

# Activities Calendar



**Charles E. Smith**  
LIFE COMMUNITIES

## Monday, January 23, 2023

- 09:30 AM Blood Pressure Checks  
*Wellness Center*
- 10:00 AM Movement  
*Meeting Room*
- 10:30 AM Adventures in Visual Art: Painting Mountain landscape  
*Terrace Art Studio*
- 11:00 AM Indoor Walks  
*South Lobby*
- 11:00 AM Concert with Joy, Ann & the trio  
*Social Hall*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 12:30 PM Theater J: Shakespeare Out Loud  
*Terrace Art Studio*
- 1:00 PM Chair Yoga  
*Meeting Room*
- 1:30 PM Balance  
*Meeting Room*
- 2:00 PM Perspectives (Resident Run)  
*Terrace Art Studio*
- 2:00 PM Bingo  
*Meeting Room*

- 3:00 PM Rosh Chodesh Group  
*Meeting Room*
- 4:00 PM Great Courses-The Dead Sea Scrolls (Lecture 14)  
*Channels 975 and 8*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 7:30 PM Movie in the Meeting Room: "Driving Miss Daisy"  
*Meeting Room*
- 8:00 PM Monday Night Movie: "Parenthood"  
*Channels 975 and 8*



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## Tuesday, January 24, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 10:15 AM Iris Music Project: Open Rehearsal  
*North Lobby*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 2:00 PM Culinary Explorations  
*North Lobby*
- 3:00 PM Iris Music Project: Pastiche & other musical borrowings  
*Social Hall*
- 4:00 PM Great Courses: The Wonders of America's State Parks  
(Chapter 15)  
*Channels 975 and 8*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 7:30 PM Movie in the Meeting Room: "La Vie en Rose"  
*Meeting Room*
- 8:00 PM Tuesday Night Movie: "Roald Dahl's Matilda the Musical"  
*Channels 975 and 8*



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## Wednesday, January 25, 2023

- 9:30 AM Blood Pressure Checks  
*Wellness Center*
- 10:00 AM Movement  
*Meeting Room*
- 11:00 AM Guided Meditation  
*Channels 975 and 8*
- 11:00 AM Brain Games: Picture Sorting game  
*Meeting Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 1:00 PM Seated Cardio Kickboxing  
*Meeting Room*
- 1:30 PM Traveling Chairs  
*Meeting Room*
- 2:00 PM Adventures in Visual Art (bring and work on your own art projects)  
*Terrace Art Studio*
- 2:00 PM Visiting Jewish Scholar Series: with Steve Kerbel  
*Meeting Room*
- 3:00 PM Anna Ellsworth (Harp, pop music 60s and 70s)  
*Social Hall*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 8:00 PM Opera Film: "La Boheme"  
*Channels 975 and 8*



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## Thursday, January 26, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 11:00 AM French Conversation with Eliana  
*T.V. Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 1:00 PM Ping Pong with Mary  
*Activity Room #3*
- 1:00 PM Writing and Reciting and Trivia  
*Meeting Room*
- 1:00 PM Ice Cream Thursdays  
*North Lobby*
- 2:00 PM Bingo  
*Meeting Room*
- 3:00 PM Jewish Art Education Lecture: Art of the Jewish Lifecycle  
*Meeting Room*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 8:00 PM Thursday Night Movie: "Home 2 Home"  
*Channels 975 and 8*



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## Friday, January 27, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Meeting Room*
- 11:00 AM Children of Holocaust survivors: a way to live after led by  
Tovah, Eva & Lauren  
*Social Hall*
- 11:00 AM Indoor Walks  
*South Lobby*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 1:00 PM Dancing with Bernie and Happy Hour  
*North Lobby*
- 1:00 PM Chair Yoga  
*Meeting Room*
- 1:30 PM Balance  
*Meeting Room*
- 3:00 PM Iris MusicMusic Project: Music Committee with Lauren  
*Social Hall*
- 4:15 PM Shabbat Services  
*Meeting Room*
- 7:00 PM Noon News  
*Channels 975 and 8*

8:30 PM Friday Night Movie: "Night at the Museum Battle of the Smithsonian"  
*Channels 975 and 8*



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## Saturday, January 28, 2023

- 9:00 AM Soothing Nature Sounds  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 10:30 AM Shabbat Services  
*Meeting Room*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 1:00 PM Virtual Exploration  
*Channels 975 and 8*
- 2:00 PM Saturday Afternoon Movie: "The Martian"  
*Channels 975 and 8*
- 4:00 PM Seated Chair Exercise: Yoga  
*Channels 975 and 8*
- 8:00 PM Saturday Night Movie: "Before Sunset"  
*Channels 975 and 8*





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## Sunday, January 29, 2023

- 9:00 AM Soothing Nature Sounds  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 11:00 AM Elizabeth Faye & Company (Operatic, jazz, music theater)  
*Meeting Room*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 12:30 PM Adventures in Visual Art: Painting a Humming Bird Scene  
*Terrace Art Studio*
- 1:00 PM Virtual Explorations  
*Channels 975 and 8*
- 2:00 PM Sunday Afternoon Movie: "Cheaper by the Dozen"  
*Channels 975 and 8*
- 2:00 PM Night and Day Band (Jazz)  
*Meeting Room*
- 3:00 PM Russian Speakers Group  
*Activity Room #2*
- 3:15 PM Knitting and Crocheting Club  
*Activity Room #1*
- 4:00 PM Seated Chair Exercise: Yoga  
*Channels 975 and 8*
- 8:00 PM Sunday Night Movie: "The Little Princess"  
*Channels 975 and 8*

## Movies

### **7:30 PM Movie in the Meeting Room Monday, January 23<sup>rd</sup> “Driving Miss Daisy”**

1989 PG/1h 39m An old Woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

### **8:00 PM Monday, January 23<sup>rd</sup> “Parenthood”**

1989 PG-13/2h 4m Three Buckman siblings attempt to raise their children-each in their own different style- and deal with the joy and sorrows that the process brings.

### **7:30 PM Movie in the Meeting Room Tuesday, January 24<sup>th</sup> “La Vie en Rose”**

2007 PG-13/2h 20m Biopic of the iconic French singer Edith Piaf. Raised by her grandmother in a brothel, she was discovered while singing on the street corner at the age of 19.

### **8:00 PM Tuesday, January 24<sup>th</sup> “Roald Dahl’s Matilda the Musical”**

2022 PG/1h 47m An adaptation of the Tony and Olivier award-winning musical. Matilda tells the story of an extraordinary girl who, armed with a sharp mind and a vivid imagination, dares to take a stand to change her story with miraculous results.

### **8:00 PM Wednesday, January 25<sup>th</sup> Opera Film “La Boheme”**

1h 43m Four struggling bohemians – a poet, a painter, a musician and a philosopher are living together in Paris, when one freezing Christmas Eve their lives are changed forever.

### **8:00 PM Thursday, January 26<sup>th</sup> “Home 2 Home”**

2020 TV-MA/1h 50m In this documentary, a young man with a taste for adventures bikes, 27,000 miles around the world and encounters people from all walks of life.

### **8:30 PM Friday, January 27<sup>th</sup> “Night at the Museum Battle of the Smithsonian”**

2009 PG/1h 45m Security guard Larry Daley infiltrates the Smithsonian Institution in order to rescue Jedediah and Octavius, who have been shipped to the museum by mistake.

### **2:00 PM Saturday, January 28<sup>th</sup> “The Martian”**

2015 PG-13/2h 24m An astronaut becomes stranded on Mars after his team assume him not alive, and must rely on his ingenuity to find a way to signal to Earth that he is alive and can survive until a potential rescue.

### **8:00 PM Saturday, January 28<sup>st</sup> “Before Sunset”**

2004 R/1h 20m Nine years after Jesse and Celine first met, they encounter each other again on the French leg of Jesse’s book tour.

**2:00 PM Sunday, January 29<sup>th</sup>** **“The Little Princess”** 1939 Approved 1h/33m A little girl is left by her father in an exclusive seminary for girls, when her father fights in the Second Boer War. Later, when he is presumed dead she is forced to become a servant.

**8:00 PM Sunday, January 29<sup>th</sup>** **“Cheaper by the Dozen”** 2003 PG/1h 38m With his wife doing a book tour, a father of twelve must handle a new job and his unstable brood.