

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 11/9: Healthy Learning Lecture with Thierry: "How to Snack"**
(10:30 AM – Meeting Room)
- Monday 11/9: Jewish Trivia with Shirley**
(10:30 AM – Activity Room #4)
- Monday 11/9: Yiddish Lotto**
(11:30 AM – Activity Room #4)
- Monday 11/9: Trivial Pursuit with Gloria**
(1:00 PM – Activity Room #4)
- Monday 11/9: Bingo with Bernie & Bonnie**
(3:00 PM – Activity Room #4)
- Tuesday 11/10: Teaching Kitchen with Chef Michael**
(11:00 AM, 1:00 PM, & 3:00 PM – Meeting Room)
- Tuesday 11/10: Music Committee with Lauren**
(1:00 PM – Activity Room #4)
- Tuesday 11/10: Meet & Greet with our new Activities Coordinator Gabe**
(2:00 PM & 4:00 PM – North Lobby/Fireplace)
- Wednesday 11/11: Knitting Club**
(11:00 AM – Activity Room #1)
- Wednesday 11/11: Tune-Up with Thierry: Full Body Strengthening**
(11:00 AM & 1:00 PM – Meeting Room)
- Wednesday 11/11: What's My Line/I've Got a Secret**
(1:00 PM – Activity Room #4)
- Wednesday 11/11: Walking Club with Thierry**
(2:00 PM – South Lobby/Fish Tank)
- Wednesday 11/11: Theatre J: Introduction to Acting**
(2:30 PM – Meeting Room)
- Wednesday 11/11: Current Events with Julie**
(3:00 PM & 4:00 PM – TV Room)
- Thursday 11/12: Brain Games with Bonnie**
(11:00 AM, 1:00 PM & 3:00 PM – Activity Room #4)
- Thursday 11/12: Music & Meditation with Eva**
(11:10 AM – Meeting Room)

- Thursday 11/12: Music from the Ring House Songbook (1:00 PM – Outside OR TV Room)**
- Thursday 11/12: Doron Shapir Presents: “The Israeli Society & Economy” (2:00 PM – Activity Room #4)**
- Thursday 11/12: Perspectives with Julie (3:00 PM & 4:00 PM – TV Room)**
- Friday 11/13: Theatre J: Beyond the Script (11:00 AM – Meeting Room)**
- Friday 11/13: Tune-Up with Thierry (11:00 AM & 2:00 PM – Activity Room #4)**
- Friday 11/13: Yiddish Club (3:00 PM – TV Room)**
- Friday 11/13: Russian Class with Svetlana (3:00 PM – Activity Room #4)**

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, November 8, 2020

- 9:00 AM: Virtual Tour: Salzburg, Austria
- 10:30 AM: Chair Dance Workout w/Gloria
- 11:30 AM: Netflix Presents: “The Tigers of Scotland”
- 2:00 PM: Pastries & Coffee (delivered to resident’s apartments)
- 2:00 PM: Sunday Afternoon Movie: “Hamilton”
- 8:00 PM: Sunday Night Movie: “And Then We Danced”

Monday, November 9, 2020

- 9:00 AM: Virtual Tour: Salzburg, Austria
- 10:30 AM: Chair Exercise w/Alexis
- 11:10 AM: Iris Music Project: Show tunes from Rodgers & Hart led by Lauren

- 12:00 PM: Noon News
12:45 PM: Great Courses: Dead Sea Scrolls - Lectures 1 & 2
2:00 PM: Yoga with Mary Beth
3:00 PM: Bingo w/Bernie
7:00 PM: Noon News
8:00 PM: Monday Night Movie: "The Bounty Hunter"

Tuesday, November 10, 2020

- 9:00 AM: Virtual Tour: Salzburg, Austria
10:30 AM: Balance Boogie w/Peggy
11:10 AM: Iris Music Project: Pupils of Clara Schumann with Marjorie & Jiyong
12:00 PM: Noon News
1:00 PM: Science Tuesday: "Surviving the Sahara Desert as a Social Anthropologist"
3:00 PM: NEW: "The Kominsky Method" Episodes 1 & 2
4:15 PM: Guided Meditation
7:00 PM: Noon News
8:00 PM: Tuesday Night Movie: "Midnight at the Magnolia"

Wednesday, November 11, 2020

- 9:00 AM: Virtual Tour: Salzburg, Austria
10:30 AM: Chair Exercise w/Alexis
11:10 AM: Iris Music Project: Open Rehearsal with Lauren, Jiyong, & Ahreum
12:00 PM: Town Hall
1:10 PM: Opera Club: "I Puritani" by Bellini
4:00 PM: Parsha Class
7:00 PM: Noon News & Popcorn Night (delivered to resident's apartments)
8:00 PM: Brass Quintet - Millennium Stage Performance in honor of Veterans Day

Thursday, November 12, 2020

- 9:00 AM: Virtual Tour: Salzburg, Austria
10:30 AM: Qi Gong, Tai Chi, Yoga w/Gloria
11:10 AM: Iris Music Project: Music & Meditation with Eva
12:00 PM: Noon News

1:00 PM:	PBS Special
2:00 PM:	Novelty Ice Cream Thursdays (delivered to resident's apartments)
2:15 PM:	Documentary
4:00 PM:	"The Crown"-Season 3, Episode 7
7:00 PM:	Noon News
8:00 PM:	Thursday Night Movie: "Back to the Future"

Friday, November 13, 2020

9:00 AM:	Virtual Tour: Salzburg, Austria
10:30 AM:	Chair Workout w/Coach Kozak & Claudia
11:10 AM:	Iris Music Project: Jewish Music Discussion Group led by Lauren
12:00 PM:	Noon News
1:00 PM:	Dancing w/Bernie
2:00 PM:	Happy Hour (delivered to resident's apartments)
2:15 PM:	Yoga with Mary Beth
4:30 PM:	Shabbat Services w/Rabbah Arlene
4:44 PM:	Shabbat Candle Lighting
6:00 PM:	Shabbat Services w/Rabbah Arlene
7:00 PM:	Noon News
8:00 PM:	Friday Night Movie: "Love, Guaranteed"

Saturday, November 14, 2020

9:00 AM:	Virtual Tour: Salzburg, Austria
10:15 AM:	Kickboxing w/Dara
11:00 AM:	Shabbat Services w/Rabbi Mark Raphael
12:30 PM:	Documentary
2:00 PM:	Saturday Afternoon Movie: "Mr. Smith Goes to Washington"
4:00 PM:	Yoga with Mary Beth
8:00 PM:	Saturday Night Movie: "Little Italy"

Sunday, November 15, 2020

9:00 AM:	Virtual Tour: Bern, Switzerland
10:30 AM:	Chair Dance Workout with Gloria
11:30 AM:	Documentary
1:00 PM:	Yoga with Mary Beth
2:00 PM:	Sunday Afternoon Movie: "Springsteen on Broadway"
8:00 PM:	Sunday Night Movie: "My Best Friends Wedding"

