

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:00 AM Movement: Strength and Stability with Dan (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 2:00 PM Oldies, Pop and Jazz by Cole Larravide (SH) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Shabbat Services-Dan Caplan (MR)	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) 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. (MR) 8:42 PM Havdalah (Resident Run) (NL)
3	4	5	6	7	8	9
9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Pop/Rock Music Guitars by John Mataya (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)	10:00 AM Movement: Strength and Stability with Dan (SH) 11:00 AM Iris Music Project: Highlights of 250 Years of Music in America with Jiyoung and Joanna (SH) 12:30 PM Writing in the Moment with Dana (#4) 1:00 PM Poker Game (Resident Run) (#2) 1:00 PM Listening Circle with Assaf (SH) 2:00 PM Bingo (MR) 3:00 PM Pop/Oldies/R & Band Singalong-BW & The Danger Trio (SH)	10:00 AM Better Balance (SH) 11:00 AM Iris Music Project: Musical Moments with Jiyoung (NL) (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 2:00 PM Brain Game with Dana (Rummikub and word within a Word) (#4) 2:00 PM Technology Support with Jonathan (TR) 3:00 PM Cinco De Mayo Tunes-Eric Scott Trio (SH)	10:00 AM Movement: Strength and Stability with Dan (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (TR) 11:00 AM Walking Club (TART) 11:00 AM Art with Martina (TART) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Iris Music Project: Ring House Singers (MR) 1:00 PM Health Seminar: Week 1: Seniors Helping Seniors (#4)	10:00 AM Virtual Movement (On the Big Screen in the Meeting Room) (MR) 11:00 AM Gentle Stretch (TR) 11:00 AM American Judaism: It's Uniquely Pluralism-The History of the Four Movements Part Two (MR) 12:30 PM Want to Have Some Fun with Colors? Taught by Jeanette Paroly (TART) 1:00 PM Poker Game (Resident Run) (#2) 1:00 PM Ice Cream Thursdays (NL) 2:00 PM Bingo (MR)	10:00 AM Movement: Strength and Stability with Dan (SH) 11:00 AM Iris Music Project: Music by the Decade: 1940's (Part 2) (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Creativity Plus (Poetry & Prose) (#4) 2:00 PM Jazz Music by Claudia Gargiulo (Duo) (SH) 3:00 PM Music and Movement with Dan (NL) 3:00 PM Iris Music Project: Drum Circle (#4)	9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services-Rabbi Mark Raphael (MR) 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. (MR)

	<p>7:15 PM Mahjong Game (Resident Run) (#1)</p> <p>7:30 PM Movie in the Meeting Room: Roxanne (MR)</p>	<p>7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>2:00 PM Jewish Scholar: Rabbi Ruth Friedman-BaOmer (MR)</p> <p>2:30 PM Mimi's 90th Birthday Party (NL)</p> <p>3:00 PM NatPhil Chamber Players (Violinist and Pianist) (SH)</p> <p>7:00 PM Knitting & Crocheting Club (Resident Run) (#1)</p>	<p>3:00 PM Great Courses: Understanding Japan: A Cultural History Lectures 1 & 2 (MR)</p> <p>7:30 PM Movie in the Meeting Room: Cat on a Hot Tin Roof (MR)</p>	<p>4:15 PM Shabbat Services (MR)</p>	<p>8:49 PM Havdalah (Resident Run) (NL)</p>
10	11	12	13	14	15	16
<p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (SH)</p> <p>11:00 AM News & Views with Stan Wolf (TR)</p> <p>11:00 AM Trivia with Jeff (SH)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>3:00 PM Jazz Music including Mother's Day Music by Victoria Rosen (Duo) (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>10:00 AM Movement: Strength and Stability with Dan (SH)</p> <p>11:00 AM Iris Music Project: Music for Mother's Day with the Trio (SH)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>1:00 PM Listening Circle with Assaf (SH)</p> <p>2:00 PM Bingo (MR)</p> <p>3:00 PM Oldies/Pop/Jazz by Patty Reese (SH)</p> <p>7:15 PM Mahjong Game (Resident Run) (#1)</p> <p>7:30 PM Movie in the Meeting Room: While You Were Sleeping (MR)</p>	<p>10:00 AM 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 Virtual Tour of the Capital Jewish Museum's main exhibition "What is Jewish Washington?" with Zach Patalingjug (Beyond the Landmarks LLC) (SH)</p> <p>3:00 PM Iris Music Project: Life and Music of Aaron Copeland with Joanna (SH)</p> <p>7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>10:00 AM Movement: Strength and Stability with Dan (SH)</p> <p>11:00 AM Guided Meditation (975 & 8)</p> <p>11:00 AM Hadassah Meeting: Women Who Do- Attorney Olivia Berryhill, Special needs attorney (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: Ring House Singers: Meet me at the Fair-States in Songs with Jiyoung (MR)</p> <p>1:00 PM Health Seminar: Mental Health – Mind/Body Wellness (#4)</p> <p>2:00 PM Jewish Scholar: Judith and Niccanor with Rabbi David Greenspoon (MR)</p> <p>2:00 PM Writing Stand-up Comedy Class With Carmiya (#4)</p> <p>3:00 PM Perspectives (Current Events) (MR)</p> <p>7:00 PM Singer and Keyboardist Bob Clark Performance (MR)</p> <p>7:00 PM Knitting & Crocheting Club (Resident Run) (#1)</p>	<p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p> <p>11:00 AM Gentle Stretch (TR)</p> <p>11:00 AM American Judaism: It's Uniquely Pluralism-The History of the Four Movements Part Three (MR)</p> <p>12:30 PM Want to Have Some Fun with Colors? Taught by Jeanette Paroly (TART)</p> <p>1:00 PM Poker Game (Resident Run) (#2)</p> <p>1:00 PM Jewish American Heritage Month: Honoring Charles E. Smith (SH)</p> <p>2:00 PM Chug Ivri- Hebrew Club (TR)</p> <p>2:00 PM Bingo (MR)</p> <p>3:00 PM Great Courses: Understanding Japan: A Cultural History Lectures 3 & 4 (MR)</p> <p>7:30 PM Movie in the Meeting Room: The Beatles Explosion (MR)</p>	<p>10:00 AM Movement: Strength and Stability with Dan (SH)</p> <p>11:00 AM Iris Music Project: Stories and Music from Yiddish Theater (SH)</p> <p>12:30 PM Bridge (Resident Run) (#1)</p> <p>1:00 PM Happy Hour (NL)</p> <p>2:00 PM Pop/Oldies/Singalong and R & B by Victor Hurtado (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>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. (MR)</p> <p>8:55 PM Havdalah (Resident Run) (NL)</p>
17	18	19	20	21	22	23
<p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:30 AM Virtual Movement</p>	<p>10:00 AM Movement: Strength and Stability with Dan (SH)</p> <p>11:00 AM Iris Music Project:</p>	<p>10:00 AM Better Balance (SH)</p> <p>10:15 AM Iris Music: Open Rehearsal (NL)</p>	<p>10:00 AM Movement: Strength and Stability with Dan (SH)</p> <p>11:00 AM Guided Meditation</p>	<p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR)</p>	<p>10:00 AM Movement (in apartments only) (975 & 8)</p> <p>10:30 AM Shavuot Services</p>	<p>9:00 AM Soothing Nature Sounds (975 & 8)</p> <p>10:00 AM Movement (975 & 8)</p>

<p>(On the big screen in the Meeting Room) (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Showtunes, Pop and Singalong by Erin Frisby (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p>	<p>Learn all about Marches with Steve and the Trio (SH) 12:30 PM Writing in the Moment with Dana (#4) 1:00 PM Rosh Chodesh with Rabbah Berger (#4) 1:00 PM Poker Game (Resident Run) (#2) 1:00 PM Listening Circle with Assaf (MR) 2:00 PM Short Story Group (TR) 2:00 PM Jewish American Heritage Month: Honoring Vladimir Friedman (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Charlie Wilson's War (MR)</p>	<p>12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 1:00 PM Technology Support with Jonathan (TR) 2:00 PM Brain Game with Dana (Rummikub and word within a Word) (#4) 3:00 PM Iris Music Project: The Artistry of Jasha Haifetz with Joanna (SH) 7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>(975 & 8) 11:00 AM History Discussion Group (TR) 11:00 AM Walking Club 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Jewish American Heritage Month: Honoring Steve Kirbel (SH) 2:00 PM Shavuot Program (MR) 7:00 PM Knitting & Crocheting Club (Resident Run) (#1)</p>	<p>11:00 AM Gentle Stretch (TR) 11:00 AM American Judaism: It's Uniquely Pluralism-The History of the Four Movements Part Four (MR) 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 Understanding Japan: A Cultural History Lectures 5 & 6 (MR)</p>	<p>with Yizkor with Rabbi Mark Raphael (MR) 4:15 PM Shabbat Services (MR)</p>	<p>10:30 AM Shavuot Services with Rabbi Kim Blumenthal (MR) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 9:02 PM Havdalah (Resident Run) (NL)</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM News & Views with Stan Wolf (TR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Rear View Mirror Performance (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>10:00 AM Movement: Strength and Stability with Dan (SH) 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 (Mix of Pop Rock, Country Rock, Soul & R&B Patriotic songs with Prince Havelly (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Out of the Past (MR)</p>	<p>10:00 AM Better Balance (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 3:00 PM Motown, Oldies, Pop and R&B by Bruce Gardner (SH) 7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>10:00 AM Movement: Strength and Stability with Dan (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Walking Club 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Health Seminar: Low Vision (#4) 2:00 PM Jewish Scholar: The Illuminated Ruth with Rabbi David Greenspoon (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Knitting & Crocheting Club (Resident Run) (#1)</p>	<p>10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM Jewish Art Education (MR) 11:00 AM Gentle Stretch (TR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Chug Ivri- Hebrew Club (TR) 2:00 PM Bingo (MR) 3:00 PM Understanding Japan: A Cultural History Lectures 7 & 8 (MR) 7:30 PM Movie in the Meeting Room: The Stepford Wives (MR)</p>	<p>10:00 AM Movement: Strength and Stability with Dan (SH) 11:00 AM Iris Music Project: Life and Music of Barbra Streisand with Gary (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 3:00 PM Music and Movement with Dan (NL) 3:00 PM Iris Music Project: Drum Circle (#4) 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) 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. (MR) 9:07 PM Havdalah (Resident Run) (NL)</p>
<p>31</p>						
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Virtual Movement (On the big screen in the</p>						

Meeting Room) (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Jazz, Oldies, Pop/Rock by Alan MacEwen (Duo) (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)						
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