

Ring House Highlights 07/26/21-08/01/21

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

Tuesday, July 27: Concert with Helaine and JiYoung, "Love in the Age of COVID" 3 PM in the Social Hall

Tuesday July 27: Ring House Road Show 4 PM in the Social Hall

Wednesday July 28: Comedian Missy Hall 2 PM in the Social Hall

Sunday August 1: Chug Ivri (Hebrew Club) led by Ruth Birnbaum 11:30 AM in Activity Room 1

Schedule of Activities & Small Groups 07/26/21-08/01/21

-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 26, 2021

9:30 AM:	Healthy Learning Lecture: Social Isolation (Meeting Room)
10:00 AM:	Movement with Melissa (Meeting Room)
11:00 AM:	Music 101 with JiYoung: Broadway Tunes (Social Hall)
12:00 PM:	Noon News
1:00 PM:	Chair Yoga with Melissa (Meeting Room)
1:00 PM:	Theatre J: Creating a Play (TG-Outdoors-Committed Residents who signed up only)
1:30 PM:	Balance with Melissa (MR)
2:00 PM:	Bingo (SOCIAL HALL)
3:00 PM:	Adventures in Visual Art (TART)
4:00 PM:	Great Courses: Churchill (Lectures 17&18)
7:00 PM:	Noon News
8:00 PM:	Monday Night Movie: "Mother's Day"

Tuesday, July 27, 2021

9:00 AM:	Fun Finds at 9 (Ch 975 & 8)
10:00 AM:	Movement with Melissa (Ch 975 & 8)
12:00 PM:	Noon News
1:00 PM:	*Game Time (MR & Channels 975/8)

2:00 PM: Simple & Sweet with Simone (TV 975/8, pick up in North Lobby)

3:00 PM: Concert with Helaine & JiYoung: "Love in the Age of COVID" (Social Hall)

4:00 PM: *Ring House Road Show (Social Hall & TV 975/8)

7:00 PM: Noon News

8:00 PM: Tuesday Night Movie: "Memoirs of a Geisha"

Wednesday, July 28, 2021

9:30 AM: Mindfulness & Meditation with Melissa: Declutter your life (Meeting Room)

10:00 AM: Movement with Melissa (Meeting Room)

11:00 AM: Iris Music Project (TV Channels 975/8)

12:00 PM: Noon News

1:00 PM: Chair Yoga with Melissa (Meeting Room)

1:30 PM: Balance with Melissa (Meeting Room)

2:00 PM: *Comedian Missy Hall (Social Hall)

3:00 PM: Sports Discussion (Social Hall)

3:00 PM: Ballet Club: Fonteyn and Nureyev (TV 975/8)

7:00 PM: Noon News

8:00 PM: Wednesday Night Movie: "State of Play"

Thursday, July 29, 2021

9:00 AM: Fun Finds at 9 (Channels 975/8)

10:00 AM: Movement with Melissa (Ch 975/8)

12:00 PM: Noon News

1:00 PM: *Writing & Reciting (Social Hall)

1:00 PM: Happy Hour Ice Cream: North Lobby

2:00 PM: Bingo (Social Hall)

3:00 PM: Ring House Rewind: Ted Kanefield racquetball talk (only on TV 975/8)

4:00 PM: The Queen's Gambit (Episode 7-Series Finale)

7:00 PM: Noon News

8:00 PM: Thursday Night Movie: "The Book of Henry"

Friday, July 30, 2021

9:00 AM: Fun Finds at 9 (Channels 975/8)
10:00 AM: Movement with Melissa (Meeting Room)
11:00 AM: Outdoor Walks with Melissa (SL)
12:00 PM: Noon News
1:00 PM: *Dancing with Bernie (NL)
1:00 PM: Happy Hour (NL)
1:00 PM: Chair Yoga with Melissa (MR)
1:30 PM: Balance with Melissa (MR)
2:00 PM: Brain Games (#4)
3:00 PM: *Trivial Pursuit Reveal (MR)
3:00 PM: Perspectives with Julie (TV)
4:00 PM: Current Events with Julie (TV)
4:15 PM: *Shabbat Services (DR & Ch 975 & 8)
6:00 PM: Shabbat Services w/ Rabbah Arlene (channel 975 & 8)
7:00 PM: Noon News
8:00 PM: Friday Night Movie: "Rock the Kasbah"

Saturday, July 31, 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: "Miracle"
4:00 PM: Seated Chair Exercise
8:00 PM: Saturday Night Movie: "Drumline"

Sunday, August 1, 2021

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement with Melissa
11:30 AM:	Chug Ivri (Resident Run Hebrew Club)- Activity Room 1
1:00 PM:	Virtual Explorations
2:00 PM:	Sunday Afternoon Movie: "A Prairie Home Companion"
4:00 PM:	Seated Chair Exercise
8:00 PM:	Sunday Night Movie: "Pretty Woman"

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Movies

8:00 PM Monday July 26th: "Mother's Day" (2016) PG-13/1 hour 58 min/Comedy _____ The trials and tribulations of several Atlanta moms (and one clueless widower dad) make it a Mother's Day to remember in this ensemble comedy.

8:00 PM Tuesday July 27th: "Memoirs of a Geisha" (2005) PG-13/2 hours 25 min/Drama Sold to a geisha house as a child, a fisherman's daughter becomes the most sought-after geisha in Kyoto, but rivalries threaten the destiny she desires.

8:00 PM Wednesday July 28th: "State of Play" (2009) PG-13/2 hours 7 min/Drama A veteran journalist teams up with a young reporter to untangle a web of lies surrounding the suspicious death of a woman tied to a powerful politician.

8:00 PM Thursday July 29th: "The Book of Henry" (2017) PG-13/1 hr 44 min/Drama An 11-year-old vows to help a new neighbor who he suspects is in danger, and documents his efforts in a series of written entries and audio recordings.

8:00 PM Friday July 30th: "Rock the Kasbah" (2015) R/1 hour 45 min/Drama When a has-been music producer gets stuck in Afghanistan he discovers a girl with a wonderful voice, then has to find a way to market her talents.

2:00 PM Saturday July 31st: "Miracle" (2004) PG/2 hr 15 min/Olympics The true story of Herb Brooks, the player-turned-coach who led the 1980 Olympic hockey team to victory over the seemingly invincible Soviet squad.

8:00 PM Saturday July 31st: "Drumline" (2002) PG-13/1 hr 58 min/Drama A band director recruits a Harlem street drummer to play on the drumline in his university band.

2:00 PM Sunday August 1st: "A Prairie Home Companion" (2006) PG-13/1 hr 45 min/Music A magical, fictional account of A Prairie Home Companion's last radio show. Starring Woody Harrelson, Tommy Lee Jones, Garrison Keillor, and Meryl Streep.

8:00 PM Sunday August 1st: "Pretty Woman" (1990) R/1 hr 59 min/Romance A man in a legal but hurtful business (Richard Gere) needs an escort (Julia Roberts) for some social events, who he ends up falling in love with.