



# THE STANDARD

## *Connections: Cultivating Joy*

### Active Aging Week Spirit Award 2025 Winners

We are pleased to share some wonderful news with our residents—our community has been named **one of only five Active Aging Week Spirit Award Winners for 2025**. This national recognition honors communities that demonstrate creativity, collaboration, and a strong commitment to promoting active, engaged living.

Active Aging Week is designed to celebrate movement, connection, curiosity, and well-being in ways that are welcoming and inclusive. This year's programs reflected those values through a wide range of activities that encouraged participation at every level. From fitness and wellness offerings to social gatherings, learning opportunities, and moments of shared enjoyment, the week was shaped with residents at the center.

This award belongs to our entire community. It reflects the dedication of the Life Enrichment, Fitness, Dining, Facilities, Marketing, and Hospitality teams, along with the **many volunteers and partners** who worked together behind the scenes, and led programs. Most importantly, it recognizes the enthusiasm and involvement of our residents, whose participation brings these programs to life.

Being selected for this honor affirms the importance of creating opportunities that support well-being, connection, and purpose. Thank you for making Active Aging Week 2025 such a meaningful and memorable experience for all.





## **2026 Theme: New Day, Our Way** ***Adding Life to Years***

As we step into 2026, Stoneridge Creek embraces a new community theme: New Day, Our Way—a celebration of possibility, renewed energy, and the choices that help us live well each day. This theme reflects our commitment to supporting a lifestyle filled with meaning, curiosity, connection, and vitality.

In the year ahead, well-being will take a more prominent place in our programming. Residents can look forward to fresh opportunities that support physical strength, emotional well-being, cognitive engagement, social connection, and support lifelong learning. These offerings draw from current research, thoughtful design, and what we know contributes to living a fuller, more satisfying life.

As part of this evolution, some of our existing programs will be reviewed to ensure they continue to meet resident interests and contribute meaningfully to community life. This process allows room for new ideas, new voices, and new experiences—expanding what is possible while honoring what our residents value most, highlighting programs that truly enrich daily living.

Residents can also look forward to new opportunities that encourage movement, spark learning, deepen friendships, and support everyday well-being. This includes expanded fitness options, creative and cognitive activities, and refreshed nutritional offerings that highlight simple, nourishing choices. Throughout the year, you'll see programs designed to help you stay strong, stay curious, and stay connected—each one created to support daily habits that add comfort, confidence, and vitality to life here at Stoneridge Creek.

Here's to a year of energy, engagement, and living fully—together.

# EVENTS

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## Piano Concert: Curtis Li



Join in on **Wednesday, January 7** at 7:30 PM in Ohlone Hall for an unforgettable evening with Curtis Li, a fourth-year pianist at the Cleveland Institute of Music and winner of multiple national and international competitions, including First Prize at the 2024 Brevard Piano Competition. Curtis has performed at renowned festivals like Aspen and Bowdoin and collaborated with world-class artists. His program will feature the mesmerizing works of Messiaen and Scriabin—don't miss this extraordinary performance!

## Yale University Improv Workshop & Performance



Just Add Water (JAW) is Yale's first, worst, best, and only musical improv comedy troupe—renowned for turning spontaneity into art. From quick-witted short scenes to full-length musical stories, they create it all on the fly. Their impressive résumé includes performances at Full Frontal with Samantha Bee, The Second City in Chicago, and Yale Clubs nationwide.

Ready to laugh and learn? Join JAW on **Saturday, January 10** for an interactive improv **workshop** at 11:00 AM in Ohlone Hall, where residents will dive into the art of spontaneous creativity and uncover insider tips from the pros. Then, at 2:00 PM, experience their high-energy **performance**—an afternoon of wit, music, and unforgettable fun! Sign up on the portal.

## A-B-C: Dancing through Time



Kick Off the New Year with Energy and Fun! Celebrate with Dancing Through Time #13: The A-B-C Dance and Sing-Along on **Friday, January 23** at 7:30 PM in Ohlone Hall. Slip on your comfortable shoes and take a nostalgic walk down memory lane as we dance and sing to favorite tunes from high school and college. Bring your own beverage (BYOB) and a flashlight or cell phone (BYOF) to follow along with lyrics for classic hits.

Not a dancer? No problem—enjoy videos of original artists and share in the lively atmosphere. New residents are especially encouraged to join and experience the fun and camaraderie of Dancing Through Time. Resident Host Marilyn Muhlker promises something for everyone!

# Movie Tribute Week: Diane Keaton & Gene Hackman



Celebrate two Hollywood legends during our special tribute movie week! Starting **Sunday, January 25**, the Legacy Theater will feature an unforgettable lineup of films showcasing the brilliance of Diane Keaton and Gene Hackman. From iconic dramas to beloved classics, this split tribute offers residents the chance to revisit timeless performances that defined an era of cinema. Gather your friends, grab some popcorn, and enjoy a week of exceptional storytelling on the big screen. See the Portal and January Movie Calendar for full list of showings.

## Workshop: Fabric Stamping



On **Thursday, January 29** at 10:30 AM in the Art Studio, join in for a fun workshop that brings creativity to life through the timeless craft of fabric stamping. This Fabric Stamping Kit allows you to create unique prints that are perfect for any occasion. With charming plant stamps and beautiful gem-tone fabric paints, this activity guides you through fabric printing techniques that can elevate clothing or linens. These paints are versatile and high-quality with a smooth, creamy consistency and excellent coverage. Each tote bag is 12x12 inches. All supplies are provided for a \$20 materials fee applied to crafter's monthly bill.

Sign-ups will open **Monday, December 22 at 10:00 AM**

## Concert: Quarteto Nuevo



Join Quarteto Nuevo, an award-winning ensemble that blends Western classical, Eastern European folk, Latin, and jazz into vibrant, contemporary soundscapes, on **Saturday, January 31** at 7:30 PM in Ohlone Hall. Known for razor-sharp precision and rhythmic creativity, they perform in settings from intimate venues to large festivals. Their unique instrumentation—soprano saxophone/alto flute, cello, guitar, and hand percussion—brings global influences to life through works by Villa-Lobos, Chick Corea, traditional Macedonian pieces, and original compositions. Winners of multiple national and regional grants, the group features Damon Zick (woodwinds), Kenton Youngstrom (guitar), Jacob Szekely (cello), and Felipe Fraga (percussion).



# JANUARY & FEBRUARY EXCURSIONS

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## Dandelion Chocolate Factory Tour

Monday, January 12

9:30 AM - 5:30 PM

Dandelion Factory - San Francisco



## A Date of A Lifetime

Sunday, January 25

1:15 - 8:45 PM

Mission City Center for Performing Arts - Santa Clara



## The Addams Family Musical

Saturday, January 31

12:00 - 5:00 PM

Bankhead Theatre - Livermore



## Hershey Felder - The Piano And Me

Saturday, February 7

12:15 - 5:30 PM

Mountain View Center for the Performing Arts

Sign-ups for the excursions below will open **Monday, December 22 at 10:00 AM**



## Wastewater Treatment Plant Tour

Thursday, February 12

12:00 - 4:15 PM

DSRSD Wastewater Treatment Facility - Pleasanton

Discover the treatment of 13 million gallons of wastewater daily. Gain insight into the essential infrastructure behind wastewater management.

**Cancellation deadline: Thursday, January 29**



## Manet & Morisot Exhibit

Tuesday, February 24

9:00 AM - 3:00 PM

Legion of Honor - San Francisco

This exhibition highlights the artistic bond between French Impressionists Édouard Manet and Berthe Morisot, showcasing their friendship over 15 years (1868–1883).

**Cancellation deadline: Tuesday, February 10**

# LECTURES

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## Machu Picchu: The Inca Empire Rick Deutsch

Tuesday, January 13  
11:00 AM - 12:00 PM  
Legacy Theater

The arrival of the Spanish Conquistadors in Peru led to the mass extermination of the Incas in the mid-1500's. Cuzco, a short flight from Lima, was their capital and it still thrives today. Machu Picchu, located deep in the jungle, was never seen by the Spaniards and lay undiscovered until 1911. The only way to get there is the four-day hike on the Inca Trail to this mysterious sacred site. You can also go by train. Learn about this fascinating culture and the plight of the Incas.



## Around the World in 5 ½ Days Alvin Baer

Thursday, January 15  
2:00 - 3:00 PM  
Ohlone Hall

In December of 1968, Al Baer had the trip of a lifetime. He was a new pilot for Pan American World Airways based in San Francisco. Al was chosen to be a part of a Pan Am crew to fly and escort Air Force One on a trip to Australia and back. Little did we know that the trip would be rerouted several times and end up flying around the world in 5 and a half days. It's an exciting adventure which you won't want to miss hearing about. The world was wondering what had happened to President Lyndon John during those 5 and a half days.



## Cartoons, AI, and Me Dick Ling

Tuesday, January 20  
2:00 - 3:00 PM  
Ohlone Hall

Dick Ling, a lifelong cartoon enthusiast and self-taught artist, takes you through his creative journey—from publishing his first cartoon at age nine to decades as an editorial cartoonist for The Orinda News. He'll share how his passion evolved from traditional sketches to digital art and, most recently, to experimenting with AI-generated creativity. Learn how technology and imagination intersect in his work, what inspires him to keep creating, and why cartoons remain a powerful medium for humor and storytelling.

# FITNESS

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## Sound Bath – A New Experience



A sound bath is a gentle meditative experience where you're surrounded by soothing tones from crystal singing bowls. These vibrations help the body return to its natural balance, easing stress and supporting emotional calm. As you relax, the brain often shifts into the Theta state—a restful place that enhances creativity, intuition, and memory while promoting better sleep and reducing anxiety.

Perfect for beginners, this immersive sound therapy is designed to relax your body's nervous system, mind, emotions, and physical body. Lie down and close your eyes as harmonious sound waves wash over you, helping to restore and balance your overall well-being.

The first sessions begin **Thursday, January 22** at 9:00 AM in the Indoor Pool and will be held the 4<sup>th</sup> Thursday of every month. Residents may choose a floating experience, yoga mat, or a chaise lounge. Blankets are provided or you can bring your own. This is an easy, restorative way to relax, reset, and support overall well-being. **Sign up on the Portal.**



## Friendship Walks 2026

Back by popular demand! Take a walk by joining your neighbors and celebrating friendships new and old at Stoneridge Creek. The Fitness Buddies will lead each walk. Which walk is best for you? Sign up on the Portal.

**Monday, January 19:** 1 mile walk to Meadows Park


**Monday, February 9:** Mobility walk, 5-15 minutes through the Mir (Fit) Trail on campus

**Monday, February 16:** 2 mile walk to Amaral Park

**Monday, March 16:** 3 mile walk to Nielsen Park

**Monday, April 20:** 4 mile walk to Fairlands Park

# FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Water Workout</b> Levels 1, 2, 3 Indoor Pool <i>Heidi</i>	<b>Zumba</b> Levels 2, 3 Yosemite <i>Jenny</i>	<b>Water Workout</b> Levels 1, 2, 3 Indoor Pool <i>Heidi</i>	<b>Chair Yoga</b> Levels 1, 2, 3 Yosemite <i>Lorey (AW)</i>	<b>Strength Training</b> Levels 1, 2, 3 Yosemite <i>Ann Marie (AW)</i>	<b>Zumba</b> Levels 2, 3 Yosemite <i>Jenny</i>
8:30	8:30	8:30	8:30	8:30	9:00
<b>Strength Training</b> Levels 1, 2, 3 Yosemite <i>Ann Marie (AW)</i>	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren, Kathleen</i>	<b>Prime Motion</b> Levels 2, 3 Yosemite <i>Roy</i>	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren, Kathleen</i>		<b>BollyStrength</b> Levels 2, 3 Yosemite <i>Shivani</i>
9:00	9:00		9:00	9:00	10:00
<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren, Kathleen</i>	<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren, Kathleen</i>	<b>STEADI Strong</b> Levels 1, 2 Ohlone Hall <i>Warren</i>	<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>	
10:00	10:00	9:00	10:00	9:00	
<b>Pilates Fusion</b> Levels 2, 3 Yosemite <i>Heidi</i>		<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>	<b>Barre</b> Levels 2, 3 Yosemite <i>Roy</i>	<b>STEADI</b> Levels 1, 2 Ohlone Hall <i>Warren</i>	Select classes are also available via livestream on YouTube Live or Zoom. Those classes are marked with this symbol: 
1:00	10:15	10:00	10:15	10:00	Note that classes taught by Active Workplace (AW) require a waiver upon entering the class.
<b>Latin Swing</b> Levels 2, 3 Yosemite <i>Joallyn</i>	<b>Barre</b> Levels 2, 3 Yosemite <i>Roy</i>	<b>Pilates Fusion</b> Levels 1, 2, 3 Yosemite <i>Heidi</i>	<b>BollyX</b> Levels 2, 3 Yosemite <i>Shivani</i>	<b>Beginning Line Dance</b> Levels 2, 3 Yosemite <i>Gary</i>	This schedule is subject to change. Always refer to the Portal for the most current updates regarding group fitness classes.
2:00	2:15	2:15	2:15	11:00	
<b>Romantic Ballroom</b> Levels 2, 3 Yosemite <i>Joallyn</i>	<b>Fluid Motion</b> Levels 1, 2, 3 Indoor Pool <i>Roy</i>	<b>Fluid Motion</b> Levels 1, 2, 3 Indoor Pool <i>Roy</i>	<b>Fluid Motion</b> Levels 1, 2, 3 Indoor Pool <i>Roy</i>	<b>Advanced Line Dance</b> Levels 2, 3 Yosemite <i>Gary</i>	<b>Fitness Levels:</b> Level 1: Beginning Level 2: Moderate Level 3: Advanced
2:15		2:15		12:00	<b>Revised: 8/18/25</b>
<b>Fluid Motion</b> Levels 1, 2, 3 Indoor Pool <i>Roy</i>	<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>	<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>	<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>		
3:30	3:30	3:30	3:30		
<b>Bootcamp</b> Levels 2, 3 Yosemite <i>Warren</i>					