

September 2023



Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Dancing with Bernie and Happy Hour (NL) 1:30 PM Balance (SH) 4:15 PM Shabbat Services (MR) 7:00 PM Zemerot Sing Along 8:30 PM Friday Night Movie: "Rescued by Ruby" (975 & 8)	10:30 AM Shabbat Services (MR) 1:00 PM Scrabble Games (Resident Run) (#2) 2:00 PM Saturday Afternoon Movie: "Time to Dance" (975 & 8) 3:00 PM Yiddish Speaking group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:15 PM Music Listening Evening: "Mystery Night" 8:00 PM Saturday Night Movie: "Peter Pan" (Live Action) (975 & 8)
3	4	5	6	7	8	9
9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 11:00 AM Brain Games: "Trivia Game" (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Adventures in Visual Art: (TART) 2:00 PM Sunday Afternoon Movie: "The Big Short" (975 & 8) 2:00 PM BW & the Dangers Music Performance (Standards) (SH) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting and Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Poker Game (#2) 8:00 PM Sunday Night Movie: "Easy A" (975 & 8)	9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 12:00 PM Resident Council Meeting (TR) 1:00 PM Adventures in Visual Art: Labor Day Art (TART) 1:30 PM Balance (SH) 2:00 PM Bingo (MR) 7:30 PM Movie in the Meeting Room: (MR) 8:00 PM Monday Night Movie (975 & 8)	10:00 AM Movement (975 & 8) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 12:30 PM Theater J: Finding Your Voice: A Storytelling Journey course (TART) 2:00 PM Culinary Explorations (NL) 3:00 PM Iris Music Project: Folk Music Storytelling of Harry Chapin with Joanna (SH) 7:00 PM Poker Game (#2) 7:00 PM Sing Along Group (Resident Run) (MR) 8:00 PM Tuesday Night Movie (975 & 8)	9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Art with Martina (TART) 11:00 AM Outdoor Walks (SL) 1:00 PM Adventures in Visual Art (TART) 1:30 PM Balance (SH) 2:00 PM Jewish Scholar: (SH) 3:30 PM Israeli Wine Tasting with Rabbi Steve Kerbel (MR) 7:00 PM Perspectives (MR) 7:45 PM "The Woman" (Play Reading) (TART) 8:00 PM Opera Film: (975 & 8)	10:00 AM Movement (975 & 8) 11:00 AM French Conversation with Eliana (TR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 1:00 PM Brain Games (MR) 2:00 PM Bingo (MR) 3:00 PM Kristoffer Belgica Music Performance (Jewish, Pop, Country) (SH) 7:00 PM Poker Game (Resident Run) (#2) 7:30 PM Movie in the Meeting Room: "In Her Shoes" (MR) 8:00 PM Thursday Night Movie (975 & 8)	9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 11:00 AM Iris Music Project: Music Committee (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Dancing with Bernie and Happy Hour (NL) 1:30 PM Balance (SH) 3:00 PM Iris Music Project: 20 feet from stardom: the story of background singers with Mike and Lauren (SH) 4:15 PM Shabbat Services (MR) 8:30 PM Friday Night Movie (975 & 8)	9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 2:00 PM Saturday Afternoon Movie (975 & 8) 3:00 PM Yiddish Speaking group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 8:00 PM Saturday Night Movie (975 & 8)
10	11	12	13	14	15	16
9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 11:00 AM Brain Games (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Adventures in Visual Art: (TART) 2:00 PM Sunday Afternoon	9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Indoor Walks (SL) 1:00 PM Adventures in Visual Art (TART) 1:30 PM Balance (SH) 2:00 PM Bingo (MR) 3:00 PM Group Guided Meditation (#4) 7:30 PM Movie in the Meeting Room:	10:00 AM Movement (975 & 8) 12:30 PM Bridge (Resident Run) (#1) 12:30 PM Theater J: Finding Your Voice: A Storytelling Journey course (TART) 2:00 PM Simple and Sweet (NL) 2:00 PM Brain Fitness with Dana (MR) 2:30 PM "The Woman" (Play	9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Outdoor Walks (SL) 12:00 PM Town Hall (975 & 8) 1:00 PM Adventures in Visual Art (TART) 1:30 PM Balance (SH) 2:00 PM Jewish Scholar: (MR)	10:00 AM Movement (975 & 8) 11:00 AM French Conversation with Eliana (TR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 1:00 PM Debra's Dialogues (Resident Run Woman's Group) (#4) 2:00 PM Bingo (MR) 3:00 PM Daniela Fujigaki Music	9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 11:00 AM Iris Music Project: Drum Circle (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Dancing with Bernie and Happy Hour (NL) 1:30 PM Balance (SH)	10:00 AM Rosh Hashanah Morning Services with Rabbi Michaels (SH)

Bold activity = Sign up mandatory

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<p>Movie (975 & 8) 2:00 PM Eric Scott Duo Music Performance (Motown, Rhythm & Blues, Jazz and More) (SH) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting and Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Poker Game (#2) 8:00 PM Sunday Night Movie (975 & 8)</p>	<p>(MR) 8:00 PM Monday Night Movie (975 & 8)</p>	<p>Reading) (MR) 7:00 PM Poker Game (#2) 7:00 PM Sing Along Group (Resident Run) (MR) 8:00 PM Tuesday Night Movie (975 & 8)</p>	<p>3:00 PM Concert by Nani (SH) 7:00 PM Perspectives Group (Resident Run) (MR) 7:30 PM Singer and keyboardist Bob Clark (SH) 8:00 PM Ballet Film (975 & 8)</p>	<p>Performance (Vocalist, Jazz, Broadway) (SH) 7:00 PM Poker Game (Resident Run) (#2) 7:30 PM Movie in the Meeting Room: "The World According to Garp" (MR) 8:00 PM Thursday Night Movie (975 & 8)</p>	<p>3:00 PM Iris Music Project: Music for the High Holidays (SH) 6:15 PM Erev Rosh Hashana Evening Services with Rabbi Michaels (SH)</p>	
17	18	19	20	21	22	23
<p>10:00 AM Rosh Hashanah Morning Services with Shofar with Rabbi Michaels (SH) 3:00 PM Tashlich with Shofar with Rabbi Dan (SH)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Music and Movement with Monique and Jiyoung (MR) 11:00 AM Painting to Music with Jiyoung and Lauren (TART) 11:00 AM Indoor Walks (SL) 1:30 PM Balance (SH) 2:00 PM Short Story Group (TR) 2:00 PM Bingo (MR) 3:00 PM Group Guided Meditation (#4) 7:30 PM Movie in the Meeting Room: (MR) 8:00 PM Monday Night Movie (975 & 8)</p>	<p>10:00 AM Movement (975 & 8) 12:30 PM Bridge (Resident Run) (#1) 12:30 PM Theater J: Finding Your Voice: A Storytelling Journey course (TART) 2:00 PM Culinary Explorations (NL) 7:00 PM Poker Game (#2) 7:00 PM Sing Along Group (Resident Run) (MR) 8:00 PM Tuesday Night Movie (975 & 8)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Art with Marina (TART) 11:00 AM Outdoor Walks (SL) 1:00 PM Adventures in Visual Art (TART) 1:30 PM Balance (SH) 2:00 PM Jewish Scholar: (MR) 7:00 PM Perspectives (MR) 8:00 PM Opera Film: (975 & 8)</p>	<p>10:00 AM Movement (975 & 8) 11:00 AM French Conversation with Eliana (TR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 1:00 PM Brain Games (MR) 2:00 PM Chug Ivri-Hebrew Club (TR) 2:00 PM Bingo (MR) 3:00 PM Laurie Mangold Music Performance (Guitar/Vocals- Rock, Jewish Folk) (SH) 7:00 PM Poker Game (Resident Run) (#2) 7:30 PM Movie in the Meeting Room: (MR) 8:00 PM Thursday Night Movie (975 & 8)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 11:00 AM Iris Music Project: The Singing Group with Roz and Jiyoung (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Dancing with Bernie and Happy Hour (NL) 1:30 PM Balance (SH) 3:00 PM Iris Music Project: Music for days of Awe (SH) 4:15 PM Shabbat Services (MR) 8:30 PM Friday Night Movie (975 & 8)</p>	<p>10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 2:00 PM Saturday Afternoon Movie (975 & 8) 3:00 PM Yiddish Speaking group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 8:00 PM Saturday Night Movie (975 & 8)</p>
24	25	26	27	28	29	30
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 11:00 AM Iris Music Project: Kol Nidre and other works with Cello Crossing (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Adventures in Visual Art: (TART) 2:00 PM Seka Tokic Music Performance (SH) 2:00 PM Sunday Afternoon Movie (Piano/Vocals- Pop, Rock) (975 & 8) 3:00 PM Russian Speakers Group (#2) 3:15 PM Knitting and Crocheting Club (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 6:15 PM Kol Nidre services with Rabbi Michaels (SH)</p>	<p>10:00 AM Morning Services with Yizkor with Rabbi Michaels (SH) 4:00 PM Neilah Services with Rabbi Michaels (SH)</p>	<p>10:00 AM Movement (975 & 8) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 12:30 PM Theater J: Finding Your Voice: A Storytelling Journey course (TART) 2:00 PM Simple and Sweet (NL) 3:00 PM Iris Music Music Project: Favorite Pop Songs of the 1940s with Joanna (SH) 7:00 PM Poker Game (#2) 7:00 PM Sing Along Group (Resident Run) (MR) 8:00 PM Tuesday Night Movie (975 & 8)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Outdoor Walks (SL) 1:00 PM Adventures in Visual Art (TART) 1:30 PM Balance (SH) 2:00 PM Jewish Scholar: (MR) 7:00 PM Perspectives (MR) 8:00 PM Ballet Film (975 & 8)</p>	<p>10:00 AM Movement (975 & 8) 11:00 AM Iris Music Project: Life and music of Cole Porter with Bernie and Jiyoung (SH) 11:00 AM French Conversation with Eliana (TR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Ping Pong with Mary (#3) 1:00 PM Debra's Dialogues (Resident Run Woman's Group) (#4) 2:00 PM Bingo (MR) 3:00 PM Jewish Art Education Lecture (MR) 7:00 PM Poker Game (Resident Run) (#2) 7:30 PM Movie in the Meeting Room: (MR) 8:00 PM Thursday Night Movie (975 & 8)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 11:00 AM Outdoor Walks (SL) 11:00 AM Iris Music Project: Drum Circle (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Dancing with Bernie and Happy Hour (NL) 1:30 PM Balance (SH) 3:00 PM Iris Music Project: Song of Sukkot- Celebrating Fall (SH) 4:15 PM Erev Sukkot Evening Services with Rabbi Dan (SH)</p>	<p>10:30 AM Shabbat/Sukkot Services (MR)</p>

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