

**SUN MON TUE WED THUR FRI SAT**

<p>10:00 AM Exercise Video (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) <b>11:15 AM Expressive Art with Carol (ART)</b> 1:20 PM News Highlights (MR) 2:30 PM Drum Circle with Eva (MR) 2:30 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) <b>3:00 PM Resident Council Meeting (SH)</b> <b>4:00 PM Brain Fitness Class GROUP A (Room 4)</b> 8:00 PM Monday Movie Night (MR)</p>	<p>10:00 AM Yoga with Karen (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) <b>11:00 AM Hadassah Meeting (Activity Room 3)</b> <b>11:15 AM Expressive Art with Carol (ART)</b> 1:20 PM News Highlights (MR) <b>1:30 PM Resistance Training with Carlton (SH)</b> 2:30 PM Jewish Violinists: Itzhak Perlman, with Eva (MR) 2:30 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) <b>3:00 PM Book Club (Activity Room #2 NEW ROOM LOCATION this week only.)</b> <b>3:00 PM Bingo with Jaime (NEW ROOM ACTIVITY ROOM #1)</b> 4:00 PM Brain Fitness Class GROUP B (Room #3 for April ONLY) 8:00 PM Monday Movie Night (MR)</p>	<p>10:00 AM Exercise Video (MR) 10:00 AM Audiology/Hearing Services (#1) <b>11:30 AM NEW : NATIONAL PARKS GRAND CANYON - VIRTUAL TOURS (MR)</b> 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) 1:30 PM Ring House Singers with Jiyoung (SH) 2:30 PM The Foundations of Western Civilizations (MR) 3:00 PM Newcomers Wine and Cheese Social (Activity Room 4) 4:00 PM Downton Abbey (MR) 8:00 PM Tuesday Night Movie (MR)</p>	<p>9:30 AM Morning Meditation with Eva (Activity Room 4) <b>10:00 AM Body Strengthening with Gail (MR)</b> 10:15 AM Piano Trio Open Rehearsal (SH) 11:00 AM Pre Opera discussion with Dr. Dustan - Madama Butterfly (MR) <b>11:15 AM Jewish Heritage Class with Rabbi Leigh (#3)</b> 11:15 AM Make and Take Crafts with Jerry (Art Room) <b>2:30 PM Opera Club - Madame Butterfly Concert Shown (MR)</b> 2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) 4:00 PM Intergenerational Connection Club (Activity Room #3 for the month of April) 7:30 PM The Chimes at Midnight Movie Presented by our Literary Group (TV) <b>8:00 PM Yiddish Nostalgia Music with Ziona Tuchler (SH)</b></p>	<p>10:00 AM Play Readers (#4) <b>10:00 AM Qi Gong with Adam (Activity Room MR)</b> <b>10:00 AM Thankful Thursday Event 10am to 4pm (MR)</b> <b>11:00 AM Passover Projects /Clay Workshop with Meg (ART)</b> <b>1:00 PM Teaching Kitchen (#4)</b> 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) <b>3:00 PM Body &amp; Mind training for Arthritis with Martine (SH)</b> 3:30 PM Chesed Corps: Shabbat Baskets (#1) 4:00 PM Composer Series: Beethoven, with Jerry &amp; Lauren (MR) <b>8:00 PM Thursday Night Movie (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>11:00 AM NEW Mindfulness Meditation Group (MR)</b> <b>11:00 AM Floral Watercolor Painting with Martina (ART)</b> 1:30 PM Literary Group with Prof. Mel Plotinsky (TV) 3:30 PM Symphony Club: Mendelssohn's Violin Concerto (MR) 8:00 PM Shabbat Services with David Wallen (MR)</p>	<p><b>10:00 AM Exercise Video (TV)</b> 11:00 AM Shabbat Services with The Jewish Studio (MR) 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) <b>2:00 PM Saturday Movie Matinee (MR)</b> <b>4:00 PM Pianist Bertram Mcleish (NORTH LOBBY)</b> <b>8:00 PM Saturday Night Movie Popcorn Served (MR)</b></p>
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<p>10:00 AM Exercise Video (MR) 10:30 AM Jewish War Veterans Meeting (MR) <b>11:00 AM Good Deeds Day !! Create an Air Plant Terrarium (Activity Room 4 **MUST SIGN UP**)</b> <b>12:30 PM Lecture with Dr. Jenner- HOT TOPICS (MR)</b> 1:00 PM Knitting Club (#1) <b>2:00 PM Children's Choir from Washington Hebrew (SH)</b> <b>2:00 PM JCA Annual Senior Prom - Walk Over at 1:45pm (Misler Adult Day Center)</b> <b>8:00 PM Music by Rearview Mirror (SH)</b></p>	<p>10:00 AM Yoga with Karen (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) 11:00 AM Low Vision Support Group (#1) <b>11:00 AM Hadassah Meeting (Activity Room 3)</b> <b>11:15 AM Expressive Art with Carol (ART)</b> 1:20 PM News Highlights (MR) <b>1:30 PM Resistance Training with Carlton (SH)</b> 2:30 PM Jewish Violinists: Itzhak Perlman, with Eva (MR) 2:30 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) <b>3:00 PM Book Club (Activity Room #2 NEW ROOM LOCATION this week only.)</b> <b>3:00 PM Bingo with Jaime (NEW ROOM ACTIVITY ROOM #1)</b> 4:00 PM Brain Fitness Class GROUP B (Room #3 for April ONLY) 8:00 PM Monday Movie Night (MR)</p>	<p>10:00 AM Exercise Video (MR) <b>11:15 AM Dr. Jenner : The Story of English (MR)</b> 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) 1:30 PM Ring House Singers with Jiyoung (SH) 2:30 PM The Foundations of Western Civilizations (MR) <b>4:00 PM Guest Lecturer- THE SEDER: IT'S HISTORY AND MEANING : DR. GEORGE BERLIN (MR)</b> <b>8:00 PM Trio Recital with Lauren, Eva &amp; Jiyoung (SH)</b></p>	<p>9:30 AM Morning Meditation with Eva (Activity Room #1 for Month of April) <b>10:00 AM Body Strengthening with Gail (MR)</b> 11:15 AM Make and Take Crafts with Jerry (Art Room) <b>1:00 PM Poetry &amp; Writing Group with Dana Tate (Activity Room #1 For April Only)</b> <b>1:30 PM Resistance Training with Carlton (SH)</b> <b>2:30 PM Opera Club - Madama Butterfly Concert - Continued (MR)</b> 2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) 4:00 PM Intergenerational Connection Club (Activity Room #3 for the month of April) <b>8:00 PM Golden Ringers present Richard Montgomery Chorus (SH)</b></p>	<p>10:00 AM Play Readers (Activity Room #3 for Month of April) <b>10:00 AM Qi Gong with Adam (MR)</b> 11:00 AM Open Art Studio (Unassisted ) (ART) 1:00 PM Superfoods (NORTH LOBBY) 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) <b>2:00 PM April Birthday Party (SH)</b> <b>3:00 PM Body &amp; Mind training for Arthritis with Martine (SH)</b> <b>3:30 PM Pre Passover Israeli Wine Tasting with Steve Kerbel (Meeting Room **MUST SIGN UP**)</b> 3:30 PM Chesed Corps Shabbat Baskets (#1) <b>8:00 PM Thursday Night Movie (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>11:00 AM Mark Rothko &amp; Colors Workshop with Martina (ART)</b> 11:00 AM Steve Friedman : The Musical Golden Age 1950's to 1960's (MR) 1:30 PM Literary Group with Prof. Mel Plotinsky (TV) 2:30 PM Connecting the Muses: Art, Poetry &amp; Music with Blu &amp; Lauren (MR) 3:30 PM Bernstein's Young People's Concerts (MR) 8:00 PM Shabbat Services with Rabbi Raphael (MR)</p>	<p><b>10:00 AM Exercise Video (TV)</b> <b>11:00 AM Shabbat Service with Rabbi Betsy Roth (MR)</b> 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) <b>2:00 PM Saturday Movie Matinee (MR)</b> <b>4:00 PM Chavruta B'Shabbat (Activity Room #1 for Month of April)</b> <b>8:00 PM Saturday Night Movie Popcorn Served (MR)</b></p>
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<p><b>10:00 AM Chug Ivri (Activity Room #1 for Month of April)</b> 10:00 AM Exercise Video (MR) 12:00 PM Sunday Music with Ron (MR) 1:00 PM Knitting Club (#1) <b>1:30 PM Intergenerational Program with Lori (MR)</b> <b>3:15 PM Take the Stage Ensemble: Teen Performing Group (SH)</b> 8:00 PM Sunday Night Movie (MR)</p>	<p><b>9:00 AM May Trip Catalogs Available (Front Desk)</b> 10:00 AM Yoga with Karen (MR) <b>11:15 AM Expressive Art with Carol (ART)</b> 1:20 PM News Highlights (MR) <b>1:30 PM Resistance Training with Carlton (SH)</b> 2:30 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) <b>3:00 PM Bingo with Jaime (NEW ROOM ACTIVITY ROOM #1)</b> <b>4:00 PM Brain Fitness Class GROUP A (Room #3 for April ONLY)</b> <b>8:00 PM An Evening of Piano and Song with John Oliver (NL)</b></p>	<p>10:00 AM Exercise Video (MR) <b>11:30 AM NEW : NATIONAL PARKS YELLOWSTONE - VIRTUAL TOURS (MR)</b> 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) 1:30 PM Dining Focus Group (Activity Room #1 for Month of April) 2:30 PM The Foundations of Western Civilizations (MR) 3:00 PM Music Committee (#3) 4:00 PM Downton Abbey (MR) 8:00 PM Tuesday Night Movie (MR)</p>	<p><b>10:00 AM Body Strengthening with Gail (MR)</b> <b>11:00 AM Pre Opera discussion with Dr. Dustan - Donizetti's Lucia di Lammermoor</b> <b>11:15 AM Jewish Heritage Class with Rabbi Leigh (#3)</b> 11:15 AM Make and Take Crafts with Jerry (Art Room) <b>1:30 PM Resistance Training with Carlton (SH)</b> <b>2:30 PM Opera Club - Donizetti's Lucia di Lammermoor Concert Shown (MR)</b> 2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) 4:00 PM Intergenerational Connection Club (Activity Room #3 for the month of April) <b>8:00 PM Guitar with Vladimir Fridman (MR)</b></p>	<p>10:00 AM Qi Gong with Adam (MR) 11:00 AM Open Art Studio (Unassisted ) (ART) <b>1:00 PM Dr. Jenner : The 100 Years War (MR)</b> 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) <b>3:00 PM Body &amp; Mind training for Arthritis with Martine (SH)</b> 4:00 PM Exploring Jewish Music with Lauren: Sammy Davis Jr. (MR) <b>8:00 PM Film: A Taste of Passover (60 mins) (MR)</b></p>	<p>3:00 PM May Trip Registration Forms Due (FC) <b>4:00 PM Religious Passover Observance (April 19th 4 pm till 9:00 pm April 21st.)</b> <b>4:30 PM Regular Dinner - Reservation is Required . (DR)</b> <b>6:30 PM Passover Seder - Reservation is Required . (DR)</b></p>	<p><b>8:00 AM Religious Passover Observance (April 19th 4 pm till 9:00 pm April 21st.)</b> 11:00 AM Shabbat Services with The Jewish Studio (MR) <b>4:30 PM Regular Dinner - Reservation is Required . (DR)</b> <b>6:30 PM Passover Seder - Reservation is Required . (DR)</b></p>
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<p><b>8:00 AM Religious Passover Observance (April 19th 4 pm till 9:00 pm April 21st.)</b></p>	<p>10:00 AM Yoga with Karen (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) <b>11:15 AM Expressive Art with Carol (ART)</b> 1:20 PM News Highlights (MR) <b>1:30 PM Resistance Training with Carlton (SH)</b> 2:30 PM Music with Eva (MR) 2:30 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) <b>3:00 PM Bingo with Jaime (NEW ROOM ACTIVITY ROOM #1)</b> 4:00 PM Brain Fitness Class GROUP B (Room #3 for April ONLY) <b>8:00 PM Broadway with Steve Friedman (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>11:30 AM NEW : NATIONAL PARKS YOSEMITE - VIRTUAL TOURS (MR)</b> 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) 1:30 PM Ring House Singers with Jiyoung (SH) 2:30 PM The Foundations of Western Civilizations (MR) 4:00 PM Downton Abbey (MR) 8:00 PM 20th Century Soundtrack Show (MR)</p>	<p>9:30 AM Morning Meditation with Eva (Activity Room #1 for Month of April) <b>10:00 AM Body Strengthening with Gail (MR)</b> 10:15 AM Piano Trio Open Rehearsal (SH) 11:15 AM Make and Take Crafts with Jerry (Art Room) <b>1:00 PM Poetry &amp; Writing Group with Dana Tate (Activity Room #1 For April Only)</b> <b>1:30 PM Resistance Training with Carlton (TV ROOM TODAY ONLY DUE TO SOCIAL)</b> <b>2:30 PM Chocolate Seder (RSVP Only) (SH)</b> 2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) <b>4:00 PM Town Hall Meeting (SH)</b> <b>8:00 PM Wednesday Night Movie (MR)</b></p>	<p>10:00 AM Play Readers (Activity Room #3 for Month of April) 10:00 AM Qi Gong with Adam (MR) 11:00 AM Open Art Studio (Unassisted ) (ART) 1:00 PM Russian Music Old and new with Svetlana &amp; Lauren (MR) 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) 1:30 PM May Trip Registration Form Return (South Lobby) <b>2:00 PM Jewish Art Lecture : THE ART OF PASSOVER (MR)</b> <b>3:00 PM Body &amp; Mind training for Arthritis with Martine (SH)</b></p>	<p><b>10:00 AM Exercise Video (TV)</b> <b>8:00 PM Shabbat Services with Dan Caplan (MR)</b></p>	<p><b>10:00 AM Exercise Video (TV)</b> 11:00 AM Shabbat Service with Rabbi Mark Raphael (MR) 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) <b>4:00 PM Chavruta B'Shabbat (Activity Room #1 for Month of April)</b></p>
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<p><b>10:00 AM Chug Ivri (Activity Room #1 for Month of April)</b> 10:00 AM Exercise Video (MR) 12:00 PM 20th Century Soundtrack Show (MR) 1:00 PM Knitting Club (#1) 2:00 PM Sunday Movie Matinee (MR) 8:00 PM Sunday Night Movie (MR)</p>	<p>10:00 AM Yoga with Karen (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) 1:20 PM News Highlights (MR) <b>1:30 PM Resistance Training with Carlton (SH)</b> <b>2:30 PM Drum Circle with Eva (MR)</b> 2:30 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC) <b>3:00 PM Bingo with Jaime (NEW ROOM ACTIVITY ROOM #1)</b> 8:00 PM Monday Movie Night (MR)</p>	<p>10:00 AM Exercise Video (MR) 1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms) 1:30 PM Ring House Singers with Jiyoung (SH) 2:30 PM The Foundations of Western Civilizations (MR) 3:00 PM Music Committee (#3) 4:00 PM Downton Abbey (MR) 8:00 PM Tuesday Night Movie (MR)</p>	<p><b>ROOM KEY</b> #1 - Activity Room #1 #3 - Activity Room #3 #4 - Activity Room #4 ART - Art Studio DR - Dining Room</p>	<p>FC - Fitness Center MR - Meeting Room NL - North Lobby #4 - Room #4 SH - Social Hall TV - TV Room</p>		
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**April 2019**  
Ring House Activities  
Activities # 301-816-5063

