

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 10:30 Bowling (AR) 1:00 Musical Performance (994) 1:15 Movie (AR) 6:00 Musical Performance (994)	LOCAL SHOPPING is Tuesdays and Thursdays. We will continue to provide local shopping services to residents. Lists must be submitted by 9 am the day of the shopping trip. Tuesdays is CVS and Mollie Stones. Thursdays is to Walgreens and Safeway. MEDICAL BUS (wheelchair accessible) drop offs must be scheduled at least 24 hours in advance and are on Mondays, and Fridays. LAST MEDICAL PICK-UPS are 3:30pm, Mondays, Wednesdays and Fridays. SATURDAY TRANSPORTATION drop offs must be scheduled at least 24 hours in advance. The earliest the van leaves is at 8:40 am.		LEGEND ** Frommcast video lecture series ◆ residents must preregister due to limited space, please use the sign up sheet and return to Activities box AR= Activity Room Z=Zoom P=Phone 994= RGP TV (Channel 994) T=3 rd Floor Patio Terrace		1 New Year's Day 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (Z) 1:00 Ted Talk (994) 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (Z) 4:00 Resident Social Hour (Z) 6:00 Ted Talk (994)	2 9:00 Chair Exercise Class (994) 10:00 Caregiver Support Group (Z) 10:00 Chair Yoga with Ilya (Z) 1:00 Poetry Reading (994) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
3 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (Z) 10:30 Movie Committee (Z) 1:00 Musical Performance (994) 6:00 Musical Performance (994)	4 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (Z) 1:00 Guided Meditation (994) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994)	5 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (Z) 1:00 Documentary (994) 1:00 Activities Committee Meeting (Z) 6:00 Documentary (994) *No Resident Social Hour today	6 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (Z) 1:00 The Great Debate: <i>It's Time for the West to Get Tough with China</i> (994) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>It's Time for the West to Get Tough with China</i> (994)	7 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (Z) 1:00 Musical Performance (994) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	8 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (Z) 1:00 Ted Talk (994) 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (Z) 4:00 Resident Social Hour (Z) 6:00 Ted Talk (994)	9 Local Shopping: TraderJoes 9:00 Chair Exercise Class (994) 10:00 Chair Yoga with Ilya (Z) 1:00 Poetry Reading (994) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
10 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (Z) 1:00 Musical Performance (994) 6:00 Musical Performance (994)	11 *potential restart date for in person activities 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 1:30 Patio Golf (T) 2:15 Frommcast; <i>Famous Trials and Trial Lawyers</i> ** (AR) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994)	12 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z) 6:00 Documentary (994)	13 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 1:00 The Great Debate: <i>Can We Really End Poverty?</i> (994) 2:15 Jewish Film Festival Screening: selection TBD (AR) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>Can We Really End Poverty?</i> (994)	14 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:00 Dining Committee (Z) 2:15 Movie (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	15 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:15 Photography in American History and Culture ** (AR) 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (AR/Z) 4:00 Resident Social Hour (Z) 6:00 Ted Talk (994)	16 9:00 Chair Exercise Class (994) 10:00 Caregiver Support Group (Z) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Poetry Reading (994) 1:00 Bingo ◆ (AR) 3:00 Bingo ◆ (AR) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
17 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 10:30 Bowling (AR) 1:00 Musical Performance (994) 1:15 Movie (AR) 6:00 Musical Performance (994)	18 Martin Luther King Jr. Day 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 1:30 Patio Golf (T) 2:15 Frommcast; <i>Famous Trials and Trial Lawyers</i> ** (AR) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994) 7:00 <i>King In The Wilderness: Martin Luther King Jr</i> Documentary (994)	19 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 1:30 RGP Book Club (Z) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z) 6:00 Documentary (994)	20 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 1:00 The Great Debate: <i>Calling Out Bad Science and Junk Data</i> (994) 2:15 Jewish Film Festival Screening: selection TBD (AR) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>Calling Out Bad Science and Junk Data</i> (994)	21 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:15 Movie (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	22 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:15 Photography in American History and Culture ** (AR) 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (AR/Z) 4:00 Resident Social Hour (Z) 6:00 Ted Talk (994)	23 9:00 Chair Exercise Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Poetry Reading (994) 1:00 Bingo ◆ (AR) 3:00 Painting with Sabrina ◆ (AR) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
24 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 10:30 Bowling (AR) 1:00 Musical Performance (994) 1:15 Movie (AR) 6:00 Musical Performance (994)	25 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 1:00 Jewish Communities in Exotic Places with Ken Blady (AR/Z) 2:15 Frommcast; <i>Famous Trials and Trial Lawyers</i> ** (AR) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994)	26 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 11:00 Broadway's Legendary Composers: Jerome Kern with Bonnie Wiess (AR/Z) 1:00 Documentary (994) 2:15 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z) 6:00 Documentary (994)	27 9:00 Chair Exercise Class (994) 10:00 Klezmercize with Bruce (AR/Z) 11:00 Resident Council (AR/Z/P) 1:00 The Great Debate: <i>The Internet is a Failed Utopia</i> (994) 2:15 Movie (AR) 4:00 Resident Council Recording (994) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>The Internet is a Failed Utopia</i> (994)	28 Tu Bishvat Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:15 Movie (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	29 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:15 Photography in American History and Culture ** (AR) 3:30 Prerecorded Shabbat Services with Rabbi Me'irah (994) 4:00 Shabbat Services with Rabbi Me'irah (AR/Z) 4:00 Resident Social Hour (Z) 6:00 Ted Talk (994)	30 9:00 Chair Exercise Class (994) 10:00 Caregiver Support Group (Z) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Poetry Reading (994) 1:00 Bingo ◆ (AR) 3:00 Bingo ◆ (AR) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)