

## Ring House Highlights 10/11/21-10/17/21

Face masks are **REQUIRED** to be worn at all times in the Ring House community. Everyone who spends time in our community is required to wear masks. Masks must be covering both your nose and your mouth at all times. When you speak, please **DO NOT** pull your mask down. Social distancing of at least 6 feet apart is always required. Please wash your hands regularly and use hand sanitizer. 2 people maximum at a time are allowed in the elevator. Please remain patient.

-We are **STRONGLY** discouraging people hanging out in large groups. We are **STRONGLY** discouraging people from going into each others' apartments. All visitors must keep their masks on at all times during their visits.

The dining room has reopened and is at 50 percent capacity for now. Dinner will have open seating from 4:30 PM-8:00 PM. Please remain patient and honor the fact that there is limited space at this time as we are gradually reopening. Please do your best to stand pretty far apart and social distance as you wait to enter the dining room.

**FLU SHOTS:** Oct 13<sup>th</sup> & 25<sup>th</sup> from 10AM-3 PM. Please sign up with the front desk if you are interested. Sign-ups are strongly encouraged to help keep our community healthy.

**PFIZER BOOSTER SHOTS** at Ring House November 1 and November 8. Please sign up with the front desk if you are interested. Shots will be given in residents' rooms (only 1 booster shot needed per person). We strongly encourage residents who have received Pfizer doses to sign up. Please consult your primary care physician if you have questions.

Small group in-person activities resume this week. First come, first serve. 20 people maximum allowed in the meeting room and the social hall. 10 people maximum allowed in the other activity spaces. We appreciate your patience and understanding.

Monday October 11 3 PM: Amazing Animals with Matt Felperin (Social Hall & TV Channels 975/8)

Tuesday October 12 4 PM: Helaine Performance (Social Hall & TV Channels 975/8)

Wednesday October 13: Flu Shots given from 10AM-3 PM in residents' apartments

Wednesday October 13 3:30 PM: The Matt Daniels Band (Social Hall & TV Channels 975/8)

Friday October 15 2 PM: Chef Chili Cookoff (Social Hall & TV Channels 975/8)

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 10/11/21-10/17/21 (first come, first serve for small group activities, some will be shown on TV Channels 975 & 8)**

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

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**Monday, October 11 2021**

<b>9:00 AM:</b>	<b>Healthy Learning Lecture (MR)</b>
<b>10:00 AM:</b>	<b>Movement (MR)</b>
<b>11:00 PM:</b>	<b>Music &amp; Lyrics (SH)</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>Amazing Animals with Matt Felperin (SH &amp; TV Channels 975 &amp; 8)</b>
4:00 PM:	Great Courses: The Holy Land Revealed (Lectures 13&14)
7:00 PM:	Noon News
8:00 PM:	Monday Night Movie: "A Knight's Tale"

**Tuesday, October 12, 2021**

9:00 AM:	Fun Finds at 9
10:00 AM:	Movement
<b>11:00 AM:</b>	<b>Iris Music Project- Open Rehearsal (SH)</b>
12:00 PM:	Noon News
<b>1:00 PM:</b>	<b>Game Time (MR &amp; TV Channels 975 &amp; 8)*</b>
<b>1:00 PM:</b>	<b>Current Events (TV Room)</b>
<b>2:00 PM:</b>	<b>Culinary Explorations (Activity Room 4, TV Channels 975 &amp; 8, grab and go pickup in meeting room)</b>
<b>3:00 PM:</b>	<b>New Resident wine &amp; cheese (activity room 4)</b>
<b>4:00 PM:</b>	<b>Helaine Performance (SH &amp; TV Channels 975 &amp; 8)</b>
7:00 PM:	Noon News

8:00 PM: Tuesday Night Movie: "As Good As it Gets"

Wednesday, October 13, 2021-Flu Shots given today from 10 AM-3 PM. All activities today on TV Channels 975 & 8 except for 3:30 PM

9:30 AM: Mindfulness & Meditation (TV 975/8)  
10:00 AM: Movement (TV 975/8)  
11:00 AM: Classical Music (TV 975/8)  
12:00 PM: Town Hall (TV 975/8)  
1:00 PM: Chair Yoga (TV 975/8)  
1:30 PM: Balance (TV 975/8)  
2:00 PM: Sports Discussion (TV 975/8)\*  
**3:30 PM: The Matt Daniels Band (SH & TV Channels 975 & 8)**  
8:00 PM: Wednesday Night Movie: "Destination Wedding"

Thursday, October 14, 2021

9:00 AM: Fun Finds at 9 (TV 975/8)  
10:00 AM: Movement (TV 975/8)  
11:00 AM: Iris Music Project: Helaine Performance (only on TV Channels 975 & 8)  
**11:00 AM: Art with Carol-must sign up with Gabe in advance, space is limited (Terrace Art)**  
12:00 PM: Noon News  
**1:00 PM: Writing & Reciting (SH & TV Channels 975 & 8)\***  
**1:00 PM: Ice Cream Thursday (NL)**  
**2:00 PM: Bingo (SH)**  
**3:00 PM: Trivia Pursuit Reveal-(MR & TV Channels 975 & 8)\***  
7:00 PM: Noon News  
8:00 PM: Thursday Night Movie: "Diana the Musical"

## Friday, October 15, 2021

9:00 AM:	Fun Finds at 9
<b>10:00 AM:</b>	<b>Movement (MR)</b>
<b>11:00 AM:</b>	<b>Outdoor 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 (NL &amp; TV 975/8)</b>
<b>1:30 PM:</b>	<b>Balance (MR)</b>
<b>2:00 PM:</b>	<b>Chef Chili Cookoff (SH &amp; TV 975/8)</b>
<b>3:00 PM:</b>	<b>Iris Music Project</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
7:55 PM:	Shabbat Services (TV 975 & 8)
8:30 PM:	Friday Night Movie: "RBG"

## Saturday, October 16, 2021

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement
11:00 AM:	Shabbat Services w/ Rabbi Mark Raphael
1:00 PM:	Virtual Explorations
2:00 PM:	Saturday Afternoon Movie: "Mary Poppins"
4:00 PM:	Seated Chair Exercise
8:00 PM:	Saturday Night Movie: "Mary Poppins Returns"

Sunday, October 17, 2021

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement
<b>11:00 AM:</b>	<b>Gardening Club (Terrace Gardens)</b>
<b>12:30 PM:</b>	<b>Adventures in Visual Art: Mosaic Painting (Terrace Art Room)</b>
1:00 PM:	Virtual Explorations
<b>2:00 PM:</b>	<b>Guitarist Vladimir Fridman and Sundae's with Simone (Social Hall)</b>
2:00 PM:	Sunday Afternoon Movie: "Funny Face"
<b>3:30 PM:</b>	<b>Game Time (Social Hall)</b>
4:00 PM:	Seated Chair Exercise
8:00 PM:	Sunday Night Movie: "Crazy, Stupid, Love"

### Movies

**8:00 PM Monday October 11<sup>th</sup>** "A Knight's Tale" 2001/ PG-13 2h 12 min After a young squire finds a way to pass himself off as a bona fide knight, he becomes a jousting champion while romancing an admiring princess. Starring Heath Ledger.

**8:00 PM Tuesday October 12<sup>th</sup>** "As Good As It Gets" 1997 /PG-13 2h 18 min The structured world of a grumpy author crumbles when he's drawn into the lives of his injured neighbor and a stressed-out single mom. Starring Jack Nicholson and Helen Hunt.

**8:00 PM Wednesday October 13<sup>th</sup>** "Destination Wedding" 2018/ R 1h 26 min Sparks fly when two misanthropic singles meet en route to a wedding in California that neither wants to attend. Starring Winona Ryder and Keanu Reeves.

**8:00 PM Thursday October 14<sup>th</sup>** "Diana The Musical" 2021/ PG-13 1h 57 min The dazzling and devastating life of Princess Diana takes center stage in this original musical.

**8:30 PM Friday October 15<sup>th</sup>** "RBG" 2018 /PG 1h 38 min This documentary details Supreme Court Justice Ruth Bader Ginsberg's life and landmark work on women's rights.

**2:00 PM Saturday October 16<sup>th</sup>** "Mary Poppins" 1964/ G 2h 19 min Julie Andrews stars as the practically perfect nanny who revolutionizes the prim and proper Banks family.

**8:00 PM Saturday October 16<sup>th</sup>** "Mary Poppins Returns" 2018/ PG 2h 10min A few decades after her original visit, Mary Poppins returns to help the Banks siblings and Michael's children through a difficult time in their lives. Starring Emily Blunt and Lin-Manuel Miranda.

**2:00 PM Sunday October 17<sup>th</sup>** "Funny Face" 1957/ NR 1h 43min An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk. Starring Audrey Hepburn and Fred Astaire.

**8:00 PM Sunday October 17<sup>th</sup> “Crazy, Stupid, Love” 2011/ PG-13 2h 1min** A middle-aged husband’s life changes dramatically when his wife asks him for a divorce. He seeks to rediscover his manhood with the help of a newfound friend, Jacob. Starring Steve Carell, Ryan Gosling, Julianne Moore, Emma Stone, and Marisa Tomei.

### **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**