

January 2025



Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (TR) 11:30 AM Walking Club (Meet at the Front Desk) 12:30 PM Bridge (Resident Run) (#1) 3:00 PM Perspectives (Current Events) (MR) 5:00 PM Chanukah Lighting (NL) 7:00 PM Poker Game (#2) 8:00 PM Ballet Film: A Little Princess (975 & 8)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 1:00 PM Ice Cream Thursdays (NL) 2:00 PM Bingo (MR) 2:00 PM Ping Pong/Pool Playing (#3) 2:00 PM Rosh Chodesh (#4) 3:00 PM Patty Reese Rock, Rhythm and Blues (SH) 7:00 PM Poker Game (Resident Run) (#2) 7:30 PM Movie in the Meeting Room: My Fat Greek Wedding (MR) 8:00 PM Thursday Night Movie: The Apartment (comedy-drama) (975 & 8)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Creativity Plus (Poetry Pros and Puppeteering) (#4) 2:00 PM Gabe Hutter jazz standards, folk songs, and classic pop and country music favorites (SH) 4:15 PM Shabbat Services (MR) 8:30 PM Friday Night Movie: Sid Caesar, Broadway Revue episode 3 (comedy, variety) (975 & 8)</p>	<p>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: From Time to Time (fantasy drama) (975 & 8) 3:00 PM Yiddish Speaking group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Poker Game (#2) 7:15 PM Music Listening Evening 8:00 PM Saturday Night Movie: still more vintage New Year's Eve music (975 & 8)</p>
5	6	7	8	9	10	11
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 12:00 PM Performer to be determined (Check Cubigo) 12:30 PM Bridge (Resident Run) (#1) 1:30 PM Trivia with Jeff (MR) 2:00 PM Adventures in Visual Art: (TART) 2:00 PM Sunday Afternoon Movie: vintage New Year's Eve music with video (975 & 8) 3:00 PM Qi Yu Duo Chinese zither and steelpan duo (SH) 3:15 PM Mahjong Game (Resident run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Poker Game (#2) 8:00 PM Sunday Night Movie: Sherlock Holmes: New Year's Eve Off the Scilly Islands (old radio broadcast (975 & 8)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Iris Music Project: Music for the New Year with the Trio (SH) 11:30 AM Walking Club (Meet at the Front Desk) 12:15 PM Rehearsal for Comedy Skit (MR) 2:00 PM Bingo (MR) 3:00 PM The Development and Significance of the Talmud with Rabbi Michell Berkowitz (MR) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: (MR) 8:00 PM Monday Night Movie (975 & 8)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 10:15 AM Iris Music: Open Rehearsal (NL) 11:00 AM Great Courses: (MR) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Technology Support with Jonathan (Please sign up at the front desk) (TR) 3:00 PM Iris Music: Music of Triumph and Celebration with Joanna (SH) 7:00 PM Poker Game (#2) 7:30 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 (SH) 11:00 AM Guided Meditation (975 & 8) 11:30 AM Walking Club (Meet at the Front Desk) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Jewish Scholar: (MR) (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Singer and Keyboardist Bob Clark Performance (SH) 7:00 PM Poker Game (#2)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Iris Music Project: Music Committee with Lauren (#4) 2:00 PM Chug Ivri- Hebrew Club (TR) 2:00 PM Bingo (MR) 2:00 PM Ping Pong/Pool Playing (#3) 3:00 PM Iris Music Project: Celebrating New Years Musical Traditions with Gary and Lauren (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 Iris Music Project: Ring House Singers (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour Birthday with the Ring Singers (NL) 2:00 PM Kris Belgica Trio Klezmer and Oldies (SH) 4:15 PM Shabbat Services (MR) 7:15 PM Zemerot Sing Along (#4) 8:30 PM Friday Night Movie (975 & 8)</p>	<p>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) 7:00 PM Poker Game (#2) 7:30 PM Book Club (#4) 8:00 PM Saturday Night Movie (975 & 8)</p>
12	13	14	15	16	17	18
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 11:00 AM News & Views with Stan Wolf (#4) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM MGJDS School Visit: (TART)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Iris Music Project: Introduction to the Voices of Ring House: A panel discussion featuring composer Ian Power and Dana Tate (SH) 11:30 AM Walking Club (Meet at the Front Desk) 2:00 PM Bingo (MR) 2:00 PM Iris Music: Sharing our stories (NL)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 11:00 AM Women's voices from the Bible, featuring Ring Residents (SH) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Brain Fitness with Dana (#4) 2:00 PM Festival Finale: Premiere of Ring House's new work by Ian Power (MR) 3:00 PM Iris Music Project: (SH) 7:00 PM Poker Game (#2)</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Resident Town Hall (SH) 11:30 AM Walking Club (Meet at the Front Desk) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Steve Broadway and Tours (SH) 2:00 PM Jewish Scholar: (MR) 3:00 PM Perspectives (Current Events)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 1:00 PM Ice Cream Thursdays (NL) 2:00 PM Bingo (MR) 2:00 PM Ping Pong/Pool Playing (#3) 3:00 PM Josh Earls From Nat King Cole to Jim Croce (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 Broadway Lectures and Tours with Steve Friedman (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Creativity Plus (Poetry Pros and Puppeteering) (#4) 2:00 PM Arlington opera ensemble (SH)</p>	<p>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)</p>

Bold activity = Sign up mandatory

WC = Wellness Center, SH = Social Hall, 975 & 8 = Channels 975 and 8, TR = T.V. Room, #1 = Activity Room #1, MR = Meeting Room, NL = North Lobby, #2 = Activity Room #2, #3 = Activity Room #3, #4 = Activity Room #4, TART = Terrace Art Studio

<p>1:30 PM Trivia with Jeff (MR) 2:00 PM Sunday Afternoon Movie: (975 & 8) 2:00 PM Opening Reception: Faces of Ring House (SH) 2:00 PM Adventures in Visual Art: (TART) 3:15 PM Mahjong Game (Resident run) (#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>7:15 PM Mahjong Game (Resident Run) (#1) 7:15 PM Iris Music: Three musicians walk into a bar a skit written and performed by Ring residents. (SH) 8:00 PM Monday Night Movie (975 & 8)</p>	<p>7:30 PM Sing Along Group (Resident Run) (MR) 7:00 PM Poker Game (#2) 8:00 PM Tuesday Night Movie (975 & 8)</p>	<p>(MR) 7:00 PM Poker Game (#2) 8:00 PM Ballet Film (975 & 8)</p>		<p>4:15 PM Shabbat Services (MR) 8:30 PM Friday Night Movie (975 & 8)</p>	<p>8) 7:00 PM Poker Game (#2) 7:15 PM Music Listening Evening 8:00 PM Saturday Night Movie (975 & 8)</p>
19	20	21	22	23	24	25
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 12:30 PM Bridge (Resident Run) (#1) 1:30 PM Trivia with Jeff (MR) 2:00 PM Sunday Afternoon Movie: (975 & 8) 2:00 PM Adventures in Visual Art: (TART) 3:00 PM Jackie & Maiden Acoustic Duo (SH) 3:15 PM Mahjong Game (Resident run) (#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>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Iris Music Project: Music of the Civil Rights Movement in honor of MLK Jr. Day (SH) 11:30 AM Walking Club (Meet at the Front Desk) 2:00 PM Short Story Group (TR) 2:00 PM Bingo (MR) 3:00 PM Learning and Discussion with Nina: Saudi Arabia: A history (MR) 7:15 PM Mahjong Game (Resident Run) (#1) 7:15 PM Sing Along with Jewish Social Scene (MR) 8:00 PM Monday Night Movie (975 & 8)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 10:15 AM Iris Music: Open Rehearsal (NL) 11:00 AM Great Courses: (MR) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Technology Support with Jonathan (Please sign up at the front desk) (TR) 3:00 PM Iris Music: Music Inspired by the American West with Joanna (SH) 7:00 PM Poker Game (#2) 7:30 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 (SH) 11:00 AM Guided Meditation (975 & 8) 11:30 AM Walking Club (Meet at the Front Desk) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Jewish Scholar: (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Poker Game (#2) 7:15 PM The Sapphires go Mambo Music Performance (SH)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 11:00 AM Jewish Art Education: Jewish Artists and Genesis: Part I- Genesis 1-4 (MR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Iris Music Project: Drum Circle with Lauren (#4) 2:00 PM Chug Ivri- Hebrew Club (TR) 2:00 PM Bingo (MR) 2:00 PM Ping Pong/Pool Playing (#3) 3:00 PM Iris Music Project: Two Great Stars: Fanny Brice and Barbra Streisand with Bernie and Lauren (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 Iris Music Project: Ring House Singers (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 2:00 PM Eric Scott Motown, Rock & Jazz (SH) 4:15 PM Shabbat Services (MR) 7:15 PM Zemerot Sing Along (#4) 8:30 PM Friday Night Movie (975 & 8)</p>	<p>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) 7:00 PM Poker Game (#2) 7:30 PM Comedy Night (Resident Night) (MR) 8:00 PM Saturday Night Movie (975 & 8)</p>
26	27	28	29	30	31	
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 11:00 AM News & Views with Stan Wolf (#4) 12:30 PM Bridge (Resident Run) (#1) 1:30 PM Trivia with Jeff (MR) 2:00 PM Sunday Afternoon Movie: (975 & 8) 2:00 PM Adventures in Visual Art: (TART) 3:00 PM Mark Whiskey 1950s Rock and Roll and Rockabilly (SH) 3:15 PM Mahjong Game (Resident run) (#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>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Iris Music Project: Painting to music (TART) 11:30 AM Walking Club (Meet at the Front Desk) 12:15 PM Rehearsal for Skit (MR) 2:00 PM Bingo (MR) 3:00 PM Karaoke 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: (MR) 8:00 PM Monday Night Movie (975 & 8)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 10:15 AM Iris Music: Open Rehearsal (NL) 11:00 AM Great Courses: (MR) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Brain Fitness with Dana (#4) 3:00 PM Iris Music: Presto- How the Italians Solved Musical Notation with Joanna (SH) 7:00 PM Poker Game (#2) 7:30 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 (SH) 11:00 AM Guided Meditation (975 & 8) 11:30 AM Walking Club (Meet at the Front Desk) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Jewish Scholar: (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Poker Game (#2) 8:00 PM Ballet Film (975 & 8)</p>	<p>10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Iris Music Project: Drum Circle with Lauren (#4) 2:00 PM Bingo (MR) 2:00 PM Ping Pong/Pool Playing (#3) 3:00 PM Iris Music Project: Helaine's Show (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) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Creativity Plus (Poetry Pros and Puppeteering) (#4) 2:00 PM Henry Jeanneret Armstrong (SH) 4:15 PM Shabbat Services (MR) 8:30 PM Friday Night Movie (975 & 8)</p>	

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