. Join in on **Thursday, September 11** at 7:00 p.m. in Ohlone Hall for an opera preview. **Cancellation deadline: Saturday, September 13**

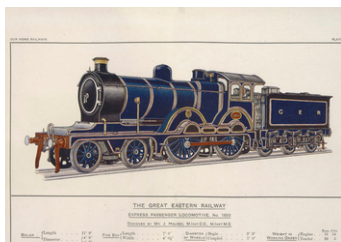
LECTURES



Cuba **Rick Deutch**

Tuesday, August 12
11 a.m.
Legacy Theater

Cuba has been a mystery to Americans, under U.S. embargo for over 50 years. Once a U.S. territory after the Spanish-American War, the island later embraced Communism under Fidel Castro. The Cuban Missile Crisis led to an embargo that remains in place. Once a celebrity playground in the 1950s, Cuba became off-limits—until a brief opening under President Obama, when thousands of Americans visited and explored its rich heritage of cigars, classic cars, and Hemingway.



British Railroads **Mark Boyd**

Tuesday, August 19
2 p.m.
Ohlone Hall

Mark has served as editor of *The Train Collectors Quarterly* for over 20 years and has traveled the globe as a photographer for leading model train companies. In this engaging presentation, he'll highlight some of the most impressive and intricately designed train layouts in Germany, offering a behind-the-scenes look at the artistry, engineering, and passion behind these world-renowned displays.



Galapagos and Darwin **Phil Fan**

Thursday, August 21
2 p.m.
Ohlone Hall

Over the past fifty years, Phil and his wife, Roxy, have traveled extensively in pursuit of the Chinese scholastic ideal: “Read ten thousand books and travel ten thousand miles.” These footsteps have taken them across five continents.

One of the most captivating destinations was the **Galapagos Islands**—a place preserved in its natural state and deeply connected to **Charles Darwin’s theory of evolution**.

In this presentation, Phil will share a brief overview of Darwin’s background, the geology and location of the islands, and fascinating photos of unique animals and birds that helped shape the theory of natural selection. He’ll also offer practical travel tips for those interested in visiting this remarkable destination.

August Music in the Lobby



Ethan Nguyen + Jane Ma
Friday | August 1 | 7 p.m.

Gary Neuman: Sing Along
Saturday | August 16 | 1:30 p.m.

Mark Higuera
Sunday | August 24 | 5 p.m.

Nicholas Tahir + Charbel Bou-Ghosn
Saturday | August 30 | 2:30 p.m.

FITNESS

Friendship Walks



Join fellow residents for a walk and celebrate the spirit of friendship at Stoneridge Creek! In support of **Friendships Thrive in 2025** and in preparation for **Active Aging Week** this October, the Fitness Buddies are hosting monthly walks throughout the summer.

Sign up now on the Portal to view details and walking dates—see you there!

- **Tuesday | August 19 | 10 a.m.** 2 Mile Walk at Amaral Park
- **Tuesday | September 30 | 10 a.m.** 3 Mile Walk at Thielsen Park

Staying Strong with Age: Preventing Muscle Loss Through Movement and Nutrition

As people age, it's common to lose some muscle, but too much loss—known as sarcopenia—can lead to weakness, falls, and reduced independence. Fortunately, this process can be slowed with healthy habits.

Strength exercises done two to three times a week help maintain muscle and prevent decline. Eating enough protein each day supports muscle repair and growth. Staying active with regular movement and light aerobic activity also helps with balance and overall health.

With consistent exercise and proper nutrition, older adults can stay strong, active, and independent well into later life.

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	Fitness Fusion Levels 2, 3 Yosemite Kathleen 9:00	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> 9:00	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: ▶
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 10:00	STEADI Levels 1, 2 Ohlone Hall <i>Warren</i> 10:00	Note that classes taught by Active Workplace (AW) require a waiver upon entering the class.
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	This schedule is subject to change. Always refer to the Portal for the most current updates regarding group fitness classes.
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	Fitness Levels: Level 1: Beginning Level 2: Moderate Level 3: Advanced Revised: 6/9/25
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	Bootcamp Levels 2, 3 Yosemite <i>Warren</i> 3:30	