

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

Sunday, November 29, 2020

9:00 AM:	Virtual Tour: Nottingham, UK
10:30 AM:	Chair Dance Workout w/Gloria
11:15 AM:	Documentary: "Miles Davis – birth of the cool"
1:30 PM:	Yoga with Mary Beth
2:15 PM:	Sunday Afternoon Movie: "The King & I"
8:00 PM:	Sunday Night Movie: "Showboat"

Monday, November 30, 2020

9:00 AM:	Virtual Tour: Nottingham, UK
10:30 AM:	Chair Exercise w/Alexis
11:10 AM:	Iris Music Project: Symphony Club with Jiyoung – Ravel's Bolero
12:00 PM:	Noon News
12:45 PM:	Great Courses: "Jewish Civilization" (Lectures 17 & 18)
2:00 PM:	Yoga with Mary Beth
3:00 PM:	Bingo
4:00 PM:	Guided Meditation
7:00 PM:	Noon News
8:00 PM:	Monday Night Movie: "Fanny"

Tuesday, December 1, 2020

9:00 AM:	Fun Finds at 9
10:00 AM:	Seated Chair Exercise
11:10 AM:	Iris Music Project: "Oklahoma! The Music; The Story with Boyd Burris & Jiyoung
12:00 PM:	Noon News
1:00 PM:	Writing & Reciting
2:00 PM:	Guided Meditation
3:00 PM:	Adventures in Visual Art
4:00 PM:	Game Time: Jeopardy
7:00 PM:	Noon News
8:00 PM:	Tuesday Night Movie: "It Runs In The Family"

Wednesday, December 2, 2020

9:00 AM:	Wellness Walking Tour
10:00 AM:	Morning Stretch
11:10 AM:	Iris Music Project: Piano Trio Recital with Lauren, Jiyoung, & Ahreum
12:00 PM:	Noon News
12:30 PM:	Seated Chair Exercise
1:15 PM:	Ring House Road Show
2:00 PM:	Opera Club: "Akhmaten" by Glass
5:00 PM:	Parsha Class
7:00 PM:	Noon News & Popcorn Night (delivered to resident's apartments)
8:00 PM:	Wednesday Night Movie: "The Thing About My Folks"

Thursday, December 3, 2020

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
12:30 PM:	Cranium Crunch (AKA Brain Games)
1:00 PM:	Iris Music Project: Ring House Songbook with Lauren
2:00 PM:	Museum Tour & Discussion
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 3, Episode 10)
7:00 PM:	Noon News
8:00 PM:	Thursday Night Movie: "The Blind Side"

Friday, December 4, 2020

9:00 AM:	Fun Finds at 9
10:00 AM:	Morning Stretch
11:10 AM:	Iris Music Project: Encore Presentation – Dancing Across the World with Bernie & Lauren
12:00 PM:	Noon News
12:30 PM:	Seated Chair Exercise
1:15 PM:	Cranium Crunch
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:	Shabbat Services w/Rabbah Arlene
6:00 PM:	Shabbat Services w/Rabbah Arlene
7:00 PM:	Noon News
8:00 PM:	Friday Night Movie: "Lucky You"

Saturday, December 5, 2020

9:30 AM:	Virtual Museum Tour: Masterpieces from the National Gallery in London
10:15 AM:	Seated Chair Exercise
11:00 AM:	Shabbat Services w/Rabbi Mark Raphael
12:30 PM:	Documentary: "Bizarre Animal Appearances"
2:00 PM:	Saturday Afternoon Movie: "Bound for Glory"
4:00 PM:	Yoga with Mary Beth
8:00 PM:	Saturday Night Movie: "Avalon"

Sunday, December 6, 2020

9:00 AM:	Fun finds at 9 with Jamie
10:00 AM:	Seated Chair Exercise
11:00 AM:	Visual Arts with Jamie
12:00 PM:	Trivial Pursuit with Jamie
1:00 PM:	Ring House Travelogue: Interactive Virtual Tours – U.S.A. (#1 Alabama)
2:00 PM:	Sunday Afternoon Movie: "My Fair Lady"
8:00 PM:	Sunday Night Movie: "Carousel"