

Small Group Activities at Ring House

Ring House's Life & Leisure Department will be continuing our small group activities. They will be held in Activity Room #4, 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 9/14:** Knitting Club (10:00 AM-11:00 AM in Activity Room #1)
- Monday 9/14:** Bingo with Bernie (3:00 PM in Activity Room #4)
- Tuesday 9/15:** Teaching Kitchen with Chef Michael (11:00 AM, 1:00 PM, 3:00 PM in Meeting Room)
- Tuesday 9/15:** Perspectives with Julie (2:00 PM in Activity Room #4)
- Wednesday 9/16:** Tune-Up with Thierry: Join our Wellness Coordinator for an exercise program set to music (11:00 AM & 1:00 PM in Meeting Room)
- Wednesday 9/16:** Current Events with Julie (2:00 PM in Activity Room #4)
- Thursday 9/17:** Brain Games: Stimulate your mind with Bonnie (11:00 AM, 1:00 PM, 3:00 PM in Meeting Room)
- Friday 9/18:** Tune-Up with Thierry: Join our Wellness Coordinator for an exercise program set to music (11:00 AM & 2:00 PM in Meeting Room)
- Friday 9/18:** Book Club – Short Stories with Ruth (2:00 PM in 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 p.m. 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, September 13, 2020

- 9:00 AM: Soothing Nature Sounds
- 10:30 AM: Chair Dance with Gloria
- 11:15 AM: National Geographic presents: "Japan's Secret Water Garden"
- 12:00 PM: Virtual Tour
- 1:00 PM: Yoga with Mary Beth
- 2:00 PM: Fruit Tarts & refreshments (delivered to resident's apartments)
- 3:00 PM: Afternoon Movie: "Undercover Grandpa"
- 4:00 PM: Guided Meditation
- 8:00 PM: Sunday Night Movie: "Young at Heart"

Monday, September 14, 2020

- 9:00 AM: Virtual Tour
- 10:30 AM: Chair Exercise with Alexis
- 11:10 AM: Music from the Great American Song Book with Lauren
- 12:00 PM: Noon News
- 12:30 PM: Smithsonian Panda Camera Footage of new baby 😊
- 1:00 PM: "The Marvelous Mrs. Maisel" -- Season 3, Episode 6
- 2:00 PM: Great Courses Lecture: "Judaism" – 11 & 12
- 3:00 PM: Bingo with Bernie & Bonnie (Bingo Cards Available at the Ring House Happenings Table)
- 4:00 PM: Guided Meditation
- 8:00 PM: Monday Night Movie: "Waitress"

Tuesday, September 15, 2020

- 9:00 AM: Soothing Nature Sounds
- 10:30 AM: Balance Boogie with Peggy
- 11:10 AM: Music about Childhood with Jiyoung
- 12:00 PM: Noon News
- 12:30 PM: Smithsonian Panda Camera Footage of new baby 😊
- 1:00 PM: Yoga with Mary Beth
- 2:00 PM: Virtual Tour
- 3:00 PM: "Shtisel" -- Season 2, Episode 4
- 4:15 PM: Guided Meditation
- 8:00 PM: Tuesday Night Movie: "Falling in Love"

Wednesday, September 16, 2020

- 9:30 AM: Parsha Class
- 10:30 AM: Chair Exercise with Alexis
- 11:10 AM: Open Rehearsal with Lauren, Jiyoung, & Ahreum
- 12:00 PM: Town Hall
- 1:10 PM: Opera Club: "Madama Butterfly" by Puccini
- 4:00 PM: Guided Meditation
- 7:00 PM: Popcorn Night (delivered to the resident's apartments)
- 8:00 PM: BAF Presents: "So you survived the Mycenaean Collapse- Now What?"

Thursday, September 17, 2020

- 9:00 AM: Virtual Tour
- 10:30 AM: Qi Gong, Tai Chi, & Yoga with Gloria
- 11:10 AM: Music 101: The fundamentals of music with Jiyoung
- 12:00 PM: Noon News
- 12:30 PM: Smithsonian Panda Camera Footage of new baby 😊
- 1:00 PM: Soothing Nature Sounds
- 1:45 PM: Ring House Antique Roadshow
- 2:00 PM: Ice Cream stuffed Crepe with Nutella & fresh berries (delivered to resident's apartments)
- 3:00 PM: Yoga with Mary Beth
- 4:00 PM: "The Crown" -- Season 2, Episode 9
- 8:00 PM: Thursday Night Movie: "Last Christmas"

Friday, September 18, 2020

- 9:00 AM: Virtual Tour
- 10:30 AM: Chair Cardio with Sue
- 11:10 AM: Jewish Music Discussion Group: Music of the High Holidays led by Lauren
- 12:00 PM: Noon News
- 1:00 PM: Dancing with Bernie
- 2:00 PM: Happy Hour: Pomegranate Martinis with Simone (delivered to residents apartments)
- 2:15 PM: Yoga with Mary Beth
- 4:00 PM: Reform Service with Rabbi Michael Namath
- 6:30 PM: Traditional Evening Service with Rabbi Mark Raphael

Saturday, September 19, 2020

- 9:00 AM: Soothing Nature Sounds
- 10:00 AM: Traditional Morning Service with Rabbi Mark Raphael
- 11:00 AM: Reform Morning Service with Rabbi Michael Namath
- 1:00 PM: Virtual Tour
- 2:00 PM: Saturday Afternoon Movie: "Ten Commandments"
- 6:30 PM: Traditional Evening Service with Rabbi Mark Raphael
- 8:00 PM: Saturday Night Movie: "Photograph"

