

January 2024



Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>12:00 PM</b> Resident Council Meeting (TR) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Bingo (MR) <b>3:00 PM</b> Daniela Fujigaki Performance (Vocalist, Jazz, Broadway) (SH) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Monday Night Movie (975 & 8)	<b>10:00 AM</b> Movement (975 & 8) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Great Courses: "World Heritage Sites: Exploring the World's Greatest Places" (MR) <b>2:00 PM</b> Simple and Sweet (NL) <b>3:00 PM</b> Iris Music Project: Ring the New Year with Waltzes (SH) <b>7:00 PM</b> Poker Game (#2) <b>7:15 PM</b> Sing Along Group (Resident Run) (MR) <b>8:00 PM</b> Tuesday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>11:00 AM</b> Guided Meditation (975 & 8) <b>1:00 PM</b> Kickboxing (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Jewish Scholar: (MR) <b>3:00 PM</b> Perspectives (Current Events) (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Ballet Film (975 & 8)	<b>10:00 AM</b> Movement with Marcus (On the big screen in the Meeting Room) (MR) <b>11:00 AM</b> French Conversation with Eliana (TR) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>1:00 PM</b> Ice Cream Thursdays (NL) <b>1:00 PM</b> Ping Pong with Mary (#3) <b>1:00 PM</b> Iris Music Project: Music Committee with Lauren (#4) <b>2:00 PM</b> Bingo (MR) <b>3:00 PM</b> Iris Music Project: The Popular works of Classical Music: William Tell Overture (SH) <b>7:00 PM</b> Poker Game (Resident Run) (#2) <b>7:30 PM</b> Movie in the Meeting Room: (MR) <b>8:00 PM</b> Thursday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Dancing with Bernie and Happy Hour (NL) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>3:00 PM</b> Bruce Gardner Performance (Rhythm & Blues, Soul, Motown & More) (SH) <b>4:15 PM</b> Shabbat Services (MR) <b>7:00 PM</b> Zemerot Sing Along (#4) <b>8:30 PM</b> Friday Night Movie (975 & 8)	<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement (975 & 8) <b>10:30 AM</b> Shabbat Services (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Scrabble Games (Resident Run) (#2) <b>2:00 PM</b> Saturday Afternoon Movie (975 & 8) <b>3:00 PM</b> Yiddish Speaking group (NL) <b>4:00 PM</b> Seated Chair Exercise: Yoga (975 & 8) <b>7:15 PM</b> Music Listening Evening (#4) <b>8:00 PM</b> Saturday Night Movie (975 & 8)
7	8	9	10	11	12	13
<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement with Marcus (On the big screen in the Meeting Room) (MR) <b>11:00 AM</b> Brain Games (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Adventures in Visual Art: (TART) <b>2:00 PM</b> Sunday Afternoon Meeting Room Movie: (MR) <b>2:00 PM</b> Patty Reese Performance (Rock, Rhythm and Blues) (SH) <b>3:00 PM</b> Russian Speakers Group (#2) <b>3:15 PM</b> Mahjong Game (Resident run) (#1) <b>4:00 PM</b> Seated Chair Exercise: Yoga (975 & 8) <b>7:00 PM</b> Poker Game (#2) <b>8:00 PM</b> Sunday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Iris Music Project: A Musical Prelude to 2024 (SH) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Bingo (MR) <b>3:00 PM</b> Guitarist Vladimir Friedman Performance (SH) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Monday Night Movie (975 & 8)	<b>10:00 AM</b> Movement (975 & 8) <b>10:15 AM</b> Iris Music: Open Rehearsal (NL) <b>11:00 AM</b> Life & Leisure and transportation Committee Meeting (MR) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Great Courses: "World Heritage Sites: Exploring the World's Greatest Places" (MR) <b>2:00 PM</b> Culinary Explorations (NL) <b>2:00 PM</b> Brain Fitness with Dana (TR) <b>2:00 PM</b> Technology Support with Jonathan (#4) <b>3:00 PM</b> Iris Music Project: Cloudio Monteverdi- bridging Renaissance and Boroque (SH) <b>7:00 PM</b> Poker Game (#2) <b>7:15 PM</b> Sing Along Group (Resident Run) (MR) <b>8:00 PM</b> Tuesday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>10:00 AM</b> Jewish Committee Meeting (#4) <b>11:00 AM</b> Walking Club (SL) <b>11:00 AM</b> Guided Meditation (975 & 8) <b>12:00 PM</b> Family Town Hall (On the Big Screen in the Meeting Room) (MR) <b>1:00 PM</b> Kickboxing (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Jewish Scholar: (MR) <b>3:00 PM</b> Perspectives (Current Events) (MR) <b>7:00 PM</b> Singer and Keyboardist Bob Clark Performance (SH) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Opera Film: (975 & 8)	<b>10:00 AM</b> Movement with Marcus (On the big screen in the Meeting Room) (MR) <b>11:00 AM</b> French Conversation with Eliana (TR) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>1:00 PM</b> Ice Cream Thursdays (NL) <b>1:00 PM</b> Ping Pong with Mary (#3) <b>1:00 PM</b> Iris Music Project: Music Committee with Lauren (#4) <b>2:00 PM</b> Bingo (MR) <b>2:00 PM</b> Rosh Chodesh Group (#4) <b>2:00 PM</b> Chug Ivri- Hebrew Club (TR) <b>3:00 PM</b> Iris Music Project: Steve and Eydie with Carol and Lauren (SH) <b>7:00 PM</b> Poker Game (Resident Run) (#2) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>8:00 PM</b> Thursday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>11:00 AM</b> Iris Music Project: Singing Group with Roz and JiYoung (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Dancing with Bernie and Happy Hour (NL) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>3:00 PM</b> Learning and Discussion with Nina: "How Judaism has influence Islam" (MR) <b>3:00 PM</b> Empty Ecstasy Empty Ecstacy Duo (Vocals, Guitar- Pop, Rock) (SH) <b>4:15 PM</b> Shabbat Services (MR) <b>8:30 PM</b> Friday Night Movie (975 & 8)	<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement (975 & 8) <b>10:30 AM</b> Shabbat Services (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Scrabble Games (Resident Run) (#2) <b>2:00 PM</b> Saturday Afternoon Movie (975 & 8) <b>3:00 PM</b> Yiddish Speaking group (NL) <b>4:00 PM</b> Seated Chair Exercise: Yoga (975 & 8) <b>8:00 PM</b> Saturday Night Movie (975 & 8)
14	15	16	17	18	19	20
<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement with Marcus (On the big screen in the Social Hall ) (SH) <b>10:30 AM</b> Beading bracelets in support of Israel with Milton	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Iris Music Project: Music Honoring MLK Day with Lauren and Joana (SH) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Short Story Group (TR)	<b>10:00 AM</b> Movement (975 & 8) <b>10:15 AM</b> Iris Music: Open Rehearsal (NL) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>11:15 AM</b> Hadassah Meeting: (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Great Courses: "World Heritage Sites: Exploring the World's Greatest Places"	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>11:00 AM</b> Guided Meditation (975 & 8) <b>1:00 PM</b> Kickboxing (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Jewish Scholar: (MR)	<b>10:00 AM</b> Movement with Marcus (On the big screen in the Meeting Room) (MR) <b>11:00 AM</b> French Conversation with Eliana (TR) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>1:00 PM</b> Ice Cream Thursdays (NL) <b>1:00 PM</b> Ping Pong with Mary (#3)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Dancing with Bernie and Happy Hour (NL) <b>1:00 PM</b> Chair Yoga (SH)	<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement (975 & 8) <b>10:30 AM</b> Shabbat Services (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Scrabble Games (Resident Run) (#2) <b>2:00 PM</b> Saturday Afternoon Movie (975 &

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WC = Wellness Center, MR = Meeting Room, TR = T.V. Room, SH = Social Hall, #1 = Activity Room #1, 975 & 8 = Channels 975 and 8, TART = Terrace Art Studio, NL = North Lobby, #2 = Activity Room #2, SL = South Lobby, #3 = Activity Room #3, #4 = Activity Room #4

Gottesman Jewish Day School (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>2:00 PM</b> Sunday Afternoon Meeting Room Movie: (MR) <b>2:00 PM</b> BW and The Dangers Music Performance (Cover Band 1950s-today) (SH) <b>3:00 PM</b> Russian Speakers Group (#2) <b>3:15 PM</b> Mahjong Game (Resident run) (#1) <b>4:00 PM</b> Seated Chair Exercise: Yoga (975 & 8) <b>7:00 PM</b> Poker Game (#2) <b>8:00 PM</b> Sunday Night Movie (975 & 8)	<b>2:00 PM</b> Bingo (MR) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Monday Night Movie (975 & 8)	(MR) <b>2:00 PM</b> Simple and Sweet (NL) <b>3:00 PM</b> Iris Music Project: The Elegance of Julie Andrews (SH) <b>7:00 PM</b> Poker Game (#2) <b>7:15 PM</b> Sing Along Group (Resident Run) (MR) <b>8:00 PM</b> Tuesday Night Movie (975 & 8)	<b>3:00 PM</b> Resident Town Hall (SH) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>7:15 PM</b> Perspectives (Current Events) (MR) <b>8:00 PM</b> Ballet Film (975 & 8)	<b>2:00 PM</b> Bingo (MR) <b>3:00 PM</b> Aaron Hawkins Performance (Cover Songs) (SH) <b>7:00 PM</b> Poker Game (Resident Run) (#2) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>8:00 PM</b> Thursday Night Movie (975 & 8)	<b>1:30 PM</b> Balance (SH) <b>3:00 PM</b> Alan MacEwen Performance (Country, New Orleans Jazz and more) (SH) <b>4:15 PM</b> Shabbat Services (MR) <b>7:00 PM</b> Zemerot Sing Along (#4) <b>8:30 PM</b> Friday Night Movie (975 & 8)	8) <b>3:00 PM</b> Yiddish Speaking group (NL) <b>4:00 PM</b> Seated Chair Exercise: Yoga (975 & 8) <b>7:15 PM</b> Music Listening Evening (#4) <b>8:00 PM</b> Saturday Night Movie (975 & 8)
21	22	23	24	25	26	27
<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement with Marcus (On the big screen in the Meeting Room) (MR) <b>11:00 AM</b> Brain Games (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Adventures in Visual Art: (TART) <b>2:00 PM</b> Sunday Afternoon Meeting Room Movie: (MR) <b>2:00 PM</b> Susan McNelis performance (Pop, Jazz, Country and Folk, showtunes. Acoustic guitar) (SH) <b>3:00 PM</b> Russian Speakers Group (#2) <b>3:15 PM</b> Mahjong Game (Resident run) (#1) <b>4:00 PM</b> Seated Chair Exercise: Yoga (975 & 8) <b>7:00 PM</b> Poker Game (#2) <b>8:00 PM</b> Sunday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Iris Music Project: Painting To Music (SH) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Bingo (MR) <b>3:00 PM</b> Ro Cube Performance (Pop, rock, standards) (SH) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Monday Night Movie (975 & 8)	<b>10:00 AM</b> Movement (975 & 8) <b>10:15 AM</b> Iris Music: Open Rehearsal (NL) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Great Courses: "World Heritage Sites: Exploring the World's Greatest Places" (MR) <b>2:00 PM</b> Culinary Explorations (NL) <b>2:00 PM</b> Brain Fitness with Dana (TR) <b>2:00 PM</b> Technology Support with Jonathan (#4) <b>3:00 PM</b> Iris Music Project: Joseph Haydn and his fans (SH) <b>7:00 PM</b> Poker Game (#2) <b>7:15 PM</b> Sing Along Group (Resident Run) (MR) <b>8:00 PM</b> Tuesday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>11:00 AM</b> Guided Meditation (975 & 8) <b>1:00 PM</b> Kickboxing (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Jewish Scholar: (MR) <b>3:00 PM</b> Perspectives (Current Events) (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Opera Film: (975 & 8)	<b>10:00 AM</b> Movement with Marcus (On the big screen in the Meeting Room) (MR) <b>11:00 AM</b> French Conversation with Eliana (TR) <b>11:00 AM</b> Jewish Art Education: 100 Jewish Artists: 19th Century (MR) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>1:00 PM</b> Ice Cream Thursdays (NL) <b>1:00 PM</b> Ping Pong with Mary (#3) <b>1:00 PM</b> Iris Music Project: Drum Circle with Lauren (#4) <b>1:00 PM</b> Weekly Inspiration Based on the Parsha with Rabbi Shmuel Leigh (#4) <b>2:00 PM</b> Chug Ivri- Hebrew Club (TR) <b>2:00 PM</b> Bingo (MR) <b>3:00 PM</b> Iris Music Project: The genius of Gene Krupa with Bernie and Lauren (SH) <b>7:00 PM</b> Poker Game (Resident Run) (#2) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>8:00 PM</b> Thursday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>11:00 AM</b> Iris Music Project: Singing Group with Roz and JiYoung (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Dancing with Bernie and Happy Hour (NL) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>3:00 PM</b> Janet Greene Performance (Violin, classical, singalong) (MR) <b>4:15 PM</b> Shabbat Services (MR) <b>8:30 PM</b> Friday Night Movie (975 & 8)	<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement (975 & 8) <b>10:30 AM</b> Shabbat Services (MR) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Scrabble Games (Resident Run) (#2) <b>2:00 PM</b> Saturday Afternoon Movie (975 & 8) <b>3:00 PM</b> Yiddish Speaking group (NL) <b>4:00 PM</b> Seated Chair Exercise: Yoga (975 & 8) <b>8:00 PM</b> Saturday Night Movie (975 & 8)
28	29	30	31			
<b>9:00 AM</b> Soothing Nature Sounds (975 & 8) <b>10:00 AM</b> Movement with Marcus (On the big screen in the Meeting Room) (MR) <b>11:00 AM</b> Brain Games (MR) <b>12:00 PM</b> Eric Scott Duo Performance (Motown, Rock and Rhythm & Blues) (SH) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Adventures in Visual Art: (TART) <b>2:00 PM</b> Sunday Afternoon Meeting Room Movie: (MR) <b>3:00 PM</b> Russian Speakers Group (#2)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Iris Music Project: The Trio preforms with Joy and Ann (SH) <b>12:00 PM</b> Food Committee (MR) <b>1:00 PM</b> Chair Yoga (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Bingo (MR) <b>3:00 PM</b> Ariel Jacobson Performance (Great American songbook) (SH) <b>7:15 PM</b> Movie in the Meeting Room: (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Monday Night Movie (975 & 8)	<b>10:00 AM</b> Movement (975 & 8) <b>10:15 AM</b> Iris Music: Open Rehearsal (NL) <b>11:00 AM</b> Adventures in Visual Art (TART) <b>12:30 PM</b> Bridge (Resident Run) (#1) <b>1:00 PM</b> Great Courses: "World Heritage Sites: Exploring the World's Greatest Places" (MR) <b>2:00 PM</b> Simple and Sweet (NL) <b>3:00 PM</b> Iris Music Project: Winter impressions (SH) <b>7:00 PM</b> Poker Game (#2) <b>7:15 PM</b> Sing Along Group (Resident Run) (MR) <b>8:00 PM</b> Tuesday Night Movie (975 & 8)	<b>9:30 AM</b> Blood Pressure Checks (WC) <b>10:00 AM</b> Movement (MR) <b>11:00 AM</b> Walking Club (SL) <b>11:00 AM</b> Guided Meditation (975 & 8) <b>1:00 PM</b> Kickboxing (SH) <b>1:30 PM</b> Balance (SH) <b>2:00 PM</b> Jewish Scholar: (MR) <b>3:00 PM</b> Perspectives (Current Events) (MR) <b>7:15 PM</b> Mahjong Game (Resident Run) (#1) <b>8:00 PM</b> Ballet Film (975 & 8)			

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<div><div><div>3:15 PM</div><div>Mahjong Game (Resident run) (#1)</div></div><div><div>4:00 PM</div><div>Seated Chair Exercise: Yoga (975 &amp; 8)</div></div><div><div>7:00 PM</div><div>Poker Game (#2)</div></div><div><div>8:00 PM</div><div>Sunday Night Movie (975 &amp; 8)</div></div></div>						
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