

SUN MON TUE WED THUR FRI SAT

<p>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Rear View Mirror Music Performance (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Greenbelt Wind Ensemble performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 2:30 PM Giant 3:00 PM Russian Speakers Group (#2) 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>9:00 AM Blood Pressure Checks (Wellness Center) 10:00 AM Music & Movement (MR) 11:00 AM *Healthy Learning Lecture (MR) 11:00 AM Painting to live music with Iris Trio & Vica (TART) 12:00 PM Noon News 12:00 PM Resident council delegates meeting (TV) 1:00 PM Chair Yoga (MR) 1:00 PM Make your words count game (combo of scrabble & uno) with the game's creator Will Patterson (Activity Room 2) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 2:00 PM Perspectives (resident run) (TART) 3:00 PM Built For Comfort Band (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>9:00 AM Fun Finds at 9 10:00 AM Movement 10:15 AM Iris Music Project: Open Rehearsal (SH) 11:00 AM TaylorMarie's Apparel Clothing Sale (11AM-3:00 PM) (MR) 12:00 PM Noon News 1:00 PM Canasta with Beverly (Activity Room 1) 1:30 PM TaylorMarie's Apparel Fashion Show (NL) 3:00 PM Iris Music Project: Music for the Royals (SH) 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>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (SH) 10:00 AM Ring House Residents-meet Cubigo associates, download the app to your computer/phone/tablet, ask questions. Stop by anytime from 10AM-3PM (MR) 11:00 AM Food Committee Meeting (only for committee members) (DR) 11:00 AM French Conversations with Eliana (TV) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 2:00 PM Visiting Jewish Scholar Series (SH) 3:00 PM Kiti Gardner & The Drifting Valentines performance (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM Bruce Gardner performance (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Art with Martina (TART) 11:00 AM Iris Music Project: Drum Circle (MR) 11:00 AM National Check Blood Pressure Day (NL) 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) 3:00 PM Helaine's performance with Lauren (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>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>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Rear View Mirror Music Performance (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Greenbelt Wind Ensemble performance (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 2:30 PM Giant 3:00 PM Russian Speakers Group (#2) 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 Music & Movement (MR) 11:00 AM *Healthy Learning Lecture (MR) 11:00 AM Painting to live music with Iris Trio & Vica (TART) 12:00 PM Noon News 12:00 PM Resident council delegates meeting (TV) 1:00 PM Chair Yoga (MR) 1:00 PM Make your words count game (combo of scrabble & uno) with the game's creator Will Patterson (Activity Room 2) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 2:00 PM Perspectives (resident run) (TART) 3:00 PM Built For Comfort Band (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>9:00 AM Fun Finds at 9 10:00 AM Movement 12:00 PM Noon News 1:00 PM Canasta with Beverly (Activity Room 1) 2:00 PM *Culinary Explorations (#4) 3:00 PM New Resident Wine and Cheese (Activity Room 4) 4:00 PM Great Courses 7:00 PM Noon News 7:00 PM Vladimir Fridman performance (SH) 8:00 PM Tuesday Night Movie (TV 975/8)</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM French Conversations with Eliana (TV) 11:00 AM Guided Meditation (TV Channels 975 and 8) 11:30 AM Learn how to use exercise machines with Marcus (Wellness Center) 12:00 PM Town Hall (TV Channels 975 and 8) 1:00 PM A Sweet Sendoff for Simone (SH) 2:00 PM Adventures in Visual Art-bring and work on your own art projects (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Broadway Music Performance & Presentation with Steve Friedman (SH) 7:00 PM The Fried Jazz Band (SH) 8:00 PM Opera/Ballet Film (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia (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 7:00 PM Ring House Casino Night (NL) 8:00 PM Thursday Night Movie (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 11:00 AM Iris Music Project: Rhythm (MR) 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) 3:00 PM Iris Music Project: Honoring our Veterans-music with Lauren and JiYoung (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>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>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM The Golden Ringers present: A performance by JiYoung and her family (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Kolot HaLev choir 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) 10:30 AM Adventures in Visual Art (TART) 11:00 AM Indoor Walks (SL) 11:00 AM Music with Joy, Ann and the Iris Trio! (SH) 11:30 AM Learn how to use exercise machines with Marcus (Wellness Center) 12:00 PM Noon News 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo-Fitness Bingo with Marcus (MR) 2:00 PM Perspectives (resident run) (TART) 3:00 PM Kelly Snow 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>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 1:00 PM Canasta with Beverly (Activity Room 1) 2:00 PM *Simple & Sweet (NL) 3:00 PM *Ring House Road Show (SH) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Tuesday Night Movie (TV 975/8)</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Art with Martina (TART) 11:00 AM Brain Games (MR) 11:00 AM French Conversations with Eliana (TV) 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 Adventures in Visual Art-bring and work on your own art projects (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM The Vi-Kings Performance (SH) 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Opera/Ballet Film (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 12:00 PM Noon News 1:00 PM *Writing & Reciting & Trivia (MR) 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 2:00 PM Bingo (MR) 2:00 PM Chug Ivri-Hebrew Club (TV) 3:00 PM The Sidleys Performance (SH) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 11:00 AM Iris Music Project: music committee (MR) 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) 3:00 PM David Witten music performance (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>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>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Adina Thomas Duo Performance (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Elise Jenkins opera singer (SH) 2:00 PM Sunday Afternoon Movie (TV 975/8) 3:00 PM Russian Speakers Group (#2) 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 Music & Movement (MR) 10:30 AM Adventures in Visual Art (TART) 11:00 AM *Healthy Learning Lecture (MR) 11:00 AM Music & Lyrics: Robeson's Ballad for Americans (SH) 11:30 AM Learn how to use exercise machines with Marcus (Wellness Center) 12:00 PM Noon News 12:30 PM Theater J: Shakespeare out loud (TART) 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 2:00 PM Perspectives (resident run) (TART) 2:00 PM Short Story Group (TV) 3:00 PM Empty Ecstasy Music 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>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 1:00 PM Canasta with Beverly (Activity Room 1) 3:00 PM Iris Music Project: Cab Calloway, the versatile artist of the Swing Era with Bernie and Joanna (SH) 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>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM *Writing & Reciting & Trivia (MR) 11:00 AM French Conversations with Eliana (TV) 11:00 AM Guided Meditation (TV Channels 975 and 8) 12:00 PM Noon News 1:00 PM Information on acupuncture with Orna Amrani (MR) 2:00 PM Adventures in Visual Art-bring and work on your own art projects (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Eric Scott Band (SH) 7:00 PM Noon News 8:00 PM Opera/Ballet Film (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement 11:00 AM Bingo (MR) 12:00 PM Noon News 1:00 PM Novelty Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 3:00 PM Thanksgiving Dinner 3-6 PM (one open seating) (DR) 7:00 PM Noon News 8:00 PM Thursday Night Movie (TV 975/8)</p>	<p>9:00 AM Fun Finds at 9 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 11:00 AM Keyboardist & Singer Bob Clark (SH) 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>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>9:00 AM Soothing Nature Sounds 10:00 AM Movement 11:00 AM Dave Weber Music (SH) 12:30 PM Adventures in Visual Art (TART) 1:00 PM Virtual Explorations 2:00 PM Ruthie Logsdon & The Wrangler (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 Getting to Know You: Lisa hosts the trio! (SH) 11:00 AM Indoor Walks (SL) 12:00 PM Noon News 12:30 PM Theater J: Shakespeare out loud (TART) 1:00 PM Chair Yoga (MR) 1:30 PM Balance (MR) 2:00 PM Bingo (MR) 2:00 PM Perspectives (resident run) (TART) 3:00 PM Kara & Nicky violin and harp (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>9:00 AM Fun Finds at 9 10:00 AM Movement 12:00 PM Noon News 1:00 PM Canasta with Beverly (Activity Room 1) 2:00 PM *Simple & Sweet (NL) 3:00 PM Iris Music Project: Classical music influenced by Jewish traditions (SH) 4:00 PM Great Courses 7:00 PM Noon News 8:00 PM Tuesday Night Movie (TV 975/8)</p>	<p>9:30 AM Blood Pressure Checks (Wellness Center) 10:00 AM Movement (MR) 11:00 AM Brain Games (MR) 11:00 AM French Conversations with Eliana (TV) 11:00 AM Guided Meditation (TV Channels 975 and 8) 11:30 AM Learn how to use exercise machines with Marcus (Wellness Center) 12:00 PM Noon News 1:00 PM West Campus vs. East Campus Chef Chili Cookoff (SH) 2:00 PM Adventures in Visual Art-bring and work on your own art projects (TART) 2:00 PM Visiting Jewish Scholar Series (MR) 3:00 PM Michael Scoglio Trio (SH) 7:00 PM Noon News 7:30 PM Movie in the Meeting Room (MR) 8:00 PM Opera/Ballet Film (TV 975/8)</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>

November 2022

Ring House Activities
Gabe Pinkney #301-816-7726

