

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> L - Lobby P - Patio						10:00 In person Shabbat Service w/ Sabrina (AC 1) 10:00 Shabbat Service (TV) 11:00 Shabbat Service (TV) 2:00 Afternoon Movie Classic, "Centennial Summer" (TV) 5:00 Mexico Travel Guide (TV) 6:00 Are You Being Served? (TV) 6:30 Carol Burnett Skits (TV) 8:00 Evening Movie, "Chance Harvey" (TV)
11:00 Christian Sunday Service (TV) 2:00 Afternoon Classic, "The Million Pound Note" (TV) 4:00 River of Life Nature Documentary (TV) 6:00 14 Brain Exercises to Improve Your Memory (TV) 7:00 Ted Talks, Lifting Depression and Asking for Help (TV) 8:00 Evening Movie, "Galaxy Quest" (TV)	9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:30 Walking Cardio w/ Jane (TV) 11:00 Words from a Word Game with Helen (AC 2) 1:00 Getting to know you w/ Helen (AC 1) 1:00 Trip: Scenic Ride by the Air Force Memorial 1:30 Sitting Core Exercises w/ Shelly (TV) 2:00 Humor Circle w/ John (L) 2:00 Jokereno (AC 1) 4:00 Knee Exercises for Arthritis (TV) 7:00 Celebrities Stories (TV) 8:00 Evening Movie, "Dirty Rotten Scoundrels" (TV)	10:00 Mindfulness & Meditation w/ Melissa (AC 1) 11:30 Strengthening Core & Balance w/ Melissa (AC 1) 1:00 Movement w/ Melissa (AC1) 1:00 Trip: Scenic Ride by the Air Force Memorial 2:00 Hasfit Workout with Coach Cosack (TV) 2:00 Trivia w/ Jeremy (AC 1) 3:00 TV Bingo (TV) 6:00 Star Wars Documentary (TV) 8:00 Evening Movie, "Miss Potter" (TV)	<b>Cinco de Mayo</b> 9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:30 Senior Fitness Gold w/ Paul (TV) 1:00 Open Art Studio (AC 2) 1:30 Sitting Core Exercises w/ Shelly (TV) 2:00 Hasfit Workout with Coach Cosack (TV) 2:30 Margarita's & Chips w/ Guacamole Carry Out (Cinco de Mayo) (Cafe) 3:00 Parsha Class (TV) 4:00 Knee Exercises for Arthritis (TV) 4:00 Stories of Wisdom w/ Sabrina (AC 1/ TV) 6:00 Traveling to Mexico (TV) 7:00 Flamenco is a Language (TV) 8:00 Evening Movie, "The Truman Show" (TV)	9:45 Trip: Scenic Ride through Black Hills Regional Park 10:30 Meeting w/ Social Worker, Laurie (AC 1) 11:30 Strengthening Core & Balance w/ Melissa (AC 1) 1:00 Movement w/ Melissa (AC1) 2:00 Yoga with Joyce (TV) 3:00 TV Bingo (TV) 6:00 Brain Games That Will Improve Your Memory (TV 6 pm) 7:00 BBC Presents, "Secrets of the Musuem" (TV) 8:00 Evening Movie, "The Aviator" (TV)	1:30 Sitting Core Exercises w/ Shelly (TV) 9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Exercise w/ Sandi (AC 1) 10:00 Free Coffee Cafe (Cafe) 10:30 Walking Cardio w/ Jane (TV) 2:00 Hasfit Workout with Coach Cosack (TV) 2:00 Line Dancing w/ Garrey (P) 4:00 Knee Exercises for Arthritis (TV) 5:00 Erev Shabbat Blessing w/ Sabrina (TV) 7:00 In person Shabbat Service w/ Sabrina (AC 1) 7:00 Shabbat Service (TV)	10:00 In person Shabbat Service w/ Sabrina (AC 1) 10:00 Shabbat Service (TV) 11:00 Shabbat Service (TV) 2:00 Afternoon Musical "Anything Goes" (TV) 6:00 Are You Being Served? (TV) 8:00 Evening Movie, "Click" (TV)
<b>Mother's Day</b> 11:00 Christian Sunday Service (TV) 2:00 Afternoon Classic, "Indiscreet" (TV) 4:00 Afternoon Double Feature, "The Perfect Mother" (TV) 7:00 Ted Talks, "Healthy Relationships" & 4 Habits of All Successful Relationships" (TV) 8:00 Evening Movie, "Forrest Gump" (TV)	9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Fitness Fun w/ Cathy (AC 1) 10:30 Walking Cardio w/ Jane (TV) 11:00 Words from a Word Game with Helen (AC 2) 1:00 Getting to know you w/ Helen (AC 1) 1:30 Sitting Core Exercises w/ Shelly (TV) 2:00 Creative Collages (AC 2) 2:00 Jokereno (AC 1) 3:00 Dr. Jenner's Hot Topics (AC 1) 4:00 Knee Exercises for Arthritis (TV) 4:00 String Trio Outdoor Performance (P) 8:00 Evening Movie, "The Lake House" (TV)	10:00 Mindfulness & Meditation w/ Melissa (AC 1) 10:30 Brain Games w/ Dana (AC 1) 11:30 Strengthening Core & Balance w/ Melissa (AC 1) 1:00 Movement w/ Melissa (AC1) 1:00 Trip: Scenic Ride through Black Hills Regional Park 1:40 Beethoven 9 - Chicago Symphony Orchestra (TV) 2:00 Hasfit Workout with Coach Cosack (TV) 2:00 Trivia w/ Jeremy (AC 1) 3:00 TV Bingo (TV) 8:00 Evening Movie, "Crazy Rich Asians" (TV)	9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Fitness Fun w/ Cathy (AC 1) 10:30 Senior Fitness Gold w/ Paul (TV) 11:00 Music & Movement with Lauren Latessa & Lorie (AC 1) 1:00 Open Art Studio (AC 2) 1:30 Sitting Core Exercises w/ Shelly (TV) 1:30 Theater J presents, "Activating Shakespeare's Language" (AC 1) 2:00 Hasfit Workout with Coach Cosack (TV) 3:00 Parsha Class (TV) 4:00 Knee Exercises for Arthritis (TV) 4:00 Stories of Wisdom w/ Sabrina (AC 1/ TV) 6:00 Laugh In (TV) 8:00 Evening Movie, "Irresistible" (TV)	10:30 Meeting w/ Social Worker, Laurie (AC 1) 11:30 Strengthening Core & Balance w/ Melissa (AC 1) 1:00 Movement w/ Melissa (AC1) 1:00 Trip: Scenic Ride by the Iwo Jima Memorial 2:00 In Person Yoga with Joyce (AC 1) 2:00 Yoga with Joyce (TV) 3:00 TV Bingo (TV) 6:00 Brain Games That Will Improve Your Memory (TV 6 pm) 7:00 BBC presents Secrets of the Musuem (TV) 8:00 Evening Movie, "Pavarotti" (TV)	1:30 Sitting Core Exercises w/ Shelly (TV) 9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 9:45 Trip: Scenic Ride by the Iwo Jima Memorial 10:00 Exercise w/ Sandi (AC 1) 10:00 Free Coffee Cafe (Cafe) 10:30 Walking Cardio w/ Jane (TV) 11:30 Fun & Games w/ Ally (AC 1) 1:30 Theater J presents, (AC 1) 2:00 Hasfit Workout with Coach Cosack (TV) 4:00 Knee Exercises for Arthritis (TV) 5:00 Erev Shabbat Blessing w/ Sabrina (TV) 7:00 In person Shabbat Service w/ Sabrina (AC 1) 7:00 Shabbat Service (TV)	10:00 In person Shabbat Service w/ Sabrina (AC 1) 10:00 Shabbat Service (TV) 11:00 Shabbat Service (TV) 2:00 Afternoon Classic, "Blondie and Dagwood" (TV) 6:00 Are You Being Served? (TV) 8:00 Evening Movie, "The Impostors" (TV)
<b>Shavuot</b> 11:00 Christian Sunday Service (TV) 2:00 Afternoon Classic, "That Certain Feeling" (TV) 4:00 Afternoon Double Feature, "Gentlemen Prefer Blondes" (TV) 7:00 Ted Talks, "Motivation" and "How to Become Your Best When Life Gives You Its Worst" (TV) 8:00 Shavuot (TV)	<b>Shavuot</b> 10:00 Shavuot Service with Sabrina (AC 1 / TV) 3:00 A Reading and Discussion of the Book of Ruth with Sabrina (AC 1/ TV) 8:00 A Shavuot Teaching with Rabbi Chaim Richman (TV)	<b>Shavuot</b> 10:00 Shavuot Service Day 2 with Sabrina (TV/ AC 1) 2:00 Yizkor Service with Sabrina (AC 1/ TV)	9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Fitness Fun w/ Cathy (AC 1) 10:30 Senior Fitness Gold w/ Paul (TV) 11:00 Music & Movement with Lauren Latessa & Lorie (AC 1) 1:00 Open Art Studio (AC 2) 1:30 Sitting Core Exercises w/ Shelly (TV) 1:30 Theater J presents, "Activating Shakespeare's Language" (AC 1) 2:00 Hasfit Workout with Coach Cosack (TV) 3:00 Parsha Class (TV) 4:00 Knee Exercises for Arthritis (TV) 4:00 Stories of Wisdom w/ Sabrina (AC 1/ TV) 6:00 Mariachi Band, Food & Fiesta! (P)	9:45 Trip: Scenic Ride by the John F Kennedy Center for the Performing Arts 10:30 Meeting w/ Social Worker, Laurie (AC 1) 11:30 Strengthening Core & Balance w/ Melissa (AC 1) 1:00 Movement w/ Melissa (AC1) 2:00 In Person Yoga with Joyce (AC 1) 2:00 Yoga with Joyce (TV) 3:00 TV Bingo (TV) 6:00 Brain Games That Will Improve Your Memory (TV 6 pm) 7:00 BBC Presents, "Secrets of the Musuem" (TV) 8:00 Evening Movie, "Second Act" (TV)	1:30 Sitting Core Exercises w/ Shelly (TV) 9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 9:45 Trip: Scenic Ride by the Iwo Jima Memorial 10:00 Exercise w/ Sandi (AC 1) 10:00 Free Coffee Cafe (Cafe) 10:30 Walking Cardio w/ Jane (TV) 11:30 Fun & Games w/ Ally (AC 1) 1:30 Theater J presents, (AC 1) 2:00 Hasfit Workout with Coach Cosack (TV) 3:00 Music & Dance w/ Dale & Garrey (P) 4:00 Knee Exercises for Arthritis (TV) 5:00 Erev Shabbat Blessing w/ Sabrina (TV) 7:00 In person Shabbat Service w/ Sabrina (AC 1) 7:00 Shabbat Service (TV)	10:00 In person Shabbat Service w/ Sabrina (AC 1) 10:00 Shabbat Service (TV) 11:00 Shabbat Service (TV) 2:00 Afternoon Classic, "The Jackpot" (TV) 6:00 Are You Being Served? (TV) 8:00 Evening Movie, "Minority Report" (TV)
11:00 Christian Sunday Service (TV) 2:00 Afternoon Classic, "Little Miss Marker" (TV) 4:00 Afternoon Double Feature, "2:22" (TV) 7:00 Ted Talks, "Inside the Mind of a Procrastinator" and "How to Deal With Procrastination" (TV) 8:00 Evening Movie, "Survivor" (TV)	9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Fitness Fun w/ Cathy (AC 1) 10:30 Walking Cardio w/ Jane (TV) 11:00 Words from a Word Game with Helen (AC 2) 1:00 Getting to know you w/ Helen (AC 1) 1:30 Sitting Core Exercises w/ Shelly (TV) 2:00 Creative Collages (AC 2) 2:00 Jokereno (AC 1) 4:00 Knee Exercises for Arthritis (TV) 8:00 Evening Movie Classic, "Who's Been Sleeping in My Bed?" (TV)	10:00 Mindfulness & Meditation w/ Melissa (AC 1) 10:30 Brain Games w/ Dana (AC 1) 11:30 Strengthening Core & Balance w/ Melissa (AC 1) 1:00 Movement w/ Melissa (AC1) 1:00 Trip: Scenic Ride by the World War II Memorial 2:00 Hasfit Workout with Coach Cosack (TV) 2:00 Trivia w/ Jeremy (AC 1) 3:00 TV Bingo (TV) 8:00 Evening Movie, "Ghost" (TV)	9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Fitness Fun w/ Cathy (AC 1) 10:30 Senior Fitness Gold w/ Paul (TV) 11:00 Music & Movement with Lauren Latessa & Lorie (AC 1) 1:00 Open Art Studio (AC 2) 1:30 Sitting Core Exercises w/ Shelly (TV) 1:30 Theater J presents, "Activating Shakespeare's Language" (AC 1) 2:00 Hasfit Workout with Coach Cosack (TV) 3:00 Amazon Explore Mexico (AC 1) 3:00 Parsha Class (TV) 4:00 Knee Exercises for Arthritis (TV) 4:00 Stories of Wisdom w/ Sabrina (AC 1/ TV) 7:00 String Trio Outdoor Performance (P) 8:00 Evening Movie, "Once Upon a Time in the West" (TV)	10:30 Meeting w/ Social Worker, Laurie (AC 1) 11:30 Strengthening Core & Balance w/ Melissa (AC 1) 1:00 Movement w/ Melissa (AC1) 1:00 Trip: Scenic Ride by the White House 2:00 In Person Yoga with Joyce (AC 1) 2:00 Yoga with Joyce (TV) 3:00 TV Bingo (TV) 6:00 Brain Games That Will Improve Your Memory (TV 6 pm) 7:00 BBC Presents, "Secrets of the Musuem" (TV) 8:00 Evening Movie, "Beauty in the Broken" (TV)	1:30 Sitting Core Exercises w/ Shelly (TV) 9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Exercise w/ Sandi (AC 1) 10:00 Free Coffee Cafe (Cafe) 10:30 Walking Cardio w/ Jane (TV) 11:30 Fun & Games w/ Ally (AC 1) 1:30 Theater J presents, (AC 1) 2:00 Hasfit Workout with Coach Cosack (TV) 4:00 Knee Exercises for Arthritis (TV) 5:00 Erev Shabbat Blessing w/ Sabrina (TV) 7:00 In person Shabbat Service w/ Sabrina (AC 1) 7:00 Shabbat Service (TV)	10:00 In person Shabbat Service w/ Sabrina (AC 1) 10:00 Shabbat Service (TV) 11:00 Shabbat Service (TV) 2:00 Saturday Afternoon Movie (TV) 2:00 Afternoon Classic, "The Count of Monte-Cristo" (TV) 6:00 Are You Being Served? (TV) 8:00 Midsomer Murders (TV)
11:00 Christian Sunday Service (TV) 2:00 Afternoon Classic, "Successfully Settled" (TV) 4:00 Afternoon Double Feature, "The Ron Clark Story" (TV) 7:00 Ted Talks, "More than Funny" and "I've Got 99 Problems" (TV) 8:00 Evening Classic, "The Caddy" (TV)	<b>Memorial Day</b> 9:00 Hasfit Workout w/ Coach Cosack 9:45 Tai Chi 10:00 Fitness Fun w/ Cathy (AC 1) 10:30 Walking Cardio w/ Jane (TV) 11:00 Words from a Word Game with Helen (AC 2) 1:00 Getting to know you w/ Helen (AC 1) 1:30 Sitting Core Exercises w/ Shelly (TV) 2:00 Humor Circle with John (L) 2:00 Jokereno (AC 1) 4:00 Knee Exercises for Arthritis (TV) 8:00 Evening Movie, "Inside Llewyn Davis" (TV)					

# May 2021

Revitz House Activities Calendar  
 Sandi Bragin 240-283-3103