

# Activities Calendar



**Charles E. Smith**  
LIFE COMMUNITIES

## Monday, February 6, 2023

- 09:30 AM Blood Pressure Checks  
*Wellness Center*
- 10:00 AM Music and Movement  
*Meeting Room*
- 11:00 AM Painting to Music with Iris Music Project and Vica  
*Terrace Art Studio*
- 11:00 AM Healthy Learning Lecture  
*Meeting Room*
- 11:00 AM Indoor Walks  
*South Lobby*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 01:00 PM Chair Yoga  
*Meeting Room*
- 01:00 PM Tu Bishvat Program  
*Social Hall*
- 01:30 PM Balance  
*Meeting Room*
- 02:00 PM Bingo  
*Meeting Room*
- 03:00 PM Atticus and Minju: Classical  
*Social Hall*
- 04:00 PM Great Courses: "Dead Sea Scrolls" (Lecture 15)  
*Channels 975 and 8*

07:00 PM Noon News  
*Channels 975 and 8*

07:30 PM Movie in the Meeting Room: "Le Divorce"  
*Meeting Room*

08:00 PM Monday Night Movie: "Fierce"  
*Channels 975 and 8*



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## Tuesday, February 7, 2023

- 09:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 10:15 AM Iris Music: Open Rehearsal  
*North Lobby*
- 11:00 AM Food Committee Meeting (only for committee members)  
*Dining Room*
- 11:00 AM Cubigo Volunteer Jonathan  
*Meeting Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 02:00 PM Culinary Explorations  
*North Lobby*
- 03:00 PM Iris Music Project: Buddy Rich-Drummer Extraordinaire with  
Bernie  
*Social Hall*
- 04:00 PM Great Courses: "The Wonders of America's State Parks"  
(Lecture 17)  
*Channels 975 and 8*
- 07:00 PM Noon News  
*Channels 975 and 8*
- 07:30 PM Movie in the Meeting Room: "Peter's Friends"  
*Meeting Room*

08:00 PM Tuesday Night Movie: "Hallelujah"  
*Channels 975 and 8*



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## Wednesday, February 8, 2023

- 9:30 AM Blood Pressure Checks  
*Wellness Center*
- 10:00 AM Movement  
*Social Hall*
- 11:00 AM Guided Meditation  
*Channels 975 and 8*
- 11:00 AM Brain Games: Word Sorting Game  
*Social Hall*
- 12:00 PM Town Hall  
*Channels 975 and 8*
- 1:00 PM Seated Cardio Kickboxing  
*Meeting Room*
- 1:30 PM Traveling Chairs  
*Meeting Room*
- 2:00 PM Adventures in Visual Art (bring and work on your own art projects)  
*Terrace Art Studio*
- 3:00 PM Ayodel Owolabi: Jazz, Motown & More  
*Social Hall*
- 8:00 PM Opera Film: "IL Trovatore"  
*Channels 975 and 8*



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## Thursday, February 9, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 11:00 AM French Conversation with Eliana  
*T.V. Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 1:00 PM Ping Pong with Mary  
*Activity Room #3*
- 1:00 PM Writing and Reciting and Trivia  
*Meeting Room*
- 1:00 PM Ice Cream Thursdays  
*North Lobby*
- 2:00 PM Bingo  
*Meeting Room*
- 3:00 PM Ring House Road Show: Bring a picture of someone you love  
*Social Hall*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 7:00 PM Guitarist Vladimir Fridman  
*Social Hall*
- 8:00 PM Thursday Night Movie: "RV"  
*Channels 975 and 8*



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## Friday, February 10, 2023

- 9:00 AM Fun Finds at 9  
*Channels 975 and 8*
- 10:00 AM Movement  
*Meeting Room*
- 11:00 AM Indoor Walks  
*South Lobby*
- 11:00 AM Iris Music Project: Drum Circle  
*Meeting Room*
- 12:00 PM Noon News  
*Channels 975 and 8*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 1:00 PM Dancing with Bernie and Happy Hour  
*North Lobby*
- 1:00 PM Chair Yoga  
*Meeting Room*
- 1:30 PM Balance  
*Meeting Room*
- 3:00 PM Iris Music Project: Life & Music of Johnny Cash with Lauren  
*Social Hall*
- 4:15 PM Shabbat Services  
*Meeting Room*
- 7:00 PM Noon News  
*Channels 975 and 8*
- 8:30 PM Friday Night Movie: "It Could Happen to You"  
*Channels 975 and 8*



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## Saturday, February 11, 2023

- 09:00 AM Soothing Nature Sounds  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 10:30 AM Shabbat Services  
*Meeting Room*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 01:00 PM Virtual Exploration  
*Channels 975 and 8*
- 02:00 PM Saturday Afternoon Movie: "The American President"  
*Channels 975 and 8*
- 04:00 PM Seated Chair Exercise: Yoga  
*Channels 975 and 8*
- 07:15 PM Music Listening Evening  
*North Lobby*
- 08:00 PM Saturday Night Movie: "Sabrina"  
*Channels 975 and 8*





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## Sunday, February 12, 2023

- 09:00 AM Soothing Nature Sounds  
*Channels 975 and 8*
- 10:00 AM Movement  
*Channels 975 and 8*
- 11:00 AM Paul Jung Trio- Jazz  
*Social Hall*
- 12:30 PM Adventures in Visual Art: Make Your Own Sweethearts Pillows  
*Terrace Art Studio*
- 12:30 PM Bridge (Resident Run)  
*Activity Room #1*
- 01:00 PM Virtual Explorations  
*Channels 975 and 8*
- 02:00 PM World Music  
*Social Hall*
- 02:00 PM Sunday Afternoon Movie: "America's Sweethearts"  
*Channels 975 and 8*
- 03:00 PM Russian Speakers Group  
*Activity Room #2*
- 03:15 PM Knitting and Crocheting Club  
*Activity Room #1*
- 04:00 PM Seated Chair Exercise: Yoga  
*Channels 975 and 8*
- 08:00 PM Sunday Night Movie: "The Scarlet Letter"  
*Channels 975 and 8*

## Movies

**7:30 PM Movie in the Meeting Room Monday, February 6<sup>th</sup> “Le Divorce”** 2003 PG-13/1h 57m While visiting her sister in Paris, a young woman finds romance and learns her brother-in-law is a philanderer.

**8:00 PM Monday, February 6<sup>th</sup> “Fierce”** 2020 TV-MA/1h 58m Talent and passion for music can take one to the very top. On the way, however there are going to be showbiz traps.

**7:30 PM Movie in the Meeting Room Tuesday February 7<sup>th</sup> “Peter’s Friends”** 1992 R/ 1h 41m Six former college friends, with two new friends, gather for New Year’s Party at a large English countryside manor after ten years to reminisce about the good times now long gone.

**8:00 PM Tuesday, February 7<sup>th</sup> “Hallelujah”** 2021 PG-13/1h 58m This feature-length documentary explores the life of singer-songwriter Leonard Cohen as seen through the prism of his internationally renowned hymn Hallelujah.

**8:00 PM Wednesday, February 8<sup>th</sup> Opera Film “IL Trovatore”** The commander of the Royalist Aragon troops, Count di Luna, is obsessed with Leonora, a young noblewoman in the queen’s service, who does not return his love. Outside the royal residence, his soldiers keep watch at night.

**8:00 PM Thursday, February 9<sup>th</sup> “RV”** 2006 PG/1h 39m Bob Munro and his dysfunctional family rent an RV for a road trip to the Colorado where they ultimately have contend with a bizarre community of campers.

**8:30 PM Friday, February 10<sup>th</sup> “It Could Happen to You”** 1994 PG/1h 41m A police officer promises to share his lottery ticket with a waitress in lieu of a tip.

**2:00 PM Saturday, February 11<sup>th</sup> “The American President”** 1995 PG-13/1h 54m A widowed U.S. President running for reelection and an environmental lobbyist fall in love. It’s all above-board, but “politics is perception,” and sparks fly anyways.

**8:00 PM Saturday, February 11<sup>th</sup> “Sabrina”** 1954 Passed/1h 53m A playboy becomes interested in the daughter of his family’s chauffeur, but it’s his more serious brother who would be the better man for her.

**2:00 PM Sunday, February 12<sup>th</sup> “American’s Sweetheart”** 2001 PG-13/1h 42m A movie publicist deals with the messy split of his movie’s co-stars while keeping reporters at bay while a reclusive director holds the film’s print hostage.

**8:00 PM Sunday, February 12<sup>th</sup>** **“The Scarlet Letter”** 1995 R/2h 15m An affair between a young woman and a pastor has disastrous consequences.