

October 2024



Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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 Jewish Art Education: Art of The High Holidays (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Adventures in Visual Art: Create your own Rosh Hashanah Cards (TART) 2:00 PM Brain Fitness with Dana (#4) 3:00 PM Iris Music Project: Music for the Holidays with Joanna (SH) 7:00 PM Poker Game (#2) 7:30 PM Sing Along Group (Resident Run) (MR) 8:00 PM Tuesday Night Movie: "Country" (starring Jessica Lange and Sam Shepard) (975 & 8)	2 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 (Resident Run) (#4) 11:30 AM Walking Club (Meet at the Front Desk) 1:00 PM Iris Music Project: What Young Israel Sings with Ruth and Lauren (SH) 2:00 PM Great Courses: "Dead Sea Scrolls" (Lecture 1 & 2) (MR) 3:00 PM Perspectives (Current Events) (MR) 6:15 PM Erev Rosh Hashanah with Shlomo Zacharow (SH)	3 10:00 AM Rosh Hashanah Morning Service with Shofar with Rabbi Shlomo Zacharow (SH) 3:00 PM Tashlich with Rabbi Dan (SH) 7:00 PM Rosh Hashanah Evening Service with Rabbi Shlomo Zacharow (SH)	4 10:00 AM Rosh Hashanah Morning Service with Shofar with Rabbi Shlomo Zacharow (SH) 4:15 PM Shabbat Services with Rabbi Daniel Caplan (SH)	5 9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services with Rabbi Mark Raphael (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 2:00 PM Saturday Afternoon Movie: "Fried Green Tomatoes" (starring Jessica Tandy and Kathy Bates) (975 & 8) 3:00 PM Yiddish Speaking group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Poker Game (#2) 8:00 PM Saturday Night Movie: "Cactus Flower" (Starring Walter Matthau, Ingrid Bergman, and Goldie Hawn) (975 & 8)
6 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) 2:00 PM Brain Games: Trivia with Jeff (MR) 2:00 PM Sunday Afternoon Movie: "Guys and Dolls" (starring Frank Sinatra and Marlon Bando) (975 & 8) 3:00 PM Laurie Mangold (Traditional and contemporary Jewish folk songs, in Hebrew and English, with guitar) (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: "Miss Grant Takes Richmond" (Starring Lucille Ball and William Holden) (975 & 8)	7 9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Iris Music Project (SH) 11:30 AM Walking Club (Meet at the Front Desk) 2:00 PM Bingo (MR) 3:00 PM Remember of October 7th: Tragedy In Israel (SH) 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)	8 10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Adventures in Visual Art (TART) 2:00 PM The planned giving seminar with Jeanne Dimmick (SH) 2:00 PM Technology Support with Jonathan (TR) 3:00 PM Gene Isayev (Traditional and Contemporary Jewish Folk Songs for Flute with Accompaniment) (SH) 7:00 PM Poker Game (#2) 7:30 PM Sing Along Group (Resident Run) (MR) 8:00 PM Tuesday Night Movie (975 & 8)	9 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) 1:00 PM Great Courses: "Dead Sea Scrolls" (Lecture 1 & 2) (MR) 2:00 PM Jewish Scholar: with Rabbi Dan (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Poker Game (#2) 8:00 PM Ballet Film (975 & 8)	10 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) 3:00 PM Iris Music Project: Best of Broadway: Bob Fosse (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)	11 11:00 AM Musical Prelude to Kol Nidre with Cello Crossing (SH) 4:15 PM Shabbat Services (MR) 6:30 PM Kol Nidre with Rabbi Shlomo Zacharow (SH)	12 10:00 AM Yom Kippur Morning Service with Yizkor with Rabbi Shlomo Zacharow (SH) 6:00 PM Neila Services with Rabbi Shlomo Zacharow (SH) 7:14 PM Final Shofar and Fast Ends with Rabbi Shlomo Zacharow (SH)
13 9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Movement with Marcus (On the big screen in the Meeting	14 9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:00 AM Iris Music Project: Celebrating Indigenous People Day with the trio (SH)	15 10:00 AM Movement with Marcus (On the big screen in the Meeting Room) (MR) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1)	16 9:00 AM Blood Pressure (WC) 10:00 AM Movement (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (Resident	17 10:30 AM Sukkot Morning Service with Rabbi Mark Raphael (MR)	18 10:30 AM Sukkot Morning Service with Rabbi Mark Raphael (MR) 4:15 PM Shabbat Services (MR)	19 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)

Bold activity = Sign up mandatory

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

<p>Room) (MR) 11:00 AM News & Views with Stan Wolf (#4) 11:00 AM MGJDS School Visit: Decorate the Sukkah! (TART) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Sunday Afternoon Movie: (975 & 8) 2:00 PM Brain Games: Trivia with Jeff (MR) 3:00 PM Rearview Mirror Performances (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>11:30 AM Walking Club (Meet at the Front Desk) 2:00 PM Bingo (MR) 3:00 PM Steves Broadway Tours and Lectures (SH) 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>1:00 PM Adventures in Visual Art (TART) 3:00 PM Iris Music Project: The Bandleader Harry James, with Bernie and 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>Run) (#4) 11:30 AM Walking Club (Meet at the Front Desk) 1:00 PM Great Courses: "Dead Sea Scrolls" (Lecture 1 & 2) (MR) 2:00 PM Jewish Scholar: (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Poker Game (#2)</p>			<p>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) 8:00 PM Saturday Night Movie (975 & 8)</p>
20	21	22	23	24	25	26
<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 Gerhardt Duo (Father and son vocalists/guitarists performing fun Jewish folk music) (SH) 12:30 PM Bridge (Resident Run) (#1) 2:00 PM Sunday Afternoon Movie: (975 & 8) 2:00 PM Brain Games: Trivia with Jeff (MR) 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) 11:15 AM Sukkah visit from Kehillat Padres 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: (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) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Adventures in Visual Art (TART) 2:00 PM Brain Fitness with Dana (#4) 3:00 PM Iris Music Project: Instruments of the world with Jeff and 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) 11:00 AM Celebrating Yiddish musical traditions with Len, Norma, and Lauren (SH) 11:30 AM Walking Club (Meet at the Front Desk) 1:00 PM Great Courses: "Dead Sea Scrolls" (Lecture 1 & 2) (MR) 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>10:30 AM Morning Service and Yizkor with Rabbi Mark Raphael (MR)</p>	<p>3:00 PM Hakafot and Kiddush with Rabbi Dan (MR) 4:15 PM Shabbat Services (MR)</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) 7:15 PM Music Listening Evening 8:00 PM Saturday Night Movie (975 & 8)</p>
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) 2:00 PM Sunday Afternoon Movie: (975 & 8) 2:00 PM Brain Games: Trivia with Jeff (MR) 3:00 PM Simcha Band From Beth El (SH) 3:15 PM Mahjong Game (Resident run) (#1) 4:00 PM Seated Chair Exercise:</p>	<p>9:30 AM Blood Pressure Checks (WC) 10:00 AM Movement (SH) 11:30 AM Walking Club (Meet at the Front Desk) 2:00 PM Bingo (MR) 3:00 PM Vladimir Freedman (Guitarist) (SH) 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) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Adventures in Visual Art (TART) 2:00 PM Technology Support with Jonathan (TR) 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) 1:00 PM Great Courses: "Dead Sea Scrolls" (Lecture 1 & 2) (MR) 2:00 PM Jewish Scholar: (MR) 3:00 PM Perspectives (Current Events) (MR) 3:00 PM Resident Town Hall (SH) 7:00 PM Poker Game (#2) 8:00 PM Opera 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 Chug Ivri- Hebrew Club (TR) 1:00 PM Iris Music Project: Drum Circle Performance (NL) 2:00 PM Bingo (MR) 2:00 PM Rosh Chodesh: Cheshuan (#4) 3:00 PM Iris Music Project: Spooky classical music with 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>		

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Yoga (975 & 8) 7:00 PM Poker Game (#2) 8:00 PM Sunday Night Movie (975 & 8)						
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