

SUN	MON	TUE	WED	THUR	FRI	SAT							
			9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Lifestyle & Leisure Activities Planning Meeting (#4) 10:00 AM Movement (MR) 11:00 AM Art with Martina (TART) 11:00 AM Brain Games (MR) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Seated Cardio Kickboxing (MR) 1:30 PM Traveling Chairs (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Brach Cobb Duo- Jazz & Standards (SH) 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Opera/Ballet Film (TV 975/8)	1	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Bioethics and Judaism with Steve Glazer (MR) 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM Bruce Gardner- Rhythm & Blues, Motown & More (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)	2	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 11:00 AM Iris Music Project: Music Committee (MR) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 3:00 PM Iris Music Project: Helaine's Show (SH) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)	3	9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie (TV 975/8)	4			
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM La Unica- Latin & Celtic interpretations of popular music (50s-70s) (SH) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Nowhere Men (Beatles Tribute Band) (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Brain Games (MR) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)	5	9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Music and Movement (MR) 11:00 AM *Healthy Learning Lecture (MR) 11:00 AM Painting to live music with Iris Trio & Vica (TART) 12:00 PM Noon News 12:00 PM Resident council delegates meeting (TV) 1:00 PM Chair Yoga (MR) 1:00 PM Tu Bishvat Program (SH) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM Atticus & Minju-Classical (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)	6	9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (NL) 11:00 AM Cubigo Volunteer Jonathan (MR) 11:00 AM Food Committee Meeting (only for committee members) (DR) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 2:00 PM *Culinary Explorations (NL) 3:00 PM Iris Music Project: Buddy Rich-drummer extraordinaire with Bernie (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)	7	9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (SH) 11:00 AM Brain Games (SH) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Town Hall (TV Channels 975 and 8) 1:00 PM Seated Cardio Kickboxing (MR) 1:30 PM Traveling Chairs (MR) 2:00 PM Adventures in Visual Art (TART) 3:00 PM Ayodel Owolabi Duo-Jazz & Motown (SH) 8:00 PM Opera/Ballet Film (TV 975/8)	8	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 3:00 PM *Ring House Road Show-bring a picture of someone you love (SH) 7:00 PM Guitarist Vladimir Fridman (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)	9	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 11:00 AM Iris Music Project: Drum Circle (MR) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 3:00 PM Iris Music Project: life & music of Johnny Cash with Phil & Lauren (SH) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)	10	9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 7:15 PM Music Listening Evening (NL) 8:00 PM Saturday Night Movie (TV 975/8)	11
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Paul Jung Trio-Jazz (SH) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Sahel-world music (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting & Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)	12	9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 10:30 AM Adventures in Visual Art (TART) 11:00 AM Indoor Walks (SL) 11:00 AM Old Fashioned Love Songs with the Iris trio (SH) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM Moe & The Hula Monsters (Hawaiian/Folk Music) (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)	13	Wear Pink or Red Day 9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (NL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 2:00 PM *Simple & Sweet (with Feb birthday recognition) (NL) 3:00 PM Michael Scoglio-Rock & Roll & Love Songs (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)	14	9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Brain Games (MR) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Seated Cardio Kickboxing (MR) 1:30 PM Traveling Chairs (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Eric Scott Band-Motown & Jazz (with Feb birthday recognition) (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)	15	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM Tony Gudell Band-big band classics (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)	16	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 11:00 AM Iris Music Project: Music 101/Drum Circle with Jiyoung & Rosalind (MR) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 3:00 PM Iris Music Project: understanding Gilbert & Sullivan (SH) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)	17	9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie (TV 975/8)	18
9:00 AM Soothing Nature Sounds 10:00 AM Movement 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Rear View Mirror Music Performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting & Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)	19	9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 10:30 AM Adventures in Visual Art (TART) 11:00 AM The Presidents' Favorite Music with the Iris Trio (SH) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 2:00 PM Short Story Group (TV) 3:00 PM Diana Quinn-Thomas Jefferson Lecture for Presidents Day (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)	20	9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (NL) 11:00 AM Cubigo Volunteer Jonathan (MR) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Rosh Chodesh Group (MR) 2:00 PM *Culinary Explorations (NL) 3:00 PM Iris Music Project-close to the flickering sabbath candles: stories from Poland with Elizabeth & Joanna (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)	21	9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Getting to know you with PJ (SH) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Seated Cardio Kickboxing (MR) 1:30 PM Traveling Chairs (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Mike & Verrone-Rock & Pop 50's-70s (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)	22	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 3:00 PM *Jewish Art Education Lecture-the art of Purim (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)	23	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 11:00 AM Iris Music Project: Music Committee (MR) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 3:00 PM Iris Music Project: Instrument lessons interest meeting (#4) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)	24	9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 7:15 PM Music Listening Evening (NL) 8:00 PM Saturday Night Movie (TV 975/8)	25
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM The Northern VA Sax Quartet-Big Band Classics (SH) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 12:30 PM Join Link Generations volunteers (drop in 12:30-1:30 PM, volunteers here until 2 PM) to learn about Cubigo. Bring your smart phone, tablet, laptop computer and items to take notes with. (MR) 1:00 PM Virtual Explorations 2:00 PM PianoPals: Piano Performance by Jiyoung's Students (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting & Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)	26	9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 10:30 AM Adventures in Visual Art (TART) 11:00 AM Indoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM The All New GAJB-Ragtime, Jazz, Dixieland (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:00 PM Steve Little music performance (SH) 8:00 PM Monday Night Movie (TV 975/8)	27	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Iris Music Project: Chopin Festival (SH) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 2:00 PM *Simple & Sweet (NL) 3:00 PM Iris Music Project: Chopin Festival (SH) 4:00 PM Great Courses 7:00 PM Iris Music Project: Piano recital with David Witten (SH) 7:00 PM Noon News 8:00 PM Tuesday Night Movie (TV 975/8)	28	LOCATION KEY #1 - Activity Room #1 #2 - Activity Room #2 #3 - Activity Room #3 #4 - Activity Room #4 DR - Dining Room MR - Meeting Room NL - North Lobby SH - Social Hall SL - South Lobby TART - Terrace Art Studio TV - TV Room							

February 2023

Ring House Activities
Gabe Pinkney #301-816-7726

