

SUN	MON	TUE	WED	THUR	FRI	SAT
					9:00 AM Fun Finds at 9 10:00 AM Movement (TV Channels 975 & 8) 12:00 PM Noon News 1:00 PM Chair Yoga (TV Channels 975 & 8) 2:00 PM *Trivial Pursuit Reveal (TV Channels 975 & 8) 4:15 PM *Shabbat Services (TV Channels 975 & 8) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Shabbat Services w/ Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie 8:00 PM Saturday Evening Movie "Saving Mr. Banks"
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Virtual Explorations 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie 2:00 PM Sunday Afternoon Movie "Singin' in the Rian" 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie 8:30 PM Sunday Evening Movie "Impromptu"	9:00 AM Classical Music: Beethoven Documentary 10:00 AM Movement (TV Channels 975 and 8) 11:00 AM Music & Lyrics (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Chair Yoga (TV Channels 975 and 8) 1:30 PM Balance (TV Channels 975 and 8) 2:00 PM Bingo (TV Channels 975 and 8) 3:00 PM Elder Safe Presentation 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie 8:00 PM Ferris Bueller's Day Off	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Iris Music Project: Open Rehearsal (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM *Game Time (TV Channels 975 and 8) 2:00 PM *Simple & Sweet with Simone (TV Channels 975 & 8) 3:00 PM Classical Music Hour (TV Channels 975 & 8) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Tuesday Night Movie 8:00 PM Beethoven	9:30 AM *Meditation & Mindfulness (TV Channels 975 and 8) 10:00 AM Movement (TV Channels 975 and 8) 11:00 AM Iris Music Project (TV Channels 975 and 8) 11:00 AM Classical Music (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Chair Yoga (TV Channels 975 and 8) 1:30 PM Balance (TV Channels 975 and 8) 2:00 PM Sports Discussion (TV Channels 975 and 8) 3:00 PM Opera/Ballet Club 7:00 PM Noon News 8:00 PM Wednesday Night Movie 8:00 PM Always Be My Maybe	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Iris Music Project (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM *Writing & Reciting (TV Channels 975 and 8) 2:00 PM Bingo (TV Channels 975 and 8) 3:00 PM Keyboardist Bob Clark (TV Channels 975 & 8) 7:00 PM Noon News 8:00 PM Thursday Night Movie 8:00 PM The Polka King	9:00 AM Fun Finds at 9 10:00 AM Movement (TV Channels 975 and 8) 11:00 AM Iris Music Project (TV Channels 975 & 8) 12:00 PM Noon News 1:00 PM Chair Yoga (TV Channels 975 and 8) 1:30 PM Balance (TV Channels 975 and 8) 2:00 PM *Trivial Pursuit Reveal (TV Channels 975 & 8) 3:00 PM Ring House Rewind: Monologue Showcase (TV Channels 975 & 8) 4:15 PM *Shabbat Services (TV Channels 975 & 8) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Shabbat Services w/ Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie 8:00 PM Enough Said
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie 2:00 PM Gigi 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie 8:00 PM West Side Story	9:30 AM *Healthy Learning Lecture (MR) 10:00 AM Movement (MR) 11:00 AM Music & Lyrics (SH) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM Perspectives (TV) 1:30 PM Balance (MR) 2:00 PM Bingo (SH) 3:00 PM Amazing Animals with Matt Felperin (SH) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (SH) 12:00 PM Noon News 1:00 PM *Game Time (MR) 1:00 PM Current Events (TV) 2:00 PM *Culinary Explorations (#4) 3:00 PM New Resident Wine and Cheese (Activity Room 4) 4:00 PM Iris Music Project-Helaine Performance (SH) 7:00 PM Noon News 8:00 PM Tuesday Night Movie	9:30 AM *Meditation & Mindfulness (TV Channels 975 and 8) 10:00 AM FLU SHOTS TODAY (Residents apartments 10A-3P) 10:00 AM Movement (TV Channels 975 and 8) 11:00 AM Classical Music (TV Channels 975 and 8) 12:00 PM Town Hall 1:00 PM Chair Yoga (TV Channels 975 and 8) 1:30 PM Balance (TV Channels 975 and 8) 2:00 PM Sports Discussion (TV Channels 975 & 8) 3:30 PM The Matt Daniels Band (SH) 8:00 PM Wednesday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Iris Music Project-Helaine Performance 11:00 AM Art with Carol (Terrace Art Room) 12:00 PM Noon News 1:00 PM *Writing & Reciting (SH) 1:00 PM Novelty Ice Cream Thursdays (NL) 2:00 PM Bingo (SH) 3:00 PM *Trivial Pursuit Reveal (MR) 3:00 PM Hadassah Meeting (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie (NL) 1:00 PM Happy Hour (NL) 1:30 PM Balance (MR) 2:00 PM *Chef Chili Cookoff (SH) 3:00 PM Iris Music Project (SH) 4:15 PM *Shabbat Services (MR) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Shabbat Services w/ Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Guitarist Vladimir Fridman (SH) 2:00 PM Sundae's with Simone (SH) 2:00 PM Sunday Afternoon Movie 3:30 PM Game Time! (SH) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie	9:30 AM *Healthy Learning Lecture (MR) 10:00 AM Movement (MR) 11:00 AM Music & Lyrics (SH) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM Perspectives (TV) 1:30 PM Balance (MR) 2:00 PM Bingo (SH) 3:00 PM Musical Performance by Jesse Palidofsky (SH) 4:00 PM Great Courses 4:00 PM Short Story Group (TV) 7:00 PM Noon News 8:00 PM Monday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (SH) 12:00 PM Noon News 1:00 PM *Game Time (MR) 1:00 PM Current Events (TV) 2:00 PM *Simple & Sweet with Simone (MR) 3:00 PM Iris Music Project (SH) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Tuesday Night Movie	9:30 AM *Meditation & Mindfulness (MR) 10:00 AM Movement (MR) 11:00 AM Art with Martina (Terrace Art Room) 11:00 AM Classical Music (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM Giant 1:30 PM Balance (MR) 2:00 PM Opera/Ballet Club 2:00 PM Sports Discussion (MR) 3:00 PM Highlights of American Jewish History with Herb Rosenblum (MR) 7:00 PM Noon News 8:00 PM Wednesday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Iris Music Project 12:00 PM Noon News 1:00 PM *Writing & Reciting (SH) 1:00 PM Novelty Ice Cream Thursdays (NL) 2:00 PM Bingo (SH) 3:30 PM *Keyboardist & Singer Bob Clark (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie (NL) 1:00 PM Happy Hour (NL) 1:30 PM Balance (MR) 2:00 PM *Trivia Reveal (SH) 3:00 PM Iris Music Project (SH) 4:15 PM *Shabbat Services (MR) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Shabbat Services w/ Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie 4:00 PM Julie Mack Musical Performance (NL) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie	9:30 AM *Healthy Learning Lecture (TV Channels 975 and 8) 10:00 AM FLU SHOTS TODAY (Residents apartments 10A-3P) 10:00 AM Movement (TV Channels 975 and 8) 11:00 AM Music & Lyrics (TV Channels 975 & 8) 12:00 PM Noon News 1:00 PM Chair Yoga (TV Channels 975 and 8) 1:30 PM Balance (TV Channels 975 and 8) 2:00 PM Bingo (TV Channels 975 and 8) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (SH) 12:00 PM Noon News 1:00 PM *Game Time (MR) 1:00 PM Current Events (TV) 2:00 PM *Culinary Explorations (#4) 3:00 PM Iris Music Project (SH) 4:00 PM *Ring House Road Show (SH) 7:00 PM Noon News 8:00 PM Tuesday Night Movie	9:30 AM *Meditation & Mindfulness (MR) 10:00 AM Movement (MR) 11:00 AM Classical Music (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Opera/Ballet Club 2:00 PM Sports Discussion (MR) 3:00 PM Highlights of American Jewish History with Herb Rosenblum (MR) 7:00 PM Noon News 8:00 PM Wednesday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Iris Music Project 11:00 AM Art with Carol (Terrace Art Room) 12:00 PM Noon News 1:00 PM *Writing & Reciting and National Chocolate Day (SH) 1:00 PM Novelty Ice Cream Thursdays (NL) 2:00 PM Bingo (SH) 3:00 PM *Jewish Art Education Lecture (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie (NL) 1:00 PM Happy Hour (NL) 1:30 PM Balance (MR) 2:00 PM *Trivia Reveal (MR) 3:00 PM Iris Music Project (SH) 4:15 PM *Shabbat Services (MR) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Shabbat Services w/ Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie
9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie 3:00 PM Fall Festival with Jazz Music (Outdoors & SH) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie	<b>LOCATION KEY</b> #4 - Activity Room #4 MR - Meeting Room NL - North Lobby	SH - Social Hall SL - South Lobby TART - Terrace Art Studio TV - TV Room				

# October 2021

Ring House Activities  
Gabe Pinkney #301-816-7726

