

Ring House Highlights 11/22/21-11/28/21

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 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.

Please donate to the Ring House holiday fund for hourly employees. Donation deadline is December 1st. Please make checks payable to "Ring House Holiday Fund" and drop off at the front desk. Your donations are tax deductible. Give 'til it really feels good!

Please make a donation of non-perishable food items by dropping them in the boxes inside the Ring House front entrance. Donations will go to those in need. We thank you and yours for your generosity.

Monday November 22 at 11 AM: Joy returns with Iris music with another performance (Social Hall)

Monday November 22 at 3 PM: Jewish Art Education Lecture (Social Hall)

Tuesday November 23 at 3 PM Ring House Road Show- please bring and show Hanukkah items-please sign up with Gabe or Vica ahead of time if possible (Social Hall)

Wednesday November 24 at 3 PM: Bioethics and Judaism with Steve Glazer (Meeting Room)

Thursday November 25: Thanksgiving Dinner 3-6 PM (Dining Room)

Sunday November 28 at 4 PM: Menorah Lighting (North Lobby)

Sunday November 28 at 7:30 PM: Jessie Palidofsky musical performance (Social Hall)

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 11/22/21-11/28/21

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, November 22 2021

9:30 AM:	Healthy Learning Lecture (MR)
10:00 AM:	Movement (MR)
11:00 PM:	Concert: Joy returns with the Iris Music Trio (SH)
12:00 PM:	Noon News (TV Channels 975 & 8)
1:00 PM:	Chair Yoga (MR)
1:00 PM:	Perspectives (TV Room)
1:30 PM:	Balance (MR)
2:00 PM:	Bingo (Social Hall)
3:00 PM:	Jewish Art Education Lecture (Social Hall & TV 975/8)
4:00 PM:	Great Courses: The Holy Land Revealed (Lecture 23) (TV 975/8)
7:00 PM:	Noon News
8:00 PM:	Monday Night Movie: "River Runs Through it"

Tuesday, November 23, 2021

9:00 AM:	Fun Finds at 9 (TV 975/8)
10:00 AM:	Movement (TV 975/8)
11:00 AM:	Music with JiYoung and Lauren (Meeting Room)
12:00 PM:	Noon News (TV 975/8)
1:00 PM:	Game Time-Merriam Webster Games (MR & TV Channels 975 & 8)*
1:00 PM:	Current Events (TV Room)
2:00 PM:	Culinary Explorations (Activity Room #4 and channel 975/8 pickup in North Lobby)
3:00 PM:	Ring House Road Show-please bring Hanukkah items. Sign up with Gabe/Vica in advance please (Social Hall)

4:00 PM: Great Courses: Beginnings of Judaism
(Lecture 17) (TV 975/8)
7:00 PM: Noon News
8:00 PM: Tuesday Night Movie: "Audrey"

Wednesday, November 24, 2021

9:30 AM: Mindfulness & Meditation (Meeting Room)
10:00 AM: Movement (Meeting Room)
11:00 AM: Classical Music (TV Channel 975/8)
11:00 AM: Iris Music Project-Music with Joanna (Social Hall)
12:00 PM: Noon News (TV 975/8)
1:00 PM: Chair Yoga (Meeting Room)
1:30 PM: Balance (Meeting Room)
2:00 PM: Opera-"Tosca" (TV 975/8)
3:00 PM: Bioethics and Judaism with Steve Glazer (Meeting Room)
7:00 PM: Noon News
8:00 PM: Wednesday Night Movie: "An Unfinished Life"

Thursday, November 25, 2021-Thanksgiving Day

9:00 AM: Fun Finds at 9 (TV 975/8)
10:00 AM: Movement (TV 975/8)
10:00 AM: Adventures in Visual Art- Thank you cards (Terrace art Room)
11:00 AM: "Writing & Reciting-Gratitude (Social Hall)
12:00 PM: Noon News
3:00 PM-6:00 PM: Thanksgiving Dinner (Dining Room)
7:00 PM: Noon News
8:00 PM: Thursday Night Movie: "Seven Pounds"

Friday, November 26, 2021

9:00 AM:	Fun Finds at 9
10:00 AM:	Movement (MR)
12:00 PM:	Noon News
1:00 PM:	Chair Yoga (MR)
1:00 PM:	Dancing with Bernie & Happy Hour (NL & TV 975/8)
1:30 PM:	Balance (MR)
2:00 PM	Trivia Reveal (SH & TV 975/8)*
4:15 PM:	Shabbat Services (MR & TV 975 & 8)
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: "In the Heights "

Saturday, November 27, 2021

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement
10:30 AM:	Shabbat Services (Meeting Room)
1:00 PM:	Virtual Explorations
2:00 PM:	Saturday Afternoon Movie: "In a World"
4:00 PM:	Seated Chair Exercise
8:00 PM:	Saturday Night Movie: "Ghostbusters"

Sunday, November 28, 2021

9:00 AM:	Soothing Nature Sounds
10:00 AM:	Movement
11:00 AM:	Gardening Club (Terrace Art Room)
12:30 PM:	Adventures in Visual Art- Hanukkah Art (Terrace Art room)
1:00 PM	Virtual Explorations
2:00 PM:	Sunday Afternoon Movie: "The Visitor"
4:00 PM	Menorah lighting (North Lobby)
4:00 PM:	Seated Chair Exercise: yoga (TV 975/8)

7:30 PM: **Jesse Palidofsky Musical Performance (Social Hal)**
8:00 PM: Sunday Night Movie: "Les Miserables
In Concert: the 25th Anniversary"

Movies

8:00 PM Monday November 22nd "**River Runs Through It**" 1992 PG/2h 3m Two sons of a stern minister- one reserved, one rebellious- grow up in rural 1920s Montana while devoted to fly fishing.

8:00 PM Tuesday November 23rd "**Audrey**" 2020 Tv-14/ 1h 40m Filmmaker Helena Coan examines the remarkable life and career of actress, fashion icon and humanitarian Audrey Hepburn.

8:00 PM Wednesday November 24th "**An Unfinished Life**" 2005 PG-13/ 1h 4m Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.

8:00 PM Thursday November 25th "**Seven Pounds**" 2008 PG-13/ 2h 3m A Man with a fateful secret embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers.

8:30 PM Friday November 26th "**In the Heights**" 2021 PG-13/ 2h 23m A film version of the Broadway musical in which Usnavi, a sympathetic New York bodega owner, saves every penny every day as he imagines and sings about a better life.

2:00 PM Saturday November 27th "**In a World...**" 2013 R/ 1h 33m An underachieving voice coach find herself competing in the movie trailer voice-over profession against her arrogant father and his protégé.

8:00 PM Saturday November 27th "**Ghostbusters**" 1984 PG/ 1h 45m Three parapsychologists forced out of their university funding set up shop as a unique ghost removal service in New York City, attracting frightened yet skeptical customers.

2:00 PM Sunday November 28th "**The Visitor**" 2007 PG-13/ 1h 44m A college professor travels to New York City to attend a conference and finds a young couple living in his apartment.

8:00 PM Sunday November 28th "**Les Miserable in Concert; The 25th Anniversary**" A celebratory 25th anniversary concert performance of the hit musical of the 02 in London.

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**