



### Ring House Highlights 1/17/22-1/23/22

**The dining room is open. Breakfast served from 8AM-10 AM. Dinner is served with two seatings. First seating is at 4:30 PM. The second seating is at 6 PM. Please do your best to be far apart and social distance as you wait to enter the dining room. We encourage residents to arrive at 4:15 PM to wait outside the dining room if they are coming to the 4:30 PM seating and to arrive at 5:45 PM to wait outside dining room if they are coming to the 6 PM seating.**

#### New Changes to Rooms for Programming

Out of an abundance of caution to protect our community from COVID-19, we are limiting the maximum number of people per room for our activities. First come, first serve.

**Activity Rooms 1,2,3,4, TV Room and Art Room:** 10 maximum participants (including facilitators)

**Meeting Room:** 30 maximum participates (including facilitators)

**Social Hall:** 50 maximum participate (including facilitators) Thank you for your cooperation and your patience.

Monday January 17

11 AM Social Hall: Music and Lyrics: Protest Music for MLK Day

3 PM in Social Hall Tu Bishvat Program with Rabbi

Tuesday January 18 3 PM Social Hall: celebrating Betty White with Bernie and Joanna

Wednesday January 19 2 PM only on TV channels 975/8: Visiting Jewish Scholar Series

Thursday January 20 3 PM Keyboardist and Singer Bob Clark

You can interact with us for some programs via zoom. If a program has a \* next to it, you may join via ZOOM

Zoom Meeting ID: 240 150 0041

Zoom Passcode: 12345

If you join us by zoom, please turn your TV volume all the way down so audio feedback does not occur

## Schedule for 1/17/22-1/23/22

If a program is in **Bold**, it will be held in person

If a program has a \*, you may join via ZOOM

Zoom Meeting ID: 240 150 0041

Zoom Passcode: 12345

**If you join us by zoom, please turn your TV volume all the way down so audio feedback does not occur**

Monday, January 17, 2022

<b>9:30 AM:</b>	<b>Blood Pressure Checks (Wellness Center)</b>
<b>10:00 AM:</b>	<b>Movement (MR)</b>
<b>10:30 AM:</b>	<b>Adventures in Visual Art- Painting mountains (Terrace Art Room)</b>
<b>11:00 AM:</b>	<b>*Healthy Learning Lecture (MR)</b>
<b>11:00 AM:</b>	<b>Music &amp; Lyrics- Protest Music in honor of MLK Day</b>
12:00 PM:	Noon News (TV Channels 975 & 8)
<b>1:00 PM:</b>	<b>Chair Yoga (MR)</b>
<b>1:00 PM:</b>	<b>Perspectives (TV Room)</b>
<b>1:30 PM:</b>	<b>Balance (MR)</b>
<b>2:00 PM:</b>	<b>Bingo (SH)</b>
<b>3:00 PM:</b>	<b>Tu Bishvat Program (SH)</b>
4:00 PM:	Great Courses: The Holy Land Revealed (Lecture 29) (TV 975/8)
7:00 PM:	Noon News
8:00 PM:	Monday Night Movie: "Willy Wonka and the Chocolate Factory"

Tuesday, January 18, 2022- Wear Polka Dots Day

9:00 AM:	Fun Finds at 9 (TV 975/8)
10:00 AM:	Movement (TV 975/8)
<b>10:15 AM</b>	<b>Iris Music Project: With JiYoung &amp; Joanna (MR)</b>
12:00 PM:	Noon News (TV 975/8)
<b>1:00 PM:</b>	<b>Game Time: Ping Pong for Olympic training (#3)</b>
<b>1:00 PM:</b>	<b>Current Events (TV Room)</b>
<b>2:00 PM:</b>	<b>Culinary Explorations (#4 and on TV 975/8) (Pick up Sample in North Lobby)</b>
<b>3:00 PM:</b>	<b>Iris Music Project- celebrating Betty White with Bernie and Joanna (SH)</b>

4:00 PM: Great Courses: Beginnings of Judaism  
(Lecture 23) (TV 975/8)  
7:00 PM: Noon News  
**7:30 PM: Music with Lauren and Ryan (MR)**  
8:00 PM: Tuesday Night Movie: "Annie"

## Wednesday, January 19, 2022

**9:30 AM: Blood Pressure Checks (Wellness Center)**  
**10:00 AM: Movement (MR)**  
11:00 AM Guided meditation (TV 975/8)  
**11:00 AM: Adventure in Visual Art- decorating wooden butterflies. (Terrace Art Room)**  
12:00 PM: Noon News  
**1:00 PM: Dance Fitness (Meeting Room)**  
**1:30 PM: Balance (Meeting Room)**  
**2:00 PM: Visiting Jewish Scholars Series (only on TV 975 & 8)**  
**3:00 PM: Traveling in Place (SH)**  
7:00 PM: Noon News  
8:00 PM: Opera Club: "Aida" TV Channels 975 & 8

## Thursday, January 20, 2022

9:00 AM: Fun Finds at 9 (TV 975/8)  
10:00 AM: Movement (TV 975/8)  
**11:00 AM: Iris Music Project: Folk Songs (SH)**  
12:00 PM: Noon News  
**1:00 PM: Writing & Reciting-Year Life Stories-middle Age (Social Hall & TV Channels 975 & 8)**  
**1:00 PM: Ice Cream Thursday (NL)**  
**2:00 PM: Bingo (SH)**  
**2:00 PM: Chug Ivri- Hebrew Club (TV Room)**  
**3:00 PM: Svetlana's Russian Speakers Group (#3)**  
**3:00 PM: Keyboardist & Singer Bob Clark (SH)**  
7:00 PM: Noon News  
8:00 PM: Thursday Night Movie: "Free Willy"

## Friday, January 21, 2022

9:00 AM:	Fun Finds at 9
<b>10:00 AM:</b>	<b>Movement (MR)</b>
<b>11:00 AM:</b>	<b>Indoor Walks (SL)</b>
12:00 PM:	Noon News
<b>1:00 PM:</b>	<b>Chair Yoga (MR)</b>
<b>1:00 PM:</b>	<b>Dancing with Bernie &amp; Happy Hour (Hot Toddies with Simone) (NL &amp; TV 975/8)</b>
<b>1:30 PM:</b>	<b>Cardio Kickboxing (MR)</b>
<b>2:00 PM:</b>	<b>Trivia Reveal (SH &amp; TV 975/8)</b>
<b>3:00 PM:</b>	<b>Iris Music Project-Exploring Jewish Music: Debbie Friedman (SH)</b>
<b>4:15 PM:</b>	<b>Shabbat Services (MR &amp; TV 975 &amp; 8)</b>
6:00 PM:	Shabbat Services (TV 975 & 8)
7:00 PM:	Noon News
7:50 PM:	Shabbat Services (TV 975 & 8)
8:30 PM:	Friday Night Movie: "Under the Eiffel Tower"

## Saturday, January 22, 2022

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement
<b>10:30 AM:</b>	<b>Shabbat Services (Meeting Room)</b>
1:00 PM:	Virtual Explorations
2:00 PM:	Saturday Afternoon Movie: "March of the Penguins"
4:00 PM:	Seated Chair Exercise
8:00 PM:	Saturday Night Movie: "Mona Lisa Smile"

## Sunday, January 23, 2022

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement
<b>11:00 AM:</b>	<b>Gardening Club: Create your Own Microgreen Plant (Terrace Art Rom)</b>

<b>12:30 PM:</b>	<b>Adventures in Visual Art- Sunset/Sunrise paintings. (Terrace Art Room)</b>
<b>1:00 PM:</b>	<b>Sundae's With Simone (NL)</b>
1:00 PM:	Virtual Explorations
2:00 PM:	Sunday Afternoon Movie: "Swing Time"
<b>2:00 PM:</b>	<b>Game Time: Target Throw (SH)</b>
4:00 PM:	Seated Chair Exercise: Yoga (TV 975/8)
8:00 PM:	Sunday Night Movie: "Rat Race"

### Movies

**8:00 PM Monday January 17<sup>th</sup> "Willy Wonka and the Chocolate Factory"** 1971 G/1h40m A poor but hopeful boy seeks one of the five coveted golden tickets that will send him on a tour of Willy Wonka's mysterious chocolate factory.

**8:00 PM Tuesday January 18<sup>th</sup> "Annie"** 1982 PG/2h 7m A spunky young orphan is taken in by a rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage.

**8:00 PM Wednesday January 19<sup>th</sup> "Aida"** 2018 Soprano Anna Netrebko, one of her generation's most compelling artists, take on the title role the first time at the Met, going toe to toe with powerhouse mezzo-soprano Anita Rachvelishvili as her rival, the conniving princess Ammeris. Tenor Aleksandrs Antonenko is Radames, the warrior that both women love, and Quinn Kelsey lends his robust baritone to Aida's father, the fallen king Amanasro.

**8:00 PM Thursday January 20<sup>th</sup> "Free Willy"** 1993 PF/1h 52m When a boy learns that a beloved killer whale is to be killed by the aquarium owners, the boy risks everything to free the whale.

**8:30 PM Friday January 21<sup>st</sup> "Under the Eiffel Tower"** 2018 Not Rated/ 1h 27m Stuart is having a mid-life crisis. Desperate for something more in life, he tags along on his best friend's family vacation to Paris.

**2:00 PM Saturday January 22<sup>nd</sup> "March of the Penguins"** 2005 G/1h 20m In the Antarctic, every March since the beginning of time, the quest begins to find the perfect mate and start a family.

**8:00 PM Saturday January 22<sup>nd</sup> "Mona Lisa Smile"** 2003 Pg-13/1h 57m A free-thinking art professor teaches conservative 1950s Wellesley girls to question their traditional social roles.

**2:00 PM Sunday January 23<sup>rd</sup> "Swing Time"** 1936 Not Rated/1h 43m Roguish gambler/dancer 'Lucky' Garnett is challenged by his fiancé's father to come up with 25,000 to prove he's worthy of her hand.

**8:00 PM Sunday January 23<sup>rd</sup> “Rat Race”** 2001 PG-13/ 1h 52m A Las Vegas casino magnate, determine to find a new avenue for wagering, set up a race for money.

### **Ways to join virtual activities (ZOOM)**

These steps can be used to join in the discussion for Ring House Activities that are listed with a \* next to them on the highlights packet. All programs can be viewed on TV Channels 975 and 8.

#### **TO JOIN ZOOM WITH BOTH VIDEO & AUDIO (Using your Computer, Tablet, or Smart Phone)**

1. Turn on computer, tablet, or smartphone
2. Go to your email and select the email with the subject “RING HOUSE ACTIVITIES ZOOM LINK”
3. Select or click the blue link underneath the words “join zoom meeting”
  - If you are using a computer, a new window will appear after clicking the blue link
  - Select blue option “launch meeting” and elect white or blue option that says “open zoom meetings”
4. Select or click blue option “join with video”
5. Then select “call using internet audio” or “join internet audio”
6. Please wait for the host to let you into the meeting
- 7. Please make sure you mute your TV by turning your volume off so you won’t hear an echo**

\*If you would like to leave the meeting at any time, select the red option “leave” —

**Computer:** bottom right corner

**Tablet:** top left corner

**Phone:** tap middle of screen & then use red option “leave” on top right corner

**TO JOIN ZOOM WITH JUST AUDIO (For Landline phones ONLY)**

1. Using your landline, dial 1-301- 715- 8592
2. Enter your Meeting ID: 240 150 0041 then press #
3. Press # again
4. Enter meeting passcode: 12345 #
5. You will hear music, which means you are entering the zoom link
6. Lifestyle & Leisure Team will prompt you to unmute yourself when we call your name by pressing \*6
7. **Please make sure you mute your TV by turning your volume off so you won't hear an echo**

**TO JOIN ZOOM WITH JUST AUDIO (For Smart Phone use ONLY)**

1. Turn on your smart phone
2. Go to your email and select the email with the subject "RING HOUSE ACTIVITIES ZOOM LINK"
3. Press blue phone number link that is directly under "One tap mobile"
4. Press the option on the bottom of your phone screen that says "call 301..."
5. Press the circle option above the word "speaker"
6. When the host prompts you to unmute your microphone, press the circle option above "keypad" and then press \*6
7. To hang up, press the red button on the bottom middle of your screen
8. **Please make sure you mute your TV by turning your volume off so you won't hear an echo**