

## **Schedule of Programming Streaming on Channel 8 (In-House) or 975 (Comcast)**

### **Monday, January 11, 2021**

- 9:30 AM: Healthy Learning Lecture
- 10:00 AM: Morning Stretch
- 11:10 AM: Iris Music Project: Symphony Club: Mendelssohn's Italian Symphony, hosted by Jiyoung
- 12:00 PM: Noon News
- 12:30 PM: Seated Chair Exercise
- 1:15 PM: Ring House Travelogue Recap & Discussion (Arkansas)
- 2:00 PM: ElderSafe Lecture: Managing the Winter Blues
- 3:00 PM: Bingo with Bernie
- 4:00 PM: Great Courses: Ancient Civilizations (Lectures 3 & 4)
- 7:00 PM: Noon News
- 8:00 PM: Monday Night Movie: "Dolittle"

### **Tuesday, January 12, 2021**

- 9:00 AM: Fun Finds at 9
- 10:00 AM: Seated Chair Exercise
- 11:10 AM: Iris Music Project: Music with Helaine
- 12:00 PM: Noon News
- 1:00 PM: Writing & Reciting
- 2:00 PM: Guided Meditation
- 3:00 PM: Game Time!
- 4:00 PM: PBS "Poldark" (Season 1, Episode 1)
- 4:00 PM: Hallway Hangout: Paper Airplane Competition – Floor 6, Apartments 601-621  
Hallway Hangout: Paper Airplane Competition – Floor 6, Apartments 622-642
- 4:30 PM:
- 7:00 PM: Noon News
- 8:00 PM: Tuesday Night Movie: "The Princess Bride"

### **Wednesday, January 13, 2021**

- 9:00 AM: Wellness Walking Tour
- 10:00 AM: Morning Stretch
- 11:10 AM: Iris Music Project: Open Rehearsal with Lauren, Jiyoung & Abby
- 12:00 PM: Noon News
- 1:15 PM: Seated Chair Exercise

- 2:00 PM: Game Time!
- 3:00 PM: The Kominsky Method
- 4:00 PM: Adventures in Visual Art
- 5:00 PM: Parsha Class
- 7:00 PM: Noon News & Popcorn Night (delivered to resident's apartments)
- 8:00 PM: Wednesday Night Movie: "Friends with Money"

### Thursday, January 14, 2021

- 9:00 AM: Fun Finds at 9
- 10:00 AM: Seated Chair Exercise
- 11:10 AM: Iris Music Project: Music & Meditation with Eva
- 12:00 PM: Noon News
- 1:00 PM: Iris Music Project: Ring House Songbook with Lauren
- 2:00 PM: Great Courses: Great world religions: Judaism (Lectures 1 & 2)
- 2:00 PM: Novelty Ice Cream Thursdays (delivered to resident's apartments)
- 3:15 PM: Adventures in Visual Art
- 4:00 PM: "The Crown" (Season 4, Episode 8)
- 4:00 PM: Hallway Hangout: Paper Airplane Competition – Floor 5, Apartments 501-522
- 4:30 PM: Hallway Hangout: Paper Airplane Competition – Floor 5, Apartments 522-542
- 7:00 PM: Noon News
- 8:00 PM: Thursday Night Movie: "Searching for Bobby Fischer"

### Friday, January 15th, 2021

- 9:00 AM: Fun Finds at 9
- 10:00 AM: Morning Stretch
- 11:10 AM: Iris Music Project: Jewish Music Discussion Group
- 12:00 PM: Noon News
- 12:30 PM: Seated Chair Exercise
- 1:00 PM: Dancing with Bernie
- 2:00 PM: Dance Displays, Demonstrations, & Discussions
- 2:00 PM: Happy Hour: Mini Bagel Appetizers (delivered to resident's apartments)
- 3:00 PM: Technology Tips & Tricks: ZOOM
- 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: "Julie & Julia"

## Saturday, January 16th, 2021

- 9:00 AM: Ring House Travelogue: USA (California)
- 10:00 AM: Seated Chair Exercise
- 11:00 AM: Shabbat Services w/ Rabbi Mark Raphael
- 12:30 PM: Ring House Travelogue: USA (California)
- 2:00 PM: Saturday Afternoon Movie: "Grease"
- 4:00 PM: Yoga with Mary Beth
- 8:00 PM: Saturday Night Movie: "13 Going on 30"

## Sunday, January 17th, 2021

- 9:00 AM: Fun finds at 9
- 10:00 AM: Seated Chair Exercise
- 11:00 AM: Game Time!
- 1:00 PM: Virtual Explorations
- 2:00 PM: Sundae's with Simone: Mocha Ice Cream Cake (Delivered to Resident's Apartments)
- 2:00 PM: Sunday Afternoon Movie: "Sunset Boulevard"
- 8:00 PM: Sunday Night Movie: "Phantom of the Opera"