



September 2026

Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 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) 2:00 PM Brain Game with Dana (Rummikub and word within a Word) (#4) 3:00 PM Iris Music Project: Read Like a Writer featuring guest writer Michelle Brafman (SH)	2 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (TR) 11:00 AM Courtyard Garden & Outdoor Sports Court (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Health Seminar: Mind Matters: Brain Games & Memory Boosters (#4) 2:00 PM Jewish Scholar: Corey Helfand (MR) 3:00 PM Karaoke with Kika- Recognizing African American Artists (MR)	3 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM Laughter Yoga class with Dan (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 Great Courses: Niagara Falls: America's Oldest State Parks (MR) 7:30 PM Movie in the Meeting Room: The Mayor of Casterbridge (MR)	4 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 11:00 AM Iris Music Project: Panel Discussion (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 2:00 PM Lively and Engaging Music with Myca Townes (SH) 3:00 PM Music and Movement with Dan (NL) 3:00 PM Iris Music Project: Drum Circle (#4) 4:15 PM Shabbat Services: Dan Caplan (MR)	5 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) 8:15 PM Havdalah (Resident Run) (NL)
6 9:00 AM Soothing Nature Sounds (975 & 8) 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM Singer and Keyboardist Bob Clark (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Haydn's Cello Concerto in C (SH) 3:15 PM Mahjong Game (Resident Run) (#1)	7 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 11:00 AM Iris Music Project: Music of the Labor Movement with Joanna (SH) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Lively and Engaging music with John Mataya (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Crossing Delancey (MR)	8 9:30 AM Daily Shofar Blowing for Elul (NL) 10:00 AM Movement with Dan: Better Balance (SH) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 1:00 PM Creativity Plus (Poetry & Prose) updated (#4) 3:00 PM Iris Music Project: Songbook of Meaning with Joanna and Assaf (SH)	9 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Hadassah Meeting (MR) 11:00 AM Courtyard Garden & Outdoor Sports Court (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Iris Music Project: Ring House Singers-Songs by Jewish Composers in the Great American Songbook (MR)	10 9:30 AM Daily Shofar Blowing for Elul: Rabbi Daniel Braune-Friedman (NL) 10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM Laughter Yoga class with Dan (TR) 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: The Pennsylvania Wilds: Wilderness Reborn (MR) 7:30 PM Movie in the	11 10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Iris Music Project: Music For the High Holidays (SH) 12:15 PM Moment of Silence for 9/11 (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour and Dance and Movement with Roz and Jerry Meet us on the dance floor Both seated and standing 1:00 PM Happy Hour and Dance and Movement with Roz and Jerry Meet us on the	12 9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:00 AM Rosh Hashanah Morning Service: Rabbi David Greenspoon (SH) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Rosh Hashanah Evening Service Day 2: Rabbi Mark Raphael (SH) 8:04 PM Havdalah (Resident Run) (NL)

4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:30 PM Sechilot Service: Cantor Redfern (SH)			1:00 PM Health Seminar: Journalist & Author Bob Levey: The Golden Era of The Washington Post (#4) 2:00 PM Stand-up Comedy Class With Carmiya (#4) 3:00 PM Moral Courage (Remembering Holocaust Survivors and their Rescuer with Sy Rotter (SH)	Meeting Room: Angela's Ashes (MR)	dance floor Both seated and standing (NL) 2:00 PM Lively and Engaging Music with Laurie Mangold (SH) 3:00 PM Music and Movement with Dan (NL) 6:15 PM Rosh Hashanah Evening Service: Rabbi David Greenspoon (SH)	
13	14	15	16	17	18	19
9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (in apartments) (MR) 10:00 AM Rosh Hashanah Morning Service with Shofar: Rabbi David Greenspoon (SH) 2:30 PM Rosh Hashanah Tashilich: Rabbi Daniel Braune-Friedman (SH) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)	10:00 AM Music and Movement with Dan and Joanna (SH) 11:00 AM Iris Music Project: Celebrate Classical Music Month with the Trio (SH) 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 Guitarist Vladimir Friedman Performance (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Fill the Void (MR)	10:00 AM Movement with Dan: Better Balance (SH) 10:15 AM Iris Music: Open Rehearsal (NL) 11:00 AM Centenarian birthday celebration (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Resident Town Hall (SH) 2:00 PM Brain Game with Dana (Rummikub and word within a Word) (#4) 3:00 PM Lively and Engaging Music with Gabe Hutter (SH)	10:00 AM Movement with Dan: Strength and Stability (MR) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (TR) 11:00 AM Art with Martina (TART) 11:00 AM Courtyard Garden & Outdoor Sports Court (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Health Seminar: Create your joy! With Resident Barbara, Artist (#4) 2:00 PM Jewish Scholar: Rabbi Dan (MR) 3:00 PM Karaoke with Kika (MR)	10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM Laughter Yoga class with Dan (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 Great Courses: New York's Adirondacks: "Forever Wild" (MR) 7:30 PM Movie in the Meeting Room: La Vie En Rose (MR)	10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Iris Music Project: Miss Maya Calypso: The Story of Maya Angelou with Lisa and Lauren (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 2:00 PM Respite Program with Julia Abate from The Arc Montgomery County (SH) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Shabbat Services: Steve Kerbel (SH)	9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services: Steve Kerbel (SH) 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) 6:30 PM Havdalah (Resident Run) (NL)
20	21	22	23	24	25	26
9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM Rear View Mirror (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 2:00 PM Music for the Days of Awe with Lauren and guests cellists (SH) 3:15 PM Mahjong Game (Resident Run) (#1)	10:00 AM Yom Kippur Morning Service with Yizkor: Rabbi David Greenspoon (SH) 3:15 PM Yom Kippur Afternoon Discussions (LB) 6:45 PM Yom Kippur Neila (SH) 7:47 PM Yom Kippur Final Shofar and Fast Ends (SH)	10:00 AM Movement with Dan: Better Balance (SH) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 1:00 PM Creativity Plus (Poetry & Prose) updated (#4) 3:00 PM Lively and Engaging Music with Brad Emmett (Trio) (SH)	10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Courtyard Garden & Outdoor Sports Court (SH) 11:00 AM Write Now with Christine (#4) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Iris Music Project: Ring House Singers-Music for Autumnal Equinox with Jiyoung (MR) 1:00 PM Health Seminar:	10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM Jewish Art Education (MR) 11:00 AM Laughter Yoga class with Dan (TR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Helaine's Show (SH) 7:30 PM Movie in the	10:00 AM Movement with Dan: Strength and Stability (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour and Dance and Movement with Roz and Jerry Meet us on the dance floor Both seated and standing 1:00 PM Happy Hour and Dance and Movement with Roz and Jerry Meet us on the dance floor Both seated and standing (NL) 2:00 PM Lively and Engaging	9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Sukkot Morning Service: Rabbi Mark Raphael (SH) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 6:30 PM Havdalah (Resident Run) (NL)

4:00 PM Seated Chair Exercise: Yoga (975 & 8) 6:30 PM Yom Kippur Kol Nidre: Rabbi David Greenspoon (SH)			Staying Safe, Healthy, and Independent with Resident Marjorie, RN (#4) 3:00 PM Moral Courage (Remembering Holocaust Survivors and their Rescuer with Sy Rotter (SH)	Meeting Room: Pride & Prejudice (MR)	Music with Ed Schafer (SH) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Sukkot Evening Service: Rabbi Daniel Braune-Friedman (SH)	
27	28	29	30			
9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Sukkot Morning Service: Rabbi Mark Raphael (SH) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)	10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Write Now with Christine (#4) 11:00 AM Iris Music Project: Duos for Cello and Piano (SH) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Mindful Monday's Workshops, with Marilyn who is therapist (#4) 3:00 PM Educational Lectures with Nina: (MR) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Ushpizin (MR)	10:00 AM Movement with Dan: Better Balance (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: Liberace, the Glitter Man with Joanna (SH)	10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Steve Friedman's Broadway Tours and Lectures (SH) 11:00 AM Courtyard Garden & Outdoor Sports Court (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Iris Music Project: Ring House Singers-George Gershwin-The Man Behind Rhapsody in Blue (MR) 1:00 PM Health Seminar: : Hands & Feet in Motion: Boosting Dexterity, Strength & Balance with Resident Julia (#4) 3:00 PM Karaoke with Kika (MR)			