

SUN MON TUE WED THUR FRI SAT

<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 11:15 AM The history of Tisha B'Av: In History and in Modern Relevance with Rabbi Dan (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:15 PM Knitting & Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Adventures in Visual Art (TART) 10:00 AM Movement (MR) 11:00 AM *Healthy Learning Lecture (MR) 11:00 AM Ruthie Logsdon Trio Performance (SH) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM Patty Reese band performance (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)</p> <p>1</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM A program about Isaac Newton with Bernie Gershen (SH) 11:00 AM Perspectives (MR) 12:00 PM Noon News 1:00 PM Theater J: Exploring Acting through Comedy (Terrace Art Room) 2:00 PM *Culinary Explorations (#4) 3:00 PM Ring House Magazine Presentation (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p>2</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Lifestyle & Leisure Activities Planning Meeting (SH) 10:00 AM Movement (MR) 11:00 AM Food Committee Meeting (only for committee members) (DR) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Dance Fitness (MR) 1:30 PM Traveling Chairs (MR) 2:00 PM Visiting Jewish Scholar Series (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p>3</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Brain Games (MR) 10:00 AM Movement 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia combined (SH) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (SH) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM Guitarist Vladimir Fridman (SH) 3:00 PM Svetlana's Russian Speakers Group (#2) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)</p> <p>4</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 1:30 PM Resident Council Delegates Meeting (TV) 4:15 PM *Shabbat Services (MR) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie (TV 975/8)</p> <p>5</p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie (TV 975/8)</p> <p>6</p>
--	--	--	---	--	--	---

<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 11:15 AM The history of Tisha B'Av: In History and in Modern Relevance with Rabbi Dan (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:15 PM Knitting & Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p>7</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 10:30 AM Adventures in Visual Art (TART) 11:00 AM Bioethics and Judaism with Steve Glazer (SH) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (SH) 3:00 PM Emily Casey Soprano Singer (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)</p> <p>8</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Folk Music with Steven and Margaret (SH) 11:00 AM Perspectives (MR) 12:00 PM Noon News 2:00 PM *Simple & Sweet with Simone (NL) 3:00 PM New Resident Wine and Cheese (Activity Room 4) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p>9</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Scavenger Hunt (10AM-12PM) (MR) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Town Hall (TV Channels 975 and 8) 1:00 PM Dance Fitness (MR) 1:30 PM Traveling Chairs (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Traveling in Place (MR) 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p>10</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Brain Games (MR) 10:00 AM Movement 11:00 AM The Sidley's Trio (50's-70's rock music) (MR) 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia combined (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 3:00 PM Svetlana's Russian Speakers Group (#2) 7:00 PM Noon News 7:00 PM Tu B'Av Season of Love Dance with the Machaya Klezmer Band (SH) 8:00 PM Thursday Night Movie (TV 975/8)</p> <p>11</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 4:15 PM *Shabbat Services (MR) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie (TV 975/8)</p> <p>12</p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 7:15 PM Music Listening Evening (NL) 8:00 PM Saturday Night Movie (TV 975/8)</p> <p>13</p>
--	--	---	--	---	---	---

<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 12:00 PM Congressional Plaza North/ Federal Plaza 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Bruce & Kashi rhythm/blues/ motown music (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:15 PM Brain Games (SH) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p>14</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 10:30 AM Adventures in Visual Art (TART) 11:00 AM Gershwin in Hollywood with singer Henry Kahn and pianist Andrew Zatzman (SH) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (SH) 2:00 PM Short Story Group (TV) 3:00 PM Broadway music with Hana Tawil (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)</p> <p>15</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Perspectives (MR) 11:00 AM The Magic Duel magicians (SH) 12:00 PM Noon News 1:00 PM Theater J: Exploring Acting through Comedy (Terrace Art Room) 3:00 PM Mars Exploration with NASA Research Scientist Dr. Abigail Fraeman and delicious desserts (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p>16</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Lecture on anxiety and depression with Andrea Roberson (SH) 2:00 PM Adventures in Visual Art-bring and work on your own art projects (TART) 2:00 PM Visiting Jewish Scholar Series (SH) 7:00 PM Noon News 7:30 PM Jesse Palidofsky musical performance (SH) 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p>17</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 12:00 PM Noon News 1:00 PM *Writing & Reciting Documentary (only on TV channels 975/8) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM *Keyboardist & Singer Bob Clark (SH) 3:00 PM Svetlana's Russian Speakers Group (#2) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)</p> <p>18</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Eric Scott Band (SH) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 2:00 PM *Trivia Reveal (SH) 4:15 PM *Shabbat Services (MR) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie (TV 975/8)</p> <p>19</p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie (TV 975/8)</p> <p>20</p>
---	--	---	---	--	---	--

<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Gardening Club (Terrace Gardens) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Elza Ritter piano performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:15 PM Knitting & Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p>21</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Adventures in Visual Art (TART) 10:00 AM Movement (MR) 11:00 AM Getting to know you with Simone Brock (SH) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (SH) 3:00 PM The Kelseys: A Musical Duo (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)</p> <p>22</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Perspectives (MR) 11:00 AM Rear View Mirror Music Performance (SH) 12:00 PM Noon News 1:00 PM Theater J: Exploring Acting through Comedy (Terrace Art Room) 2:00 PM *Simple & Sweet with Simone (NL) 3:00 PM *Ring House Road Show (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p>23</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Senior Fitness Testing, BCAT and Virtuosense (10AM-2PM) (MR) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (SH) 3:00 PM Harpist and Singer Kristen Jepperson (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p>24</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Brain Games (MR) 10:00 AM Movement 11:00 AM Mike Scoglio Band-Country, Rock & Pop music (SH) 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia combined (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 3:00 PM *Jewish Art Education Lecture (MR) 3:00 PM Svetlana's Russian Speakers Group (#2) 7:00 PM British Mania-Beatles Tribute Band (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)</p> <p>25</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:00 PM *Dancing with Bernie & Happy Hour (NL) 1:30 PM Balance (MR) 4:15 PM *Shabbat Services (MR) 6:00 PM Shabbat Services (TV Channels 975 & 8) 7:00 PM Noon News 7:50 PM Shabbat Services (TV Channels 975 & 8) 8:30 PM Friday Night Movie (TV 975/8)</p> <p>26</p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 4:00 PM Seated Chair Exercise: Yoga 7:15 PM Music Listening Evening (NL) 8:00 PM Saturday Night Movie (TV 975/8)</p> <p>27</p>
---	---	---	--	---	---	---

<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Gardening Club (Terrace Gardens) 11:00 AM Element of Surprise-Motown and Soul music (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Simple & Sweet with Simone-S'mores (NL) 1:00 PM Virtual Explorations 2:00 PM Pearl Acapella Quartet and Friends (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:15 PM Brain Games (MR) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p>28</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Adventures in Visual Art (TART) 10:00 AM Movement (MR) 11:00 AM Flamenco Dance Performance (SH) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (SH) 3:00 PM Performance by Helaine, Joy and Ann (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Monday Night Movie (TV 975/8)</p> <p>29</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project Open Rehearsal (NL) 11:00 AM Perspectives (MR) 12:00 PM Noon News 1:00 PM Theater J: Exploring Acting through Comedy (Terrace Art Room) 2:00 PM *Culinary Explorations (#4) 3:00 PM Justin Paschalides 6-piece band performance (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p>30</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Brain Games (MR) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Live cooking demonstration and tasting (SH) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (SH) 3:00 PM Sports Discussion (MR) 3:00 PM Traveling in Place (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p>31</p>	<p>LOCATION KEY #1 - Activity Room #1 #2 - Activity Room #2 #3 - Activity Room #3 #4 - Activity Room #4 DR - Dining Room</p>	<p>MR - Meeting Room NL - North Lobby SH - Social Hall SL - South Lobby TART - Terrace Art Studio</p>	<p>TV - TV Room</p>
---	---	---	--	---	---	---------------------

August 2022
Ring House Activities
Gabe Pinkney #301-816-7726

