

SUN	MON	TUE	WED	THUR	FRI	SAT
1 10:00 AM Exercise Video (MR) 12:30 PM Dr. Jenner : Hot Topics Lecture (MR) 2:00 PM Sunday Afternoon Matinee (MR) 8:00 PM Two for the Show (MR)	2 Labor Day 10:00 AM Yoga with Karen (MR) 10:00 AM Audiology Hearing Services (#1) 11:00 AM Beethoven in the face of Adversity (MR) 11:15 AM Expressive Art with Carol (Art Room) 1:20 PM News Highlights (MR) 2:00 PM Labor Day Social - Music & Snacks (SH) 3:00 PM Bingo (#1) 8:00 PM Monday Night Movie (MR)	3 10:00 AM Exercise Video (MR) 11:30 AM NEW: EUROPE TO THE MAX - Enchanted Italy (MR PART I) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 1:30 PM Ring House Singers with Jiyoung (SH) 3:00 PM Newcomers Wine and Cheese Social - Invitation Only (SUN) 4:00 PM Downton Abbey (MR) 8:00 PM Tuesday Night Movie (MR)	4 9:30 AM Morning Meditation with Eva (#4) 10:00 AM Body Strengthening with Gail (MR) 10:15 AM Jewish Heritage Class with Rabbi Leigh (#3) 10:15 AM Piano Trio Open Rehearsal (SH) 11:15 AM Make and Take Crafts with Jerry (Art Room) 1:30 PM NEW Pool Noodle Fitness with Carlton (SH) 2:00 PM Opera Club: Tosca by Giacomo Puccini Shown Part II (MR) 2:45 PM Wellness Coaching & Blood Pressures w/ Carlton (FC) 3:45 PM NEW - Jewish Intellectual History: 16th to 20th Century (MR) 8:00 PM Golden Rings Present Musical Trivia with Jerry Roman (SH)	5 10:00 AM Play Readers (#4) 10:00 AM Qi Gong with Adam (MR) 11:15 AM Music 101: The Fundamentals of Music (Activity 4) 1:00 PM Teaching Kitchen : Tabouli Salad (#4) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 3:00 PM Body & Mind training for Arthritis with Martine (SH) 3:30 PM Chesed Corps: Shabbat Baskets (#1) 8:00 PM Thursday Night Movie (MR)	6 10:00 AM Exercise Video (MR) 1:00 PM Play Mahjong, Scrabble and Canasta (Activity Room 1) 1:30 PM Literary Group with Prof. Mel Plotinsky (TV) 2:30 PM Music Committee (#3) 3:30 PM Symphony Club: Rachmaninoff's Symphony No. 2 (MR) 8:00 PM Shabbat Services with David Wallen (MR)	7 10:00 AM Exercise Video (TV) 11:00 AM Shabbat Services with The Jewish Studio (MR) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 2:00 PM Saturday Afternoon Matinee (MR) 4:00 PM Pianist Bertram Mcleish (NORTH LOBBY) 8:00 PM Saturday Night Movie (MR)
8 GRANDPARENTS DAY 10:00 AM Chug Ivri (Activity Room 4) 10:00 AM Exercise Video (TV ROOM TODAY) 10:30 AM Jewish War Veterans Meeting (MR) 12:00 PM Grandparents Day Social - Homemade Pie Social & Happy Music Reflections (SH) 2:00 PM Sunday Afternoon Matinee (MR) 8:00 PM Music by Rearview Mirror (MR)	9 10:00 AM Yoga with Karen (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) 11:15 AM Expressive Art with Carol (Art Room) 1:20 PM News Highlights (MR) 1:30 PM Expressive Art with Carol (ART) 1:30 PM NEW Pool Noodle Fitness with Carlton (SH) 2:30 PM Fred and Ginger Dance! Presented by Marjorie and Eva (MR) 2:45 PM Wellness Coaching & Blood Pressures w/ Carlton (FC) 3:00 PM Book Club (Activity Room 3) 3:00 PM Bingo (#1) 4:00 PM Brain Fitness Class (Activity 4) 8:00 PM Monday Night Movie (MR)	10 10:00 AM Exercise Video (MR) 11:15 AM Dr. Jenner : Lecture on The Life of Annie Oakley (MR) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 1:30 PM Ring House Singers with Jiyoung (SH) 4:00 PM Downton Abbey (MR) 8:00 PM Guitar with Vladimir Fridman (MR)	11 Patriot Day 9:30 AM Morning Meditation with Eva (#4) 10:00 AM Body Strengthening with Gail (MR) 10:15 AM Piano Trio Open Rehearsal (SH) 11:00 AM Opera Club Discussion: L'elixir d'amore by Gaetano Donizetti (MR) 11:00 AM First Day Fall Semester Poetry & Writing Group with Dana Tate (Activity Room 4) 11:15 AM Make and Take Crafts with Jerry (Art Room) 1:30 PM NEW Pool Noodle Fitness with Carlton (SH) 2:00 PM Opera Club: L'elixir d'amore by Gaetano Donizetti Shown I (MR) 2:45 PM Wellness Coaching & Blood Pressures w/ Carlton (FC) 3:45 PM NEW - Jewish Intellectual History: 16th to 20th Century (MR) 8:00 PM Wednesday Night Movie (MR)	12 10:00 AM Play Readers (#4) 10:00 AM Qi Gong with Adam (MR) 11:15 AM Music 101: The Fundamentals of Music (Activity 4) 1:00 PM Superfoods: TOMATOES (NORTH LOBBY) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 2:00 PM NEW: COFFEE TALK WITH RABBI DAN (North Lobby - This month September 12th) 3:00 PM Body & Mind training for Arthritis with Martine (SH) 3:30 PM Chesed Corps: Shabbat Baskets (#1) 4:00 PM Exploring Jewish Music: The Music compiled by Velvel Pasternack, Part 2 (MR) 8:00 PM Thursday Night Movie (MR)	13 10:00 AM Exercise Video (MR) 1:00 PM Play Mahjong, Scrabble and Canasta (Activity Room 1) 1:30 PM Literary Group with Prof. Mel Plotinsky (TV) 2:30 PM Sing Along with Lauren (MR) 3:30 PM Bernstein's Young People's Concerts (MR) 8:00 PM Shabbat Services with Rabbi Raphael (MR)	14 10:00 AM Exercise Video (TV) 11:00 AM Shabbat Service with Rabbi Mark Raphael (MR) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 2:00 PM Saturday Afternoon Matinee (MR) 4:00 PM Chavruta B'Shabbat (Activity 4) 8:00 PM Saturday Night Movie (MR)
15 10:00 AM Exercise Video (MR) 1:30 PM Intergenerational Program with Lori (#4) 2:00 PM Sunday Afternoon Matinee (MR) 4:00 PM Pianist Bertram Mcleish (NORTH LOBBY) 8:00 PM Double Play: Flute and Tuba Musical Performance (SH)	16 8:00 AM October/November Trip Catalogs Available (Front Desk) 10:00 AM Yoga with Karen (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) 11:15 AM HIGH HOLIDAYS "ART CARDS" with Carol (Art Room) 1:20 PM News Highlights (MR) 1:30 PM HIGH HOLIDAYS "ART CARDS" with Carol (ART) 1:30 PM NEW Pool Noodle Fitness with Carlton (SH) 2:30 PM Drum Circle with Eva (MR) 2:45 PM Wellness Coaching & Blood Pressures w/ Carlton (FC) 3:00 PM Bingo (#1) 4:00 PM Brain Fitness Class (Activity 4) 8:00 PM Steve Friedman : Bernstein and The Musical (MR)	17 Constitution Day and Citizenship Day 10:00 AM Exercise Video (MR) 11:30 AM NEW: EUROPE TO THE MAX - Enchanted Italy (MR PART II) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 1:30 PM Dining Focus Group (Activity 4) 1:30 PM Ring House Singers with Jiyoung (SH) 4:00 PM Downton Abbey (MR) 8:00 PM Tuesday Night Movie (MR)	18 9:30 AM Morning Meditation with Eva (#4) 10:00 AM Body Strengthening with Gail (MR) 10:15 AM Jewish Heritage Class: Special Rosh Hashanah Program : "High Holidays - A Journey to Love" (#3) 11:00 AM LAST FALL RING HOUSE NEWSLETTER COMMITTEE MEETING (Activity Room 4) 11:15 AM Make and Take Crafts with Jerry (Art Room) 1:30 PM NEW Pool Noodle Fitness with Carlton (SH) 2:00 PM Opera Club: L'elixir d'amore by Gaetano Donizetti Shown II (MR) 2:45 PM Wellness Coaching & Blood Pressures w/ Carlton (FC) 3:45 PM NEW - Jewish Intellectual History: 16th to 20th Century (MR) 8:00 PM Wednesday Night Movie (MR)	19 10:00 AM Play Readers (#4) 10:00 AM Qi Gong with Adam (MR) 11:15 AM Music 101: The Fundamentals of Music (Activity 4) 11:30 AM News Program with Jerry Grossman (MR) 1:00 PM Dr. Jenner: The Lecture of The Tragedy of Pompeii (MR) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 2:00 PM September Birthday Party (SH) 3:00 PM Body & Mind training for Arthritis with Martine (SH) 3:30 PM Chesed Corps: Shabbat Baskets (#1) 4:00 PM Music of the Swing Era with Jack & Lauren (MR) 8:00 PM Classy Jazz Band (SH)	20 10:00 AM Exercise Video (MR) 11:00 AM Steve Friedman - Musicals of the 1990's (MR) 1:00 PM Play Mahjong, Scrabble and Canasta (Activity Room 1) 1:30 PM Literary Group with Prof. Mel Plotinsky (TV) 3:00 PM October/November Trip Registration Forms due (FC) 3:30 PM Classical Destinations: Prague and Germany (MR) 8:00 PM Shabbat Services with David Wallen (MR)	21 10:00 AM Exercise Video (TV) 11:00 AM Shabbat Services with The Jewish Studio (MR) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 2:00 PM Saturday Afternoon Matinee (MR) 8:00 PM Saturday Night Movie (MR)
22 10:00 AM Chug Ivri (Activity Room 4) 10:00 AM Exercise Video (MR) 1:30 PM Dave Smith : The Accordion Man Musical Performance (MR) 3:00 PM Bluegrass Trio Featuring Blue Berman's Son Todd Berman !! (SH) 8:00 PM " A Night of Beatles " (SH)	23 FIRST DAY OF AUTUMN 10:00 AM Yoga with Karen (MR) 10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY) 11:15 AM Expressive Art with Carol (Art Room) 1:20 PM News Highlights (MR) 1:30 PM Expressive Art with Carol (ART) 1:30 PM NEW Pool Noodle Fitness with Carlton (SH) 2:30 PM Music with Eva (MR) 2:45 PM Wellness Coaching & Blood Pressures w/ Carlton (FC) 3:00 PM Bingo (#1) 4:00 PM Brain Fitness Class (Activity 4) 8:00 PM Special Guest: Hadassah Speaker (MR)	24 10:00 AM Exercise Video (MR) 11:30 AM NEW: EUROPE TO THE MAX - Greece & Rome (MR PART I) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 1:30 PM Ring House Singers with Jiyoung (SH) 4:00 PM Downton Abbey (MR) 8:00 PM Tuesday Night Movie (MR)	25 9:30 AM Morning Meditation with Eva (#4) 10:00 AM Body Strengthening with Gail (MR) 10:15 AM Piano Trio Open Rehearsal (SH) 11:00 AM Opera Club Discussion: Otello by Giuseppe Verdi (MR) 11:00 AM Fall Semester Poetry & Writing Group with Dana Tate (Activity Room 4) 11:15 AM Make and Take Crafts with Jerry (Art Room) 1:30 PM October/November Trip Registration Forms Returned (South Lobby 1:30 - 3:30) 1:30 PM NEW Pool Noodle Fitness with Carlton (SH) 2:00 PM Opera Club : Otello by Giuseppe Verdi Shown I (MR) 2:45 PM Wellness Coaching & Blood Pressures w/ Carlton (FC) 3:45 PM NEW - Jewish Intellectual History: 16th to 20th Century (MR) 8:00 PM Special Presentation : Fall Holidays (MR)	26 10:00 AM Play Readers (#4) 10:00 AM Qi Gong with Adam (MR) 11:15 AM Music 101: The Fundamentals of Music (Activity 4) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 1:30 PM NEW: HISTORY CLUB !! History of the Jews in China (Activity Room 4) 2:00 PM Jewish Art Lecture (MR) 3:00 PM Body & Mind training for Arthritis with Martine (SH) 3:30 PM Chesed Corps: Shabbat Baskets (#1) 4:00 PM Exploring Jewish Music: The Sounds of the Shofar (MR) 8:00 PM Thursday Night Movie (MR)	27 10:00 AM Exercise Video (MR) 1:00 PM Play Mahjong, Scrabble and Canasta (Activity Room 1) 1:30 PM Literary Group with Prof. Mel Plotinsky (TV) 2:30 PM Music Committee (#3) 3:30 PM Bernstein's Young People's Concerts (MR) 8:00 PM Shabbat Services with Dan Caplan (MR)	28 10:00 AM Exercise Video (TV) 11:00 AM Shabbat Service with Sabrina (MR) 1:00 PM Afternoon Card Games: Poker & Bridge (Activity Rooms) 2:00 PM Saturday Afternoon Matinee (MR) 4:00 PM Chavruta B'Shabbat (Activity 4) 8:00 PM Saturday Night Movie (MR)
29 Rosh Hashanah Begins at Sundown 10:00 AM Exercise Video (MR) 2:00 PM Sunday Afternoon Matinee (MR) 8:00 PM Traditional Maariv with Rabbi Raphael (MR)	30 8:30 AM Orthodox Shacharit : Ezrat Israel (SH) 10:00 AM Traditional Shacharit with Rabbi Raphael (MR) 11:30 AM Orthodox Shofar: Ezrat Israel (SH) 2:00 PM Traditional Tashlich with Rabbi Raphael (Meet in Lobby) 3:00 PM Traditional Oneg (Cafe) 8:00 PM Traditional Maariv (MR)	ROOM KEY #1 - Activity Room #1 #3 - Activity Room #3 #4 - Activity Room #4 ART - Art Studio FC - Fitness Center	MR - Meeting Room #4 - Room #4 SH - Social Hall SUN - Sunroom TV - TV Room			

September 2019

Ring House Activities
 Activities # 301-816-5063



Charles E. Smith
 LIFE COMMUNITIES