

# Activities Calendar



**Charles E. Smith**  
LIFE COMMUNITIES

## Monday, March 13, 2023

- 9:30 AM Blood Pressure Checks  
*Wellness Center*
- 10:00 AM Movement  
*Meeting Room*
- 11:00 AM Painting to live music with Iris Trio & Vica  
*Terrace Art Studio*
- 11:00 AM Indoor Walks  
*Meeting Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 1:00 PM Chair Yoga  
*Meeting Room*
- 1:30 PM Balance  
*Meeting Room*
- 2:00 PM Bingo  
*Meeting Room*
- 3:00 PM Pam De Ocampo-Arte Flamenco
- 4:00 PM Great Courses: "Dead Sea Scrolls" (Lecture 19)  
*Channels 975 and 8*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 7:30 PM Movie in the Meeting Room: "Mr. Blandings Builds His Dream House"  
*Meeting Room*

8:00 PM Monday Night Movie: "Sleepless in Seattle"  
*Channels 975 and 8*



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## Tuesday, March 14, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 10:30 AM TaylorMarie's Apparel: Shopping in the Meeting Room  
*Meeting Room*
- 11:00 AM Ring House Memorial Service  
*Social Hall*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 1:00 PM Cubigo Information Session with Jonathan  
*Activity Room #4*
- 2:00 PM Simple and Sweet: Greek Yogurt Parfaits  
*North Lobby*
- 3:00 PM Iris Music-sounds of the sea  
*Social Hall*
- 4:00 PM Great Courses: "Wonders of American Stater Parks" (Lecture 22)  
*Channels 975 and 8*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 7:30 PM Movie in the Meeting Room: "Judy"  
*Meeting Room*
- 8:00 PM Tuesday Night Movie: "Heart Parade"  
*Channels 975 and 8*



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## Wednesday, March 15, 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 Art with Martina  
*Terrace Art Studio*
- 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: The Illuminated Passover with Rabbi Greenspoon  
*Meeting Room*
- 3:00 PM Moviemietos-Latin Music  
*Social Hall*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 8:00 PM Ballet Film: "Don Quixote"  
*Channels 975 and 8*



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## Thursday, March 16, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 10:00 AM Brain Games: Word in a Word  
*Meeting Room*
- 11:00 AM French Conversation with Eliana  
*T.V. Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 1:00 PM Writing and Reciting and Trivia  
*Meeting Room*
- 1:00 PM Ping Pong with Mary  
*Activity Room #3*
- 1:00 PM Ice Cream Thursdays  
*North Lobby*
- 2:00 PM Chug Ivri-Hebrew Club  
*T.V. Room*
- 2:00 PM Bingo  
*Meeting Room*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 8:00 PM Thursday Night Movie: "The Taming of the Shrewd"  
*Channels 975 and 8*



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## Friday, March 17, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Meeting Room*
- 11:00 AM Indoor Walks  
*South Lobby*
- 11:00 AM Music 101 with Roz & JiYoung  
*Meeting Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 1:00 PM Dancing with Bernie and Happy Hour  
*North Lobby*
- 1:00 PM Chair Yoga  
*Meeting Room*
- 1:30 PM Balance  
*Meeting Room*
- 4:15 PM Shabbat Services  
*Meeting Room*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 8:30 PM Friday Night Movie: "Beyond the Sea"  
*Channels 975 and 8*



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## Saturday, March 18, 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: "Little Women"  
*Channels 975 and 8*
- 4:00 PM Seated Chair Exercise: Yoga  
*Channels 975 and 8*
- 8:00 PM Saturday Night Movie: "Message in a Bottle"  
*Channels 975 and 8*



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## Sunday, March 19, 2023

- 9:00 AM Soothing Nature Sounds  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 11:00 AM Pilgrims of Deep Run Folk  
*Social Hall*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 12:30 PM Adventures in Visual Art: "Spring Scene with Bird"  
*Terrace Art Studio*
- 1:00 PM Virtual Explorations  
*Channels 975 and 8*
- 2:00 PM Four Seasons Dancers Performance  
*Social Hall*
- 2:00 PM Sunday Afternoon Movie: "The Thomas Crown Affair"  
*Channels 975 and 8*
- 3:00 PM Russian Speakers Group  
*Activity Room #2*
- 3:15 PM Brain Games: Word in a Word Game  
*Meeting Room*
- 4:00 PM Seated Chair Exercise: Yoga  
*Channels 975 and 8*
- 8:00 PM Sunday Night Movie: "The Terminal"  
*Channels 975 and 8*



## Movies

**7:30 PM Movie in the Meeting Room Monday 13<sup>th</sup>** "Mr. Blandings Builds His Dream House" 1948 Approved/1h 34m A man and his wife decided they can afford to have a house in the country built to their specifications. It's a lot more trouble than they think.

**8:00 PM Monday, March 13<sup>th</sup>** "Sleepless in Seattle" 1993 PG/1h 45m A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner.

**7:30 PM Movie in the Meeting Room Tuesday March 14<sup>th</sup>** "Judy" 2019 PG-13 1h/58m Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.

**8:00 PM Tuesday, March 14<sup>th</sup>** "Heart Parade" 2022 TV-PG/ 1h 48m A careerist from Warsaw, who does not like dogs, has to go to Krakow for professional reasons, where she meets a charming windower, his son and their four-legged pet.

**8:00 PM Wednesday, March 15<sup>th</sup>** **Ballet Film "Don Quixote"** Don Quixote is a middle-aged gentleman from the region of La Mancha in central Spain. Obsessed with the chivalrous ideals touted in books he has read, he decides to take up his lance and sword to defend the helpless and destroy the wicked.

**8:00 PM Thursday, March 16<sup>th</sup>** "The Taming of the Shrewd" 2022 TV-MA/1h 51m When a heartbroken scientist moves back home to start over, her scheming brother hires a handsome stranger to convince her to sell their land.

**8:30 PM Friday, March 17<sup>th</sup>** "Beyond the Sea" 2004 PG-13/1h 58m A swooning study of "Mack the Knife" singer Bobby Darin and specifically his relationship with wife Sandra Dee.

**2:00 PM Saturday, March 18<sup>th</sup>** "Little Women" 2019 PG/2h 15m Jo March reflects back and forth on her life, telling the beloved story of the March sisters-four young women, each determined to live life on her own terms.

**8:00 PM Saturday, March 18<sup>th</sup>** "Message in a Bottle" 1999 PG-13/2h 6m A woman discovers a tragic love letter in a bottle on a beach, and is determined to track down its author.

**2:00 PM Sunday, March 19<sup>th</sup>** "The Thomas Crown Affair" 1999 R/1h 53m A very rich and successful playboy amuses himself by stealing artwork, but may have met his match in a seductive detective.

**8:00 PM Sunday, March 19<sup>th</sup>** "The Terminal" 2004 PG-13/2h 8m An Eastern European tourist unexpectedly finds himself stranded in JFK airport, and must take up temporary residence there.