

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:30 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:15 AM Knitting & Crocheting Club (Resident Run) (#1)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Trivia with Jeff (MR)</p> <p>2:00 PM Adventures In Visual Art: Step by Step painting with Fa'atasiga (art teacher) (TART)</p> <p>3:00 PM Mix of Pop, Rock and Jazz: Will Layman (SH)</p> <p>3:15 PM Mahjong Game (Resident Run) (#1)</p> <p>4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p>	<p>2</p> <p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Iris Music Project- From Baroque to Broadway with Lauren and Jiyoung (SH)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>2:00 PM Bingo (MR)</p> <p>3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR)</p> <p>3:00 PM Rear View Mirror Performance (SH)</p> <p>7:15 PM Mahjong Game (Resident Run) (#1)</p> <p>8:00 PM Megillah Reading with Cantor Yehoshua Redfern (MR)</p>	<p>3</p> <p>10:00 AM Movement: Better Balance (SH)</p> <p>10:00 AM Megillah Reading with Cantor Yehoshua Redfern</p> <p>11:00 AM Iris Music Project: The Magillah Goes to Broadway! (SH)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>2:00 PM Brain Game with Dana (Rummikub and word within a Word) (#4)</p> <p>3:00 PM Jazz, Oldies, Pop/Rock & Country: David Weaver (SH)</p> <p>7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>4</p> <p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Guided Meditation (975 & 8)</p> <p>11:00 AM History Discussion Group (TR)</p> <p>11:00 AM Art with Martina (TART)</p> <p>11:00 AM Walking Club</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Iris Music Project: Ring House Singers (MR)</p> <p>1:00 PM Health Seminar: Integrative Eating: Nourishing the Whole You (SH)</p> <p>1:00 PM Technology Support with Jonathan (TR)</p> <p>2:00 PM Jewish Scholar: Rabbi Corey Helfand (MR)</p> <p>3:00 PM Perspectives (Current Events) (MR)</p>	<p>5</p> <p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:00 AM Isaac Bashevis Singer Lecture with Steve Kerbel (#4)</p> <p>11:00 AM Gentle Stretch (SH)</p> <p>1:00 PM Ice Cream Thursdays (NL)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>2:00 PM Chug Ivri- Hebrew Club (TR)</p> <p>2:00 PM Bingo (MR)</p> <p>3:00 PM Great Courses: Lectures 21 & 22 (MR)</p> <p>7:30 PM Movie in the Meeting Room: Rumor Has It (MR)</p>	<p>6</p> <p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Iris Music Project: Jewish Choral Music with Carole and Lauren (SH)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Happy Hour (NL)</p> <p>2:00 PM Jazz Music: Claudia Gargiulo (SH)</p> <p>3:00 PM Iris Music Project: Drum Circle (#4)</p> <p>3:00 PM Music and Movement with Dan (NL)</p> <p>4:15 PM Shabbat Services (MR)</p>	<p>7</p> <p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:00 AM Movement (975 & 8)</p> <p>10:30 AM Shabbat Services (MR)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Scrabble Games (Resident Run) (#2)</p> <p>1:30 PM Talmud Study (in English Translation) (TR)</p> <p>3:00 PM Yiddish Group (NL)</p> <p>4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p> <p>6:45 PM Havdalah (Resident Run) (NL)</p> <p>7:00 PM Jukebox Saturday Night with D.J Alan E. (MR)</p>
<p>8</p> <p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:30 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:00 AM News & Views with Stan Wolf (TR)</p> <p>11:15 AM Knitting & Crocheting Club (Resident Run) (#1)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Trivia with Jeff (MR)</p>	<p>9</p> <p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Iris Music Project- Women Composers Reclaimed with the Trio (SH)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>2:00 PM Bingo (MR)</p> <p>3:00 PM Guitarist Vladimir Friedman Performance (SH)</p> <p>3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for</p>	<p>10</p> <p>10:00 AM Movement: Better Balance (SH)</p> <p>10:15 AM Iris Music: Open Rehearsal (NL)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Israeli/Folk Dancing (MR)</p> <p>2:00 PM The Evolving Role of the First Lady inspired by the First Ladies galleries from Smithsonian's collections. with</p>	<p>11</p> <p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Guided Meditation (975 & 8)</p> <p>11:00 AM Hadassah Meeting: Rabbi Cheryl Stone, Associate Rabbi, B'nai Israel Congregation (MR)</p> <p>11:00 AM Walking Club</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Iris Music Project:</p>	<p>12</p> <p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:00 AM Isaac Bashevis Singer Lecture with Steve Kerbel (MR)</p> <p>11:00 AM Gentle Stretch (SH)</p> <p>1:00 PM Ice Cream Thursdays (NL)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>2:00 PM Bingo (MR)</p> <p>2:30 PM Mystery Book Club</p>	<p>13</p> <p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Iris Music Project: Music by the Decades: 1930's to the 1940's (SH)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Happy Hour (NL)</p> <p>1:00 PM Creativity Plus (Poetry & Prose) (#4)</p> <p>1:00 PM Happy Hour (NL)</p> <p>2:00 PM Showtunes & Pop:</p>	<p>14</p> <p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:00 AM Movement (975 & 8)</p> <p>10:30 AM Shabbat Services (MR)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Scrabble Games (Resident Run) (#2)</p> <p>1:30 PM Talmud Study (in English Translation) (TR)</p> <p>3:00 PM Yiddish Group (NL)</p>

<p>3:00 PM Pop/Rock: John Mataya (SH)</p> <p>3:15 PM Mahjong Game (Resident Run) (#1)</p> <p>4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p> <p>7:30 PM Comedy Night (MR)</p>	<p>those who have signed up) (MR)</p> <p>7:15 PM Mahjong Game (Resident Run) (#1)</p> <p>7:30 PM Movie in the Meeting Room: The Break-Up (MR)</p>	<p>Zach Patalingjug (Beyond the Landmarks LLC) (SH)</p> <p>3:00 PM Iris Music Project: Life and Legacy of Irving Berlin with Joanna (SH)</p> <p>7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>Ring House Singers (MR)</p> <p>1:00 PM Health Seminar: Eating for Balance: Integrative Approaches to Blood Sugar, Energy & Mood (SH)</p> <p>2:00 PM Jewish Scholar: (MR)</p> <p>2:00 PM Stand-up Comedy Class With Carmiya (#4)</p> <p>3:00 PM Jazz/Oldies and Pop/Rock: Alan MacEwen (SH)</p> <p>7:00 PM Singer and Keyboardist Bob Clark Performance</p>	<p>(#4)</p> <p>3:00 PM Great Courses: Lectures 23 & 24 (MR)</p> <p>7:30 PM Movie in the Meeting Room: Catch Me If You Can (MR)</p>	<p>Erin Frisby (SH)</p> <p>3:00 PM Music and Movement with Dan (NL)</p> <p>3:00 PM Iris Music Project: Drum Circle (#4)</p> <p>4:15 PM Shabbat Services (MR)</p>	<p>4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p> <p>7:00 PM Jukebox Saturday Night with D.J Alan E. (#4)</p> <p>7:15 PM Book Club (TR)</p> <p>7:56 PM Havdalah (Resident Run) (NL)</p>
15	16	17	18	19	20	21
<p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:30 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:15 AM Knitting & Crocheting Club (Resident Run) (#1)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Trivia with Jeff (MR)</p> <p>2:00 PM Adventures in Virtual Art: Step by Step Painting with Fa'atasiga (Art Teacher) (TART)</p> <p>3:00 PM Mix of Pop/Rock, Country, Rock, Soul and R&B: Prince Havelly (SH)</p> <p>3:15 PM Mahjong Game (Resident Run) (#1)</p> <p>4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p>	<p>10:00 AM Music and Movement (SH)</p> <p>11:00 AM Iris Music Project-National Reading Month: Women in Musical Stories with Joanna and Jiyoung (SH)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>2:00 PM Short Story Group (TR)</p> <p>2:00 PM Bingo (MR)</p> <p>3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR)</p> <p>3:00 PM Motown, Oldies, R&B and Sing-a-long: Victor Hurtado (SH)</p> <p>7:15 PM Mahjong Game (Resident Run) (#1)</p> <p>7:30 PM Movie in the Meeting Room: It Happened One Night (MR)</p>	<p>10:00 AM Movement: Better Balance (SH)</p> <p>10:15 AM Iris Music: Open Rehearsal (NL)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Resident Town Hall (SH)</p> <p>1:00 PM Technology Support with Jonathan (TR)</p> <p>2:00 PM Brain Game with Dana (Rummikub and word within a Word) (#4)</p> <p>3:00 PM Haberman Institute: Codex Sassoon: The Extraordinary History of the Earliest Most Complete Hebrew Bible. (MR)</p> <p>7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Guided Meditation (975 & 8)</p> <p>11:00 AM History Discussion Group (TR)</p> <p>11:00 AM Art with Martina (TART)</p> <p>11:00 AM Walking Club</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Iris Music Project: Ring House Singers-Musical Tribute to Women's History Month (MR)</p> <p>1:00 PM Health Seminar: Digestive Wellness & Integrative Eating: Supporting the Gut Naturally (SH)</p> <p>2:00 PM Jewish Scholar: (MR)</p> <p>3:00 PM Perspectives (Current Events) (MR)</p> <p>7:15 PM Starvation Army Jazz Band (SH)</p>	<p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:00 AM Resident Council Fair (MR)</p> <p>11:00 AM Gentle Stretch (SH)</p> <p>12:30 PM Want to Have Some Fun with Colors? Taught by Jeanette Paroly (TART)</p> <p>1:00 PM Ice Cream Thursdays (NL)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>2:00 PM Chug Ivri- Hebrew Club (TR)</p> <p>2:00 PM Bingo (MR)</p> <p>3:00 PM Great Courses: (MR)</p> <p>7:30 PM Movie in the Meeting Room: How to Lose A Guy in Ten Days (MR)</p>	<p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Iris Music Project: The Platters and Barry Mailow with Carol, Susie and Lauren (SH)</p> <p>12:15 PM Writing Committee (#4)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Happy Hour (NL)</p> <p>2:00 PM Motown, R&B, Oldies, Pop/Rock, Jazz and Disco: Clayton Bryant (Duo) (SH)</p> <p>3:00 PM Music and Movement with Dan (NL)</p> <p>3:00 PM Iris Music Project: Music and Committee (#4)</p> <p>4:15 PM Shabbat Services (MR)</p>	<p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:00 AM Movement (975 & 8)</p> <p>10:30 AM Shabbat Services (MR)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Scrabble Games (Resident Run) (#2)</p> <p>1:30 PM Talmud Study (in English Translation) (TR)</p> <p>3:00 PM Yiddish Group (NL)</p> <p>4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p> <p>7:00 PM Jukebox Saturday Night with D.J Alan E. (#4)</p> <p>8:02 PM Havdalah (Resident Run) (NL)</p>
22	23	24	25	26	27	28
<p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:30 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p>	<p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Iris Music Project-Spring is Here with the Trio and Dan as a Special Guest (SH)</p>	<p>10:00 AM Movement: Better Balance (SH)</p> <p>10:15 AM Iris Music: Open Rehearsal (NL)</p> <p>12:30 PM Bridge (Resident Run)</p>	<p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Guided Meditation (975 & 8)</p> <p>11:00 AM Walking Club</p>	<p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:00 AM Jewish Art Education (MR)</p>	<p>10:00 AM Movement: Strength and Stability (SH)</p> <p>11:00 AM Iris Music Project: Women of the Jazz Age with Lauren (SH)</p>	<p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:00 AM Movement (975 & 8)</p> <p>10:30 AM Shabbat Services (MR)</p>

<p>11:00 AM News & Views with Stan Wolf (TR) 11:15 AM Knitting & Crocheting Club (Resident Run) (#1) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Mozart's Piano Concerto no. 23, K. 488 (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:30 PM Comedy Night (MR)</p>	<p>1:00 PM Rosh Chodesh with Rabbah Berger (#4) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Mindful Monday's Workshops, with Marilyn (#4) 3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: (MR)</p>	<p>(#1) 1:00 PM Israeli/Folk Dancing (MR) 3:00 PM Iris Music Project: Music Inspired by Technology with Joanna (SH) 7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>11:00 AM Charles E. Smith Life Communities History with Angela Willingham (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Health Seminar: Spring Renewal Through Integrative Eating (SH) 2:00 PM Jewish Scholar: Rabbi Jill Levey (MR) 3:00 PM Mix of Pop/Rock, Jazz, Soul and R&B: Myca Townes (SH)</p>	<p>11:00 AM Gentle Stretch (SH) 12:30 PM Want to Have Some Fun with Colors? Taught by Jeanette Paroly (TART) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Great Courses: (MR) 7:30 PM Movie in the Meeting Room: (MR)</p>	<p>12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Happy Hour (NL) 1:00 PM Creativity Plus (Poetry & Prose) (TR) 2:00 PM Mix of Pop/Rock, Country Rock, Soul and R&B: Ed Schafer (SH) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Shabbat Services (MR)</p>	<p>12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 1:30 PM Talmud Study (in English Translation) (TR) 3:00 PM Yiddish Group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Jukebox Saturday Night with D.J Alan E. (#4) 8:08 PM Havdalah (Resident Run) (NL)</p>
<p>29</p>	<p>30</p>	<p>31</p>				
<p>9:00 AM Soothing Nature Sounds (975 & 8) 11:15 AM Knitting & Crocheting Club (Resident Run) (#1) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Oldies and Pop/Rock: Jay Spencer (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p>	<p>10:00 AM Virtual Movement (On the Big Screen) (SH) 11:00 AM Iris Music Project-String Duos with Joanna and Lauren (SH) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR) 3:00 PM Soul, R&B and Jazz: Eric Scott Trio (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: (MR)</p>	<p>10:00 AM Virtual Movement (On the Big Screen) (SH) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 3:00 PM Iris Music Project: Gioachino Rossini, Composer and Gourmand with Joanna (SH) 7:15 PM Sing Along Group (Resident Run) (MR)</p>				