

SUN	MON	TUE	WED	THUR	FRI	SAT
		<b>Small Groups-10 people to a room maximum. Mask wearing and social distancing required at all times</b>	<b>Bold=Small Group</b> * Hybrid (small group & streaming on channel 975/8)			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 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 (TG) 12:00 PM Noon News 1:00 PM Adventures in Visual Art (TART) 1:00 PM Yoga & Balance with Melissa (MR) 2:00 PM *Bingo (#4) 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 11:00 AM Iris Music Project 12:00 PM Noon News 1:00 PM *Game Time (MR) 2:00 PM Simple & Sweet with Simone 3:00 PM Iris Music Project (MR) 3:15 PM *Game Time (#4) 4:00 PM Great Courses 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 11:15 AM Perspectives (TV) 12:00 PM Noon News 1:00 PM Yoga & Balance with Melissa (MR) 2:00 PM Opera/Ballet Club 3:00 PM Sports Discussion (MR) 4:00 PM Current Events (TV) 5:00 PM Popcorn Night 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 Iris Music Project 12:00 PM Noon News 1:00 PM *Writing & Reciting (MR) 2:00 PM *Bingo (#4) 3:00 PM *Writing & Reciting (MR) 4:00 PM Shtisel 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 Walking Club with Melissa (SL) 12:00 PM Noon News 1:00 PM *Dancing with Bernie (NL) 1:00 PM Brain Games (#4) 1:00 PM Yoga & Balance with Melissa (MR) 2:00 PM *Iris Music Project (MR) 2:00 PM Brain Games (#4) 2:00 PM Happy Hour 3:00 PM *Trivial Pursuit Reveal (MR) 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 Sundaes with Simone 2:00 PM Sunday Afternoon Movie 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie	<b>Shavuot-limited programming</b> 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Monday Night Movie	<b>Shavuot-limited programming</b> 9:00 AM Fun Finds at 9 4:00 PM Great Courses 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 11:15 AM Perspectives (TV) 12:00 PM Noon News 1:00 PM Yoga & Balance with Melissa (MR) 1:30 PM Theatre J: Activating Shakespeare's Language (#4) 2:00 PM Opera/Ballet Club 3:00 PM Sports Discussion (MR) 4:00 PM Current Events (TV) 5:00 PM Popcorn Night 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 Iris Music Project 12:00 PM Noon News 1:00 PM *Writing & Reciting (MR) 2:00 PM *Bingo (#4) 2:00 PM Novelty Ice Cream Thursdays 3:00 PM *Jewish Art Education Lecture (MR) 3:00 PM *Writing & Reciting (#4) 4:00 PM Shtisel 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 Walking Club with Melissa (SL) 12:00 PM Noon News 1:00 PM *Dancing with Bernie (NL) 1:00 PM Brain Games (#4) 1:00 PM Yoga & Balance with Melissa (MR) 2:00 PM *Iris Music Project (MR) 2:00 PM Brain Games (#4) 2:00 PM Happy Hour 3:00 PM *Trivial Pursuit Reveal (MR) 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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May 2021

Ring House Activities  
Gabe Pinkney #301-816-7726

