

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY #1 - Activity Room #1 #4 - Activity Room #4 DR - Dining Room MR - Meeting Room NL - North Lobby	SH - Social Hall SL - South Lobby TART - Terrace Art Studio TG - Terrace Garden TV - TV Room	Bold=in person activity *Hybrid-in person and streaming on TV Channels 975 & 8		9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 12:00 PM Noon News 1:00 PM *Writing & Reciting (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 2:00 PM Bingo (MR) 4:00 PM The Queen's Gambit 7:00 PM Noon News 8:00 PM Thursday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa (MR) 11:00 AM Current Events (TV) 11:00 AM Outdoor Walks with Melissa (SL) 12:00 PM Noon News 1:00 PM Chair Yoga with Melissa (MR) 1:00 PM *Dancing with Bernie (NL) 1:00 PM Adventures in Visual Art (TART) 1:00 PM Happy Hour (NL) 1:30 PM Balance with Melissa (MR) 2:00 PM Brain Games (#4) 2:00 PM Sounds of 4th of July with Lauren (MR) 3:00 PM *Trivial Pursuit Reveal (MR) 3:00 PM Perspectives (TV) 4:15 PM *Shabbat Services (DR) 6:00 PM Shabbat Services 7:00 PM Noon News 8:00 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement with Melissa 11:00 AM Shabbat Services w/Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie
9:00 AM Soothing Nature Sounds 10:00 AM Movement with Melissa 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie 3:00 PM Accordion Player Dave Lovins (SH) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie	9:30 AM *Healthy Learning Lecture (MR) 10:00 AM Movement with Melissa 11:00 AM Music & Lyrics (SH) 12:00 PM Noon News 1:00 PM Balance with Melissa 1:00 PM Theatre J: Creating a Play (TG) 2:00 PM Bingo (SH) 3:00 PM Adventures in Visual Art (TART) 3:00 PM Elder Safe Presentation 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 10:15 AM Iris Music Project: Open Rehearsal (NL) 12:00 PM Noon News 1:00 PM *Game Time (MR) 2:00 PM *Culinary Explorations (#4) 3:00 PM National Anthems Around the World w/ Lauren (MR) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Magician Ben Corey (SH)	9:30 AM *Meditation & Mindfulness with Melissa (MR) 10:00 AM Movement with Melissa (MR) 11:00 AM Iris Music Project 12:00 PM Noon News 1:00 PM Chair Yoga with Melissa (MR) 1:30 PM Balance with Melissa (MR) 2:00 PM Opera/Ballet Club 3:00 PM Sports Discussion (MR) 7:00 PM Noon News 8:00 PM Wednesday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 11:00 AM What are piano pedals for with JiYoung (SH) 12:00 PM Noon News 1:00 PM *Writing & Reciting (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 2:00 PM Bingo (SH) 3:00 PM Amazing Animals with Nova Parks Naturalist Matt Felperin (SH) 4:00 PM The Queen's Gambit 7:00 PM Noon News 8:00 PM Thursday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa (MR) 11:00 AM Current Events (TV) 11:00 AM Outdoor Walks with Melissa (SL) 12:00 PM Noon News 1:00 PM Chair Yoga with Melissa (MR) 1:00 PM *Dancing with Bernie (NL) 1:00 PM Happy Hour (NL) 1:30 PM Balance with Melissa (MR) 2:00 PM *Poetry and Music with Eles and Lauren (SH) 3:00 PM *Trivial Pursuit Reveal (SH) 3:00 PM Perspectives (TV) 4:15 PM *Shabbat Services (DR) 6:00 PM Shabbat Services 7:00 PM Noon News 8:00 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement with Melissa 11:00 AM Shabbat Services w/Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie
9:00 AM Soothing Nature Sounds 10:00 AM Movement with Melissa 11:30 AM Chug Ivri (Hebrew Club) (#1) 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie	9:30 AM *Healthy Learning Lecture (MR) 10:00 AM Movement with Melissa (MR) 11:00 AM Music & Lyrics (SH) 12:00 PM Noon News 1:00 PM Chair Yoga with Melissa (MR) 1:00 PM Theatre J: Creating a Play (TG) 1:30 PM Balance with Melissa (MR) 2:00 PM Bingo (SH) 3:00 PM Adventures in Visual Art (TART) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 10:15 AM Iris Music Project: Open Rehearsal (NL) 12:00 PM Noon News 1:00 PM *Game Time (MR) 2:00 PM *Simple & Sweet with Simone (NL) 3:00 PM East London songs with Gilda & Lauren (MR) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Broadway Pianist John Oliver (SH)	9:30 AM *Meditation & Mindfulness with Melissa (MR) 10:00 AM Movement with Melissa (MR) 11:00 AM Iris Music Project 12:00 PM Town Hall 1:00 PM Chair Yoga with Melissa (MR) 1:30 PM Balance with Melissa (MR) 2:00 PM Opera/Ballet Club 3:30 PM *Baltimore Orioles Announcer Adrienne Roberson (SH) 8:00 PM Wednesday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 11:00 AM Jewish songs with JiYoung (SH) 12:00 PM Noon News 1:00 PM *Writing & Reciting (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 2:00 PM Bingo (SH) 3:30 PM Keyboardist & Singer Bob Clark (SH) 4:00 PM The Queen's Gambit 7:00 PM Noon News 8:00 PM Thursday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 11:00 AM Current Events (TV) 11:00 AM Iris Music Project: Drum Circle (MR) 12:00 AM Outdoor Walks with Melissa (SL) 12:00 PM Noon News 1:00 PM Balance with Melissa 1:00 PM *Dancing with Bernie with Live Music! (NL) 1:00 PM Happy Hour (NL) 2:00 PM Brain Games (#4) 3:00 PM *Trivial Pursuit Reveal (MR) 3:00 PM Perspectives (TV) 4:15 PM *Shabbat Services (DR) 6:00 PM Shabbat Services 7:00 PM Noon News 8:00 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement with Melissa 11:00 AM Shabbat Services w/Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie
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9:00 AM Soothing Nature Sounds 10:00 AM Movement with Melissa 1:00 PM Virtual Explorations 2:00 PM Sundae's with Simone 2:00 PM Sunday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie	9:30 AM *Healthy Learning Lecture (MR) 10:00 AM Movement with Melissa (MR) 11:00 AM Broadway Showtunes with JiYoung (SH) 12:00 PM Noon News 1:00 PM Chair Yoga with Melissa (MR) 1:00 PM Theatre J: Creating a Play (TG) 1:30 PM Balance with Melissa (MR) 2:00 PM Bingo (SH) 3:00 PM Adventures in Visual Art (TART) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 12:00 PM Noon News 1:00 PM *Game Time (MR) 2:00 PM *Simple & Sweet with Simone (NL) 3:00 PM Concert with Helaine and JiYoung (SH) 4:00 PM *Ring House Road Show (SH) 7:00 PM Noon News 8:00 PM Tuesday Night Movie	9:30 AM *Meditation & Mindfulness with Melissa (MR) 10:00 AM Movement with Melissa (MR) 11:00 AM Iris Music Project 12:00 PM Noon News 1:00 PM Chair Yoga with Melissa (MR) 1:30 PM Balance with Melissa (MR) 2:00 PM Opera/Ballet Club 2:00 PM Comedian Missy Hall (SH) 3:00 PM Sports Discussion (MR) 7:00 PM Noon News 8:00 PM Wednesday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa 12:00 PM Noon News 1:00 PM *Writing & Reciting (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 2:00 PM Bingo (SH) 4:00 PM The Queen's Gambit 7:00 PM Noon News 8:00 PM Thursday Night Movie	9:00 AM Fun Finds at 9 10:00 AM Movement with Melissa (MR) 11:00 AM Current Events (TV) 11:00 AM Iris Music Project: Drum Circle (MR) 12:00 PM Noon News 1:00 PM Chair Yoga with Melissa (MR) 1:00 PM *Dancing with Bernie (NL) 1:00 PM Happy Hour (NL) 1:30 PM Balance with Melissa (MR) 2:00 PM Brain Games (#4) 3:00 PM *Trivial Pursuit Reveal (MR) 3:00 PM Perspectives (TV) 4:15 PM *Shabbat Services (DR) 6:00 PM Shabbat Services 7:00 PM Noon News 8:00 PM Friday Night Movie	9:00 AM Soothing Nature Sounds 10:00 AM Movement with Melissa 11:00 AM Shabbat Services w/Rabbi Mark Raphael 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie

July 2021

Ring House Activities
 Gabe Pinkney #301-816-7726

