

**SUN MON TUE WED THUR FRI SAT**

<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Daniela Fujigaki Performance (SH) 11:00 AM Poker Players (#2) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Stand Holland Standards Performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Brain Games (MR) 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 Movement (MR) 11:00 AM Outdoor Walks (SL) 11:00 AM Painting to Live Music with the Iris Trio and Vica (TART) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 12:00 PM Resident council delegates meeting (TV) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM Double Play: Flute and Tuba 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><b>1</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 12:30 PM Theater J: "Making a Scene: Acting with a Partner" (Only who have signed up) (Terrace Art Room) 1:00 PM Cubigo Class with Vica and PJ (MR) 2:00 PM *Culinary Explorations (NL) 3:00 PM Michael Winograd &amp; the Honorable Mentshn- Klezmer Music (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:00 PM Poker Players (#2) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p><b>2</b></p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Lifestyle &amp; Leisure Activities Planning Meeting (#4) 10:00 AM Movement (MR) 11:00 AM Art with Marina (Terrace Art Room) 11:00 AM Guided Meditation (TV Channels 975 and 8) 11:00 AM Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 1:00 PM Coffee and Chat with PJ (NL) 1:30 PM Balance (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Chaim Baruch Performance Jewish Melodies (SH) 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p><b>3</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Brain Games (MR) 10:00 AM Movement 10:00 AM Poker Game (Activity Room 2) 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 1:00 PM Writing &amp; Reciting (MR) 2:00 PM Bingo (MR) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM Lox &amp; Vodka Band Jewish Music (SH) 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Thursday Night Movie (TV 975/8)</p> <p><b>4</b></p>	<p>9:00 AM Fun Finds at 9 9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM *Dancing with Bernie &amp; Happy Hour (NL) 1:00 PM Fitness Chats (Wellness Center) 1:30 PM Balance (MR) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)</p> <p><b>5</b></p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 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><b>6</b></p>
<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Empty Ecstasy music performance (SH) 11:00 AM Poker Players (#2) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Ann Ellsworth Performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Brain Games (MR) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p><b>7</b></p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Music &amp; Movement with Tobias and Joanna (MR) 10:30 AM Adventures in Visual Art (TART) 11:00 AM Iris Music Project: Dance Music with JiYoung and Joanna (SH) 11:00 AM Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM Julie Mack Piano and singing 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><b>8</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (NL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 12:30 PM Theater J: "Making a Scene: Acting with a Partner" (Only who have signed up) (Terrace Art Room) 1:00 PM Cubigo Class with Vica and PJ (MR) 2:00 PM *Simple &amp; Sweet (NL) 2:00 PM Brain Fitness (MR) 3:00 PM Iris Music Project (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:00 PM Poker Players (#2) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p><b>9</b></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) 11:00 AM Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Town Hall (TV Channels 975 &amp; 8) 1:30 PM Balance (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Birthday of the Month Celebration with Eric Scott Band (SH) 7:00 PM Keyboardist and Singer Bob Clark (SH) 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p><b>10</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Brain Games (MR) 10:00 AM Movement 10:00 AM Poker Game (Activity Room 2) 11:00 AM Iris Music Project 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 3:00 PM Steve Friedman-Broadway Music Performance (SH) 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Thursday Night Movie (TV 975/8)</p> <p><b>11</b></p>	<p>9:00 AM Fun Finds at 9 9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM *Dancing with Bernie &amp; Happy Hour (NL) 1:00 PM Fitness Chats (Wellness Center) 1:30 PM Balance (MR) 3:00 PM Iris Music Project (SH) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)</p> <p><b>12</b></p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 3:00 PM Yiddish Speakers Group (NL) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie (TV 975/8)</p> <p><b>13</b></p>
<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Empty Ecstasy music performance (SH) 11:00 AM Poker Players (#2) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Ann Ellsworth Performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting &amp; Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p><b>14</b></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 Joy and the Iris Music Project (SH) 11:00 AM Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 2:00 PM Short Story Group (TV) 3:00 PM A Visit with George Burns (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><b>15</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 11:15 AM Hadassah Meeting: "Why Hadassah?" featuring Ilene Schneider (SH) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 12:30 PM Theater J: "Making a Scene: Acting with a Partner" (Only who have signed up) (Terrace Art Room) 1:00 PM Cubigo Class with Vica and PJ (MR) 2:00 PM *Culinary Explorations (NL) 3:00 PM Iris Music Project (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:00 PM Poker Players (#2) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p><b>16</b></p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Chair Yoga (MR) 11:00 AM Art with Marina (Terrace Art Room) 11:00 AM Guided Meditation (TV Channels 975 and 8) 11:00 AM Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 1:30 PM Balance (MR) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Vica's Wedding Photo Showcase (MR) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p><b>17</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Brain Games (MR) 10:00 AM Movement 10:00 AM Poker Game (Activity Room 2) 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 1:00 PM Write in the Moment Creative Writing Course with Dana (Activity Room 4) 2:00 PM Bingo (MR) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM Broadway Music Performance &amp; Presentation with Steve Friedman (SH) 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Thursday Night Movie (TV 975/8)</p> <p><b>18</b></p>	<p>9:00 AM Fun Finds at 9 9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Iris Music Project: Music 101 Drum Circle (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM *Dancing with Bernie &amp; Happy Hour (NL) 1:00 PM Fitness Chats (Wellness Center) 1:30 PM Balance (MR) 3:00 PM Iris Music Project (SH) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)</p> <p><b>19</b></p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 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><b>20</b></p>
<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Laurie Mangold Performance (SH) 11:00 AM Poker Players (#2) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Churchill Music Club- Classical Music (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Brain Games (MR) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p><b>21</b></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 Music &amp; Lyrics (SH) 11:00 AM Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM Rosh Chodesh Group (MR) 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><b>22</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (NL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 12:30 PM Theater J: "Making a Scene: Acting with a Partner" (Only who have signed up) (Terrace Art Room) 1:00 PM Cubigo Class with Vica and PJ (MR) 2:00 PM *Simple &amp; Sweet (NL) 3:00 PM Iris Music Project (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:00 PM Poker Players (#2) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p><b>23</b></p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Ring Spring Obstacle Course (SH) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:30 PM Balance (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Mamaliga Klezmer Music Performance (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p><b>24</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Brain Games (MR) 10:00 AM Movement 10:00 AM Poker Game (Activity Room 2) 11:00 AM French Conversation with Eliana (TV) 12:00 PM Noon News 1:00 PM "the History Of Jewish Life in America" short Video and discussion (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) 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Thursday Night Movie (TV 975/8)</p> <p><b>25</b></p>	<p>9:00 AM Fun Finds at 9 9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 10:30 AM Shavuot Services (MR) 11:00 AM Outdoor Walks (SL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Fitness Chats (Wellness Center) 1:30 PM Balance (MR) 4:15 PM *Shabbat Services (MR) 7:00 PM Noon News 8:30 PM Friday Night Movie (TV 975/8)</p> <p><b>26</b></p>	<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 10:30 AM Shavuot Services with Yizkor (MR) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Saturday Afternoon Movie (TV 975/8) 3:00 PM Yiddish Speakers Group (NL) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Saturday Night Movie (TV 975/8)</p> <p><b>27</b></p>
<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Poker Players (#2) 11:00 AM Sarah Jones Performance (SH) 12:30 PM Adventures in Visual Art (TART) 12:30 PM Bridge (resident run) (Activity Room 1) 1:00 PM Virtual Explorations 2:00 PM Rear View Mirror Performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting &amp; Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga 8:00 PM Sunday Night Movie (TV 975/8)</p> <p><b>28</b></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 Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 3:00 PM Seth Kibel Jewish Music and more (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><b>29</b></p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (NL) 12:00 PM Noon News 12:30 PM Bridge (resident run) (Activity Room 1) 12:30 PM Theater J: "Making a Scene: Acting with a Partner" (Only who have signed up) (Terrace Art Room) 1:00 PM Cubigo Class with Vica and PJ (MR) 2:00 PM *Culinary Explorations (NL) 3:00 PM Iris Music Project (SH) 4:00 PM Great Courses 7:00 PM Noon News 7:00 PM Poker Players (#2) 7:30 PM Classy Jazz Band (SH) 8:00 PM Tuesday Night Movie (TV 975/8)</p> <p><b>30</b></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) 11:00 AM Outdoor Walks (SL) 11:30 AM Fitness Chats (Wellness Center) 12:00 PM Noon News 1:30 PM Balance (MR) 2:00 PM Adventures in Visual Art (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Seka Tokic Performance (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p> <p><b>31</b></p>	<p><b>LOCATION KEY</b> #1 - Activity Room #1 #2 - Activity Room #2 #3 - Activity Room #3 #4 - Activity Room #4 MR - Meeting Room</p>	<p>NL - North Lobby SH - Social Hall SL - South Lobby TART - Terrace Art Studio TV - TV Room</p>	

**May 2023**

**Ring House Activities**  
Vica Carpio #301-816-7726



**Charles E. Smith**  
LIFE COMMUNITIES