

## Ring House Highlights 07/19/21-07/25/21

**Please remember to wear a face mask at all times when you are inside the Ring House community. Everyone who spends time in our community is required to wear masks. Please wash your hands regularly and use hand sanitizer. Thank you for helping to keep our community safe!**

All residents are encouraged to have breakfast and dinner in the dining room.

**Dining Room:** Breakfast is served from 8 AM-10 AM.

Dinner served from 5 PM-8 PM (in two shifts 5 PM-6:15 PM and 6:30 PM-8 PM).

Residents can order meals to be delivered or for pickup by calling 301-816-5030.

**Delivery or Pickup Breakfast-**please call the day before or between 7 AM-8 AM the day of

**Delivery or Pickup Dinner-**please call to place an order between 7 AM-3 PM

Residents will be charged \$5 per meal for each meal that is delivered to their apartments.

Residents will be charged \$2.50 per meal for each Breakfast/Dinner meal they pick up from the café.

Café Pickup times for Breakfast: 8 AM-9 AM. Café Pickup times for Dinner: 5 PM-6 PM.

Breakfast Delivery: 8 AM-9 AM. Dinner Delivery: 5 PM-6 PM.

The Café is open for lunch offerings from 12 PM-2 PM. Café is located on the lobby level.

Culinary Explorations is in Activity Room 4. Residents can come there or watch on TV Channels 975/8.

Simple and Sweet can be watched on TV Channels 975/8.

Pickup of food for Culinary Explorations, Simple & Sweet, and Happy Hours will be in the North Lobby.

**Our game room (activity room 2) is open! This is a resident run activity. 4 people maximum to a table.**

**Masks are required. Please wash your hands both before and after you spend time in the game room.**

**The Game Room is available at all times, but here are some scheduled days/times for resident run games in Activity Room 2 (you can use other activity rooms if they are open)**

**Mah Jongg:** (Experienced Players) Tuesdays & Thursdays at 1 PM

**Mah Jongg:** (All players welcome) Wednesdays and Fridays at 1 PM

**Bridge:** (All Players welcome) Thursdays, Saturdays and Sundays at 1 PM

**Canasta:** (Experienced Players) Tuesdays at 1 PM and Saturdays at 1 PM

Wednesday, July 21: Ted Kanefield shares about his Olympics experiences 2 PM Meeting Room

Thursday July 22 Visual Art with Martina: Claude Monet inspired watercolors 1 PM in the Terrace Art Room (space is limited-please tell Gabe if you are interested in attending)

Thursday July 22 Jewish Art Education Lecture: Art of Marc Chagall: The Early Years 3 PM Meeting Room

Ring House has celebrated the Olympics throughout the month of July through our lifestyle and leisure programs. We will culminate this celebration with our Ring House Olympics on Friday, July 23<sup>rd</sup>. The event will begin at 10 AM and feature an opening ceremony with live music. The competition heats up when residents and staff compete in such events as ring toss, bowling, bocce, cornhole, and a dance competition! You don't have to compete to join in the fun, as residents are invited to serve on our judges panel or can just cheer on our community! Some events will be held outdoors in the Ring House front parking lot, while others will take place inside our north lobby. A special lunch will be served to residents from 12:30-2:30 PM in the dining room. Some items on the menu include tasty barbeque chicken, hamburgers, beyond burgers, grilled corn on the cob, vegetables, refreshing frozen peach bellini's, strawberry lemonade, and delicious funnel cake and Italian ice slushies.

## Schedule of Activities & Small Groups 07/19/21-07/25/21

**-Mask Wearing and Hand Washing Are Always Required**

**-GAME ROOM (Activity Room #2) 4 people to a card table**

**KEY**

**Bold: Small Groups** \*: Hybrid (stream on Touchtown Ch 975/8 & Small Group)

**MR:** Meeting Room

**#1:** Activity Room #1

**#2:** Activity Room #2

**#3:** Activity Room #3

**#4:** Activity Room #4

**SH:** Social Hall    **TV:** TV Room

**TART:** Terrace Art Studio

**TG:** Terrace Garden

**DR:** Dining Room

**NL:** North Lobby (Juke Box)

**SL:** South Lobby (Fish Tanks)

**Bold – Small Group**

**\* – Hybrid (Small Group & Streaming on TV Channels 975 & 8)**

### Monday, July 19, 2021

9:30 AM:	Healthy Learning Lecture: Environmental Health (TV 975/8)
10:00 AM:	Movement with Melissa (TV 975/8)
<b>11:00 AM:</b>	<b>Music &amp; Lyrics (Social Hall)</b>
12:00 PM:	Noon News
1:00 PM:	Chair Yoga on TV (TV 975/8)
<b>1:00 PM:</b>	<b>Theatre J: Creating a Play (TG- Outdoors-Committed Residents who signed up only)</b>
<b>2:00 PM:</b>	<b>Bingo (SOCIAL HALL)</b>
<b>3:00 PM:</b>	<b>Adventures in Visual Art: Olympics (TART)</b>
4:00 PM:	Great Courses: Churchill (Lectures 15&16)
7:00 PM:	Noon News
8:00 PM:	Monday Night Movie: "Love Actually"

### Tuesday, July 20, 2021

9:00 AM:	Fun Finds at 9 (Ch 975 & 8)
10:00 AM:	Movement with Melissa (Ch 975 & 8)
<b>10:15 AM:</b>	<b>Open Rehearsal Iris Music Trio (NL)</b>
12:00 PM:	Noon News
<b>1:00 PM:</b>	<b>*Game Time (MR &amp; Channels 975/8)</b>
<b>2:00 PM:</b>	<b>*Culinary Explorations (Activity Room 4 &amp; Channels 975/8, pick up sample in North Lobby)</b>
<b>3:00 PM:</b>	<b>Olympics Music with Lauren (MR)</b>

4:00 PM: Great Courses: Beginnings of Judaism  
(Lectures 1&2)  
7:00 PM: Noon News  
8:00 PM: Tuesday Night Movie: "Dumplin"

### Wednesday, July 21, 2021

9:30 AM: Mindfulness & Meditation with  
Melissa: Breath Control (TV 975/8)  
10:00 AM: Movement with Melissa (TV 975/8)  
11:00 AM: Iris Music Project (TV Channels 975/8)  
12:00 PM: Noon News  
1:00 PM: Chair Yoga on TV (TV 975/8)  
2:00 PM: Opera Club: Tosca (Channels 975/8)  
**2:00 PM: Sports Discussion: Resident Ted  
Kanefield shares about his Senior  
Olympics experiences (Meeting  
Room)**  
7:00 PM: Noon News  
8:00 PM: Wednesday Night Movie: "Silver  
Linings Playbook"

### Thursday, July 22, 2021

9:00 AM: Fun Finds at 9 (Channels 975/8)  
10:00 AM: Movement with Melissa (Ch 975/8)  
11:00 AM: Olympic Games in 8<sup>th</sup> Century BC (TV  
975/8)  
12:00 PM: Noon News  
**1:00 PM: Visual Art-Claude Monet Inspired  
Watercolors with Martina-must sign  
up with Gabe ahead of time-space is  
limited (TART)**  
**1:00 PM: Happy Hour Ice Cream: North Lobby**  
**2:00 PM: Bingo (Social Hall)**  
**3:00 PM: \*Jewish Art Education Lecture: Art of  
Marc Chagall: The Early Years (Social  
Hall)**  
4:00 PM: The Queen's Gambit (Episode 6)  
7:00 PM: Noon News  
8:00 PM: Thursday Night Movie: "Rose Island"

## Friday, July 23, 2021

9:00 AM:	Fun Finds at 9 (Channels 975/8)
<b>10:00 AM:</b>	<b>Ring House Olympics (Front Parking Lot and North Lobby)</b>
<b>12:30 PM-2:30 PM:</b>	<b>Special Olympics Lunch-Dining Room</b>
<b>3:00 PM:</b>	<b>*Trivial Pursuit Reveal (MR)</b>
<b>3:00 PM:</b>	<b>Perspectives with Julie (TV)</b>
<b>4:00 PM:</b>	<b>Current Events with Julie (TV)</b>
<b>4:15 PM:</b>	<b>*Shabbat Services (DR &amp; Ch 975 &amp; 8)</b>
6:00 PM:	Shabbat Services w/ Rabbah Arlene (channel 975 & 8)
7:00 PM:	Noon News
8:00 PM:	Friday Night Movie: "He walked through the fields"

## Saturday, July 24, 2021

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement with Melissa
11:00 AM:	Shabbat Services w/ Rabbi Mark Raphael
1:00 PM:	Virtual Explorations
2:00 PM:	Saturday Afternoon Movie: "Charlie Chan at the Olympics"
4:00 PM:	Seated Chair Exercise
8:00 PM:	Saturday Night Movie: "Nomadland"

## Sunday, July 25, 2021

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement with Melissa
1:00 PM:	Virtual Explorations
2:00 PM:	Sunday Afternoon Movie: "Hans Christian Andersen"
4:00 PM:	Seated Chair Exercise
8:00 PM:	Sunday Night Movie: "Eddie the Eagle"

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## Movies

**8:00 PM Monday July 19th: "Love Actually" (2003) R/2 hours 14 min/Romance** Love is all around and so is heartbreak as multiple couples navigate romance, family, weddings and airports at Christmastime.

**9:00 PM Tuesday July 20th: "Dumplin'" (2018) PG-13/1 hour 50 min/Comedy** To prove a pint about fitting in, Texas teen Willowdean Dickson enters a local pageant run by her ex-beauty queen mom.

**8:00 PM Wednesday July 21st: "Silver Linings Playbook" (2012) R/2 hours 2 min/Drama** A man with bipolar disorder moves home with his parents and makes a connection with a spirited widow, which helps both of them heal. Starring Bradley Cooper, Jennifer Lawrence, and Robert De Niro.

**8:00 PM Thursday July 22<sup>nd</sup>: "Rose Island" (2020) PG-13/1 hr 58 min/Drama** An idealistic engineer builds his own island off the coast of Italy and declares it a nation, drawing the attention of the world and the government. Based on a true story.

**8:00 PM Friday July 23rd: "He Walked Through the Fields" (1967) NR/1 hour 33 min/Israeli** A kibbutznik is torn between his new love, a Holocaust survivor, and his duty as a member of the Palmach-a military arm of the Hagana. Donation of Dr. Dvoretzky.

**2:00 PM Saturday July 24th: "Charlie Chan at the Olympics" (1937) NR/1 hr 11 min/Olympics** When a strategically important new aerial guidance system is stolen, Charlie traces it to the Berlin Olympics, where he has to battle spies and enemy agents to retrieve it.

**8:00 PM Saturday July 24th: "Nomadland" (2020) R/1 hr 48 min/Drama** A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Won academy awards for best picture, director, and actress.

**2:00 PM Sunday July 25th: "Hans Christian Andersen" (1952) NR/1 hr 50 min/Music** A great storyteller Hans Christian Andersen-a fairy tale about the great spinner of story tales.

**9:00 PM Sunday July 25th: "Eddie the Eagle" (2015) PG-13/1 hr 46 min/Olympics** The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics.