

INTERACTIVE & LIVE PROGRAMS THAT YOU CAN JOIN THROUGH ZOOM

MEETING ID: 240 150 0041 & PASSCODE: 12345

Monday, January 18, 2021

- 9:30 AM: Healthy Learning Lecture
- 10:00 AM: Morning Stretch
- 11:10 AM: Iris Music Project: Music of the Civil Rights Movement
- 12:00 PM: Noon News
- 12:30 PM: Seated Chair Exercise
- 1:15 PM: ***Ring House Travelogue Recap & Discussion***
- 2:15 PM: ***Adventures in Visual Art***
- 3:00 PM: ***Bingo***
- 4:00 PM: Great Courses: Ancient Civilizations (Lectures 5 & 6)
- 7:00 PM: Noon News
- 8:00 PM: Monday Night Movie: "Bella"

Tuesday, January 19, 2021

- 9:00 AM: ***Fun Finds at 9***
- 10:00 AM: Seated Chair Exercise
- 10:45 AM: Iris Music Project: Music with Jiyoung
- 11:30 AM: Town Hall
- 1:00 PM: ***Culinary Explorations: Root Vegetable Polenta w/ Parsley Pesto***
- 2:00 PM: ***Guided Meditation***
- 3:00 PM: ***Game Time!***
- 4:00 PM: PBS "Poldark" (Season 1, Episode 2)
- 7:00 PM: Noon News
- 8:00 PM: Tuesday Night Movie: "Caddyshack"

Wednesday, January 20, 2021

- 9:00 AM: Wellness Walking Tour
- 10:00 AM: Morning Stretch
- 11:10 AM: Iris Music Project: Open Rehearsal w/Jiyoung, Lauren, Abby
- 12:00 PM: Noon News
- 1:15 PM: ***Ring House Road Show***
- 2:00 PM: Opera Club: "Madame Butterfly" by Puccini
- 5:00 PM: Parsha Class
- 7:00 PM: Noon News & Popcorn Night (delivered to resident's apartments)
- 8:00 PM: Wednesday Night Movie: "Roxanne"

Thursday, January 21, 2021

- 9:00 AM: ***Fun Finds at 9***
- 10:00 AM: Seated Chair Exercise
- 11:10 AM: Iris Music Project: Music & Mediation with Eva
- 12:00 PM: Noon News
- 1:00 PM: Iris Music Project: Drum Circle with Lauren & Ryan
- 2:00 PM: Great Courses: Great Religions – Judaism (Lectures 3 & 4)
- 2:00 PM: Novelty Ice Cream Thursdays: Granola Day (delivered to resident's apartments)
- 3:15 PM: ***Adventures in Visual Art***
- 4:00 PM: "The Crown" (Season 4, Episode 9)
- 7:00 PM: Noon News
- 8:00 PM: Thursday Night Movie: "In Good Company"

Friday, January 22nd, 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
- 2:00 PM: ***Dance Displays, Demonstrations, & Discussions***
- 2:00 PM: Happy Hour (delivered to resident's apartments)
- 3:00 PM: ***Technology Tips & Tricks: ZOOM***
- 4:30 PM & 6:00 PM: Shabbat Services w/Rabbah Arlene
- 7:00 PM: Noon News
- 8:00 PM: Friday Night Movie: "It Could Happen To You"

Saturday, January 23rd, 2021

- 9:00 AM: Ring House Travelogue: USA (Colorado)
- 10:00 AM: Seated Chair Exercise
- 11:00 AM: Shabbat Services w/ Rabbi Mark Raphael
- 12:30 PM: Ring House Travelogue: USA (Colorado)
- 2:00 PM: Saturday Afternoon Movie: "The Object of my Affection"
- 4:00 PM: Yoga with Mary Beth
- 8:00 PM: Saturday Night Movie: "Broadway Danny Rose"

Sunday, January 24th, 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: Peanut Butter Cookies (Delivered to Resident's Apartments)
- 2:00 PM: Sunday Afternoon Movie: "Gypsy"
- 8:00 PM: Sunday Night Movie: "How To Lose A Guy In 10 Days"