

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><b>* = Live/ZOOM program</b></p> <p><b>Meeting ID: 240 150 0041</b> <b>Passcode: 12345</b></p>					<p>New Year's Day 9:00 AM *Fun Finds at 9 10:00 AM Morning Stretch 11:00 AM New Year's Resolutions &amp; Musical Highlights 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:00 PM Dancing with Bernie 2:00 PM Friday Afternoon Movie: "The Music Man" 2:00 PM Happy Hour 3:00 PM *Technology Tips &amp; Tricks 4:30 PM Shabbat Services w/Rabbah Arlene 6:00 PM Shabbat Services w/Rabbah Arlene 7:00 PM Noon News 8:00 PM Friday Night Movie</p>	<p>9:00 AM Ring House Travelogue: USA 10:00 AM Seated Chair Exercise 11:00 AM Shabbat Services w/Rabbi Mark Raphael 12:30 PM Ring House Travelogue: USA 2:00 PM Saturday Afternoon Movie 4:00 PM Yoga with Mary Beth 8:00 PM Saturday Night Movie</p>
<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:00 AM *Game Time! 1:00 PM *Adventures in Visual Art 2:00 PM Chocolate Covered Cherry Day 2:00 PM Sunday Afternoon Movie 4:00 PM Iris Music Project: Music Festival Kickoff 8:00 PM Sunday Night Movie</p>	<p>9:30 AM Healthy Learning Lecture 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:15 PM *Ring House Travelogue Recap &amp; Discussion 2:00 PM Iris Music Project: Music Festival 2:15 PM *Adventures in Visual Art 3:00 PM Bingo 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Iris Music Project: Music Festival</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project: Connecting Music &amp; Art 12:00 PM Noon News 1:00 PM *Culinary Explorations: Spinach, Beets, Fennel Salad 2:00 PM *Guided Meditation 2:00 PM Iris Music Project: Music Festival featuring Katarina 3:00 PM *Game Time! 3:00 PM *National Bird Day: Nova Parks Naturalist Presentation 4:00 PM PBS: "Poldark" 7:00 PM Noon News 8:00 PM Iris Music Project: Music Festival</p>	<p>9:00 AM Wellness Walking Tour 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:00 PM Town Hall 1:15 PM *Ring House Road Show 2:00 PM Iris Music Project: Music Festival 3:00 PM Trivial Pursuit 4:00 PM Iris Music Project: Music Festival 5:00 PM Parsha Class 7:00 PM Noon News 7:00 PM Popcorn Night 8:00 PM Iris Music Project: Music Festival</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project 12:00 PM Noon News 1:00 PM Iris Music Project 2:00 PM *Lecture Series 2:00 PM Novelty Ice Cream Thursdays 3:15 PM *Adventures in Visual Art 4:00 PM "The Crown" 7:00 PM Noon News 8:00 PM Thursday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:00 PM Dancing with Bernie 2:00 PM *Dance Displays, Demonstrations, &amp; Discussions 2:00 PM Happy Hour: Frostbite 3:00 PM *Technology Tips &amp; Tricks 4:30 PM Shabbat Services w/Rabbah Arlene 6:00 PM Shabbat Services w/Rabbah Arlene 7:00 PM Noon News 8:00 PM Friday Night Movie</p>	<p>9:00 AM Ring House Travelogue: USA 10:00 AM Seated Chair Exercise 11:00 AM Shabbat Services w/Rabbi Mark Raphael 12:30 PM Ring House Travelogue: USA 2:00 PM Saturday Afternoon Movie 4:00 PM Yoga with Mary Beth 8:00 PM Saturday Night Movie</p>
<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:00 AM *Game Time! 1:00 PM *Adventures in Visual Art 2:00 PM Sunday Afternoon Movie 8:00 PM Sunday Night Movie</p>	<p>9:30 AM Healthy Learning Lecture 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:15 PM *Ring House Travelogue Recap &amp; Discussion 2:00 PM *ElderSafe Lecture: Managing the Winter Blues 3:00 PM Bingo 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM *Cranium Crunch 1:00 PM *Writing &amp; Reciting 2:00 PM *Guided Meditation 3:00 PM *Game Time! 4:00 PM Hallway Hangout 4:00 PM PBS: "Poldark" 7:00 PM Noon News 8:00 PM Tuesday Night Movie</p>	<p>9:00 AM Wellness Walking Tour 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 1:15 PM Seated Chair Exercise 2:00 PM *Game Time! 3:00 PM *Trivial Pursuit 3:30 PM The Kominsky Method 4:00 PM *Adventures in Visual Art 5:00 PM Parsha Class 7:00 PM Noon News 7:00 PM Popcorn Night 8:00 PM Wednesday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project 12:00 PM Noon News 1:00 PM Iris Music Project 2:00 PM *Lecture Series 2:00 PM Novelty Ice Cream Thursdays 3:15 PM *Adventures in Visual Art 4:00 PM "The Crown" 4:00 PM Hallway Hangout 7:00 PM Noon News 8:00 PM Thursday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:00 PM Dancing with Bernie 2:00 PM *Dance Displays, Demonstrations, &amp; Discussions 2:00 PM Happy Hour: Mini Bagel Appetizers 3:00 PM *Technology Tips &amp; Tricks 4:30 PM Shabbat Services w/Rabbah Arlene 6:00 PM Shabbat Services w/Rabbah Arlene 7:00 PM Noon News 8:00 PM Friday Night Movie</p>	<p>9:00 AM Ring House Travelogue: USA 10:00 AM Seated Chair Exercise 11:00 AM Shabbat Services w/Rabbi Mark Raphael 12:30 PM Ring House Travelogue: USA 2:00 PM Saturday Afternoon Movie 4:00 PM Yoga with Mary Beth 8:00 PM Saturday Night Movie</p>
<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:00 AM *Game Time! 1:00 PM *Adventures in Visual Art 2:00 PM Sundae's with Simone: Mocha Ice Cream Cake 2:00 PM Sunday Afternoon Movie 8:00 PM Sunday Night Movie</p>	<p>Martin Luther King Jr. Day 9:30 AM Healthy Learning Lecture 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:15 PM *Ring House Travelogue Recap &amp; Discussion 2:15 PM *Adventures in Visual Art 3:00 PM Bingo 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project 12:00 PM Noon News 1:00 PM *Culinary Explorations: Root Vegetable Polenta w/ Parsley Pesto 2:00 PM *Guided Meditation 3:00 PM *Game Time! 4:00 PM Hallway Hangout 4:00 PM PBS: "Poldark" 7:00 PM Noon News 8:00 PM Tuesday Night Movie</p>	<p>9:00 AM Wellness Walking Tour 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:00 PM Town Hall 12:30 PM Seated Chair Exercise 1:15 PM *Ring House Road Show 2:00 PM Opera Club 5:00 PM Parsha Class 7:00 PM Noon News 7:00 PM Popcorn Night 8:00 PM Wednesday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project 12:00 PM Noon News 1:00 PM Iris Music Project 2:00 PM *Lecture Series 2:00 PM Novelty Ice Cream Thursdays: Granola Day 3:15 PM *Adventures in Visual Art 4:00 PM "The Crown" 4:00 PM Hallway Hangout 7:00 PM Noon News 8:00 PM Thursday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:00 PM Dancing with Bernie 2:00 PM *Dance Displays, Demonstrations, &amp; Discussions 2:00 PM Happy Hour 3:00 PM *Technology Tips &amp; Tricks 4:30 PM Shabbat Services w/Rabbah Arlene 6:00 PM Shabbat Services w/Rabbah Arlene 7:00 PM Noon News 8:00 PM Friday Night Movie</p>	<p>9:00 AM Ring House Travelogue: USA 10:00 AM Seated Chair Exercise 11:00 AM Shabbat Services w/Rabbi Mark Raphael 12:30 PM Ring House Travelogue: USA 2:00 PM Saturday Afternoon Movie 4:00 PM Yoga with Mary Beth 8:00 PM Saturday Night Movie</p>
<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:00 AM *Game Time! 1:00 PM *Adventures in Visual Art 2:00 PM Peanut Butter Cookies 2:00 PM Sunday Afternoon Movie 8:00 PM Sunday Night Movie</p>	<p>9:30 AM Healthy Learning Lecture 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:15 PM *Ring House Travelogue Recap &amp; Discussion 2:15 PM *Adventures in Visual Art 3:00 PM Bingo 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project 12:00 PM Noon News 1:00 PM *Writing &amp; Reciting 2:00 PM *Guided Meditation 2:00 PM Simple &amp; Sweet with Simone: Apple Crisp 3:00 PM *Game Time! 4:00 PM Hallway Hangout 4:00 PM PBS: "Poldark" 7:00 PM Noon News 8:00 PM Tuesday Night Movie</p>	<p>9:00 AM Wellness Walking Tour 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 1:15 PM Seated Chair Exercise 2:00 PM *Game Time! 3:00 PM *Trivial Pursuit 4:00 PM *Adventures in Visual Art 5:00 PM Parsha Class 7:00 PM Noon News 7:00 PM Popcorn Night 8:00 PM Wednesday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:10 AM Iris Music Project 12:00 PM Noon News 1:00 PM Iris Music Project 2:00 PM *Lecture Series 2:00 PM Novelty Ice Cream Thursdays 2:00 PM Tu B'Shvat Program 3:00 PM Jewish Art Education Lecture 3:15 PM *Adventures in Visual Art 4:00 PM "The Crown" 4:00 PM Hallway Hangout 7:00 PM Noon News 8:00 PM Thursday Night Movie</p>	<p>9:00 AM *Fun Finds at 9 10:00 AM Morning Stretch 11:10 AM Iris Music Project 12:00 PM Noon News 12:30 PM Seated Chair Exercise 1:00 PM Dancing with Bernie 2:00 PM *Dance Displays, Demonstrations, &amp; Discussions 2:00 PM Happy Hour 3:00 PM *Technology Tips &amp; Tricks 4:30 PM Shabbat Services w/Rabbah Arlene 6:00 PM Shabbat Services w/Rabbah Arlene 7:00 PM Noon News 8:00 PM Friday Night Movie</p>	<p>9:00 AM Ring House Travelogue: USA 10:00 AM Seated Chair Exercise 11:00 AM Shabbat Services w/Rabbi Mark Raphael 12:30 PM Ring House Travelogue: USA 2:00 PM Saturday Afternoon Movie 4:00 PM Yoga with Mary Beth 8:00 PM Saturday Night Movie</p>
<p>9:00 AM *Fun Finds at 9 10:00 AM Seated Chair Exercise 11:00 AM *Game Time! 1:00 PM *Adventures in Visual Art 2:00 PM Sunday Afternoon Movie 8:00 PM Sunday Night Movie</p>						

**January 2021**  
**Ring House Activities**  
**Jamie Cooper # 301-816-5090**

