

## Activities Calendar

### Monday, March 2, 2026

10:00 AM	Movement: Strength and Stability <i>Social Hall</i>
11:00 AM	Iris Music Project-From Baroque to Broadway with Lauren and Jiyoung <i>Social Hall</i>
1:00 PM	Poker Game (Resident Run) <i>Activity Room #2</i>
2:00 PM	Bingo <i>Meeting Room</i>
3:00 PM	Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) <i>Meeting Room</i>
3:00 PM	Rear View Mirror Performance <i>Social Hall</i>
7:15 PM	Mahjong Game (Resident Run) <i>Activity Room #1</i>
8:00 PM	Megillah Reading with Cantor Yehoshua Redfern <i>Meeting Room</i>

## Activities Calendar

### Tuesday, March 3, 2026

10:00 AM	Movement: Better Balance <i>Social Hall</i>
10:00 AM	Megillah Reading with Cantor Yehoshua Redfern
11:00 AM	Iris Music Project: The Megillah Goes to Broadway! <i>Social Hall</i>
12:30 PM	Bridge (Resident Run) <i>Activity Room #1</i>
2:00 PM	Brain Game with Dana (Rummikub and word within a Word) <i>Activity Room #4</i>
3:00 PM	Jazz, Oldies, Pop/Rock & Country: David Weaver <i>Social Hall</i>
7:15 PM	Sing Along Group (Resident Run) <i>Meeting Room</i>

## Activities Calendar

# Wednesday, March 4, 2026

10:00 AM	Movement: Strength and Stability <i>Social Hall</i>
11:00 AM	Guided Meditation <i>Channels 975 and 8</i>
11:00 AM	History Discussion Group <i>T.V. Room</i>
11:00 AM	Art with Martina <i>Terrace Art Studio</i>
11:00 AM	Walking Club <i>Fish Tank</i>
12:30 PM	Bridge (Resident Run) <i>Activity Room #1</i>
1:00 PM	Iris Music Project: Ring House Singers <i>Meeting Room</i>
1:00 PM	Health Seminar: Integrative Eating: Nourishing the Whole You <i>Social Hall</i>
1:00 PM	Technology Support with Jonathan <i>T.V. Room</i>
2:00 PM	Jewish Scholar: Rabbi Corey Helfand <i>Meeting Room</i>
3:00 PM	Perspectives (Current Events) <i>Meeting Room</i>

## Activities Calendar

### Thursday, March 5, 2026

10:00 AM	Virtual Movement (On the big screen in the Meeting Room) <i>Meeting Room</i>
11:00 AM	Isaac Bashevis Singer Lecture with Steve Kerbel <i>Activity Room #4</i>
11:00 AM	Gentle Stretch <i>Social Hall</i>
1:00 PM	Ice Cream Thursdays <i>North Lobby</i>
1:00 PM	Poker Game (Resident Run) <i>Activity Room #2</i>
2:00 PM	Chug Ivri- Hebrew Club <i>T.V. Room</i>
2:00 PM	Bingo <i>Meeting Room</i>
3:00 PM	Great Courses: Lectures 21 & 22 <i>Meeting Room</i>
7:30 PM	Movie in the Meeting Room: Rumor Has It <i>Meeting Room</i>

## Activities Calendar

### Friday, March 6, 2026

10:00 AM	Movement: Strength and Stability <i>Social Hall</i>
11:00 AM	Iris Music Project: Jewish Choral Music with Carole and Lauren <i>Social Hall</i>
12:30 PM	Bridge (Resident Run) <i>Activity Room #1</i>
1:00 PM	Happy Hour <i>North Lobby</i>
2:00 PM	Jazz Music: Claudia Gargiulo <i>Social Hall</i>
3:00 PM	Iris Music Project: Drum Circle <i>Activity Room #4</i>
3:00 PM	Music and Movement with Dan <i>North Lobby</i>
4:15 PM	Shabbat Services <i>Meeting Room</i>

## Activities Calendar

### Saturday, March 7, 2026

9:00 AM	Soothing Nature Sounds <i>Channels 975 and 8</i>
10:00 AM	Movement <i>Channels 975 and 8</i>
10:30 AM	Shabbat Services <i>Meeting Room</i>
12:30 PM	Bridge (Resident Run) <i>Activity Room #1</i>
1:00 PM	Scrabble Games (Resident Run) <i>Activity Room #2</i>
1:30 PM	Talmud Study (in English Translation) <i>T.V. Room</i>
3:00 PM	Yiddish Group <i>North Lobby</i>
4:00 PM	Seated Chair Exercise: Yoga <i>Channels 975 and 8</i>
6:45 PM	Havdalah (Resident Run) <i>North Lobby</i>
7:00 PM	Jukebox Saturday Night with D.J Alan E. <i>Meeting Room</i>

## Activities Calendar

### Sunday, March 8, 2026

9:00 AM	Soothing Nature Sounds <i>Channels 975 and 8</i>
10:30 AM	Virtual Movement (On the big screen in the Meeting Room) <i>Meeting Room</i>
11:00 AM	News & Views with Stan Wolf <i>T.V. Room</i>
11:15 AM	Knitting & Crocheting Club (Resident Run) <i>Activity Room #1</i>
12:30 PM	Bridge (Resident Run) <i>Activity Room #1</i>
1:00 PM	Trivia with Jeff <i>Meeting Room</i>
3:00 PM	Pop/Rock: John Mataya <i>Social Hall</i>
3:15 PM	Mahjong Game (Resident Run) <i>Activity Room #1</i>
4:00 PM	Seated Chair Exercise: Yoga <i>Channels 975 and 8</i>
7:30 PM	Comedy Night <i>Meeting Room</i>