

Small Group Activities at Ring House

Ring House's Lifestyle & Leisure Department will be facilitating small group activities. They will be held in Activity Room #4, the Meeting Room, or the Art Room. Attendance is limited to 8-9 participants per session and masks are mandatory.

The events for the coming week are:

- Monday 10/12:** Jewish Trivia with Shirley
(10:30 AM – Meeting Room)
- Monday 10/12:** Bingo with Bernie
(3:00 PM – Activity Room #4)
- Tuesday 10/13:** Teaching Kitchen with Chef Michael: Butternut squash, bulger salad stuffed acorn, date & butternut squash shooter
(11:00 AM, 1:00 PM, & 3:00 PM – Activity Room #4)
- Tuesday 10/13:** Music Committee with Lauren
(1:00 PM – Outside TBD)
- Tuesday 10/13:** Perspectives with Julie
(2:00 PM & 3:00 PM – TV Room)
- Wednesday 10/14:** Fall Scavenger Hunt
(9:00 AM – Fitness Center)
- Wednesday 10/14:** Walking Club with Thierry
(9:15 AM – South Lobby/Fish Tank)
- Wednesday 10/14:** Knitting Club
(11:00 AM – Activity Room #1)
- Wednesday 10/14:** Tune-Up with Thierry: Exercise program with music
(11:00 AM & 1:00 PM – Meeting Room)
- Wednesday 10/14:** Current Events with Julie
(2:00 PM & 3:00 PM – Activity Room #4)
- Thursday 10/15:** Brain Games with Bonnie
(11:00 AM, 1:00 PM & 3:00 PM – Meeting Room)
- Thursday 10/15:** Music & Meditation with Eva
(11:10 AM – Activity Room #4)
- Thursday 10/15:** Drum Circle with Lauren
(1:00 PM – Activity Room #4)
- Friday 10/16:** Tune-Up with Thierry (11:00 AM & 2:00 PM – Meeting Room)
- Friday 10/16:** Book Club with Jamie (3:00 PM – TV Room)
- Friday 10/16:** Russian Class with Svetlana (3:00 PM – Activity Room #4)

You **may** be able to attend **only one** activity a week, depending upon the number of applicants, unless there are cancellations. Participants will be determined by a lottery system. Residents have been given tickets with their apartment numbers printed on them.

There will be a box in the north lobby next to the fire place for each program and each time slot. Place **one** ticket in the designated box for your preferred time for each event. We will do our best to honor your preference. The deadline to submit your lottery ticket is Monday at 12:30 PM. Participants' names will be posted in the glass case in the elevator lobby and on the in-house/Comcast television station by 5:00 PM Monday.

Safety Protocols for Small Group Activities

Ring House has begun to offer small group activities to our residents. We will continue to observe strict safety protocols as long as the coronavirus crisis is still with us. Attendance is restricted to 8 - 9 participants, chosen by lottery. The room is sanitized before and after each session. This includes all tables, chairs, door knobs, etc. Residents must sanitize their hands before entering the room. Masks covering both nose and mouth must be worn at all times. Social distancing (6 feet apart) must be observed when entering or leaving the room. Only one participant is seated per table. The tables have been placed at least 6 feet apart.

Any supplies used will either be disposable or sanitized between sessions.

Sunday, October 11, 2020

9:00 AM:	Soothing Nature Sounds
10:30 AM:	Chair Dance Workout w/Gloria
11:15 AM:	Documentary: "Dolly Parton – Here I Am"
1:00 PM:	Yoga with Mary Beth
2:00 PM:	Sunday Afternoon Movie: "The Notebook"
7:25 PM:	Shabbat Candle Lighting
8:00 PM:	Sunday Night Movie: "Due Date"

Monday, October 12, 2020

9:00 AM:	Soothing Nature Sounds
10:30 AM:	Chair Exercise w/Alexis
11:10 AM:	Symphony Club with Jiyoung
12:00 PM:	Noon News
12:45 PM:	Great Courses Lecture: "Jewish Civilizations-Mohammed to Spinoza" Lectures 4 & 5
2:00 PM:	What's My Line
3:00 PM:	Bingo w/Bernie
4:00 PM:	Yoga with Mary Beth
7:00 PM:	Noon News
8:00 PM:	Monday Night Movie: "The Beatles – Video biography"

Tuesday, October 13, 2020

9:00 AM:	Soothing Nature Sounds
10:30 AM:	Balance Boogie w/Peggy
11:10 AM:	Music of the Caucasus Region with Svetlana & Jiyoung
12:00 PM:	Noon News
1:00 PM:	Science Tuesday: Rockville Center Presents – “Your Future Money as Digital Currency”
2:05 PM:	Yoga with Mary Beth
3:00 PM:	"Shtisel"-Season 2, Episode 9
4:15 PM:	Guided Meditation
7:00 PM:	Noon News
8:00 PM:	Tuesday Night Movie: “28 Days”

Wednesday, October 14, 2020

9:00 AM:	Virtual Visit: American Museum of Natural History
10:30 AM:	Chair Exercise w/Alexis
11:10 AM:	Open Rehearsal with Lauren, Jiyoung, & Ahreum
12:00 PM:	Town Hall
1:10 PM:	Opera Club: “Macbeth” by Verdi
4:00 PM:	Parsha Class
7:00 PM:	Noon News
8:00 PM:	Wednesday Night Movie: “Honeyland”

Thursday, October 15, 2020

9:00 AM:	Soothing Nature Sounds
10:30 AM:	Qi Gong, Tai Chi, Yoga w/Gloria
11:10 AM:	Music & Meditation with Eva
12:00 PM:	Noon News
1:00 PM:	CESLC Presents: “Comforting Mourners During COVID-19”
2:15 PM:	Documentary: “Pick of the Litter”
4:00 PM:	"The Crown"-Season 3, Episode 3
7:00 PM:	Noon News
8:00 PM:	Thursday Night Movie: “All Together Now”

Friday, October 16, 2020

9:00 AM:	Virtual Tour: Venice Beach, CA
10:30 AM:	Chair Workout w/Coach Kozak & Claudia
11:10 AM:	Jewish Music Discussion Group led by Lauren
12:00 PM:	Noon News
1:00 PM:	Dancing w/Bernie
2:00 PM:	Elder Safe Presents: “Scams & Fraud: How to avoid them”
2:00 PM:	Happy Hour
3:00 PM:	Yoga with Mary Beth
4:30 PM:	Shabbat Services w/Rabbah Arlene
6:20 PM:	Shabbat Candle Lighting
7:00 PM:	Noon News
8:00 PM:	Shabbat Services w/Rabbah Arlene

Saturday, October 17, 2020

9:00 AM:	Virtual Tour: Amsterdam Netherlands
10:15 AM:	Kickboxing w/Dara
11:00 AM:	Shabbat Services w/Rabbi Mark Raphael
12:30 PM:	Documentary: "Magic of the Mountains"
2:00 PM:	Saturday Afternoon Movie: "Crazy Rich Asians"
7:15 PM:	Shabbat Candle Lighting
8:00 PM:	Saturday Night Movie: "RBG"