

February 2021

ASSISTED LIVING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 1:30 Patio Golf (T) 2:00 Frommcast; <i>Famous Trials and Trial Lawyers</i> ** (AR) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994)	2 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 2:00 Met Opera Viewing (AR) 6:00 Documentary (994) *No Resident Social Hour today	3 9:00 Chair Exercise Class (994) 10:00 Klezmerize with Bruce (AR/Z) 11:00 Wellness Wednesday: <i>How to Cultivate an Empowered Long Life</i> (994) 1:00 The Great Debate: <i>The World Should Legalize Drugs</i> (994) 2:00 Movie (AR) 3:00 Virtual Bingo (Z) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>The World Should Legalize Drugs</i> (994)	4 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:00 Movie (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	5 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:00 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)	6 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 Bingo ♦ (AR) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
7 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 10:30 Movie Committee (AR) 1:00 Musical Performance (994) 1:15 Movie (AR) 4:00 The Art of Rest (994) 6:00 Musical Performance (994)	8 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 1:30 Patio Golf (T) 2:00 Frommcast; <i>Famous Trials and Trial Lawyers</i> ** (AR) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994)	9 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) 1:00 Activities Committee Meeting (AR/Z) 2:00 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z) 6:00 Documentary (994)	10 9:00 Chair Exercise Class (994) 10:00 Klezmerize with Bruce (AR/Z) 1:00 The Great Debate: <i>Napoleon the Great?</i> (994) 2:00 Jewish Film Festival Screening: selection TBD (AR) 3:00 Virtual Bingo (Z) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>Napoleon the Great?</i> (994)	11 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 1:00 Is Opera Woke? Exploring Operas about Social Justice (AR/Z) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	12 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:00 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)	13 Local Shopping: Trader Joes 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 Painting with Sabrina ♦ (AR) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
14 Valentine's Day 9:00 Chair Exercise Class (994) 9:00 Exercise with Phil (AR/Z) 10:30 Love Is In the Air Trivia (AR) 1:00 Romantics Piano Concert with Ian Scarfe (AR/Z) 1:15 Movie (AR) 3:00 Musical Performance (994) 6:00 Musical Performance (994)	15 President's Day 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 1:00 President's Day Trivia (AR) 2:00 Frommcast; <i>Famous Trials and Trial Lawyers</i> ** (AR) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994)	16 Local Shopping 9:00 Chair Tai Chi Class (994) 10:00 Tai Chi with Janet (AR/Z) 1:00 Documentary (994) 1:00 Jewish Communities in Exotic Places with Ken Blady (AR/Z) 2:00 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z) 6:00 Documentary (994)	17 Vaccine Clinic 9:00 Chair Exercise Class (994) 10:00 Klezmerize with Bruce (Z) 11:00 Wellness Wednesday: <i>What to Eat? It Depends</i> (994) 1:00 The Great Debate: <i>Cats vs Dogs</i> (994) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>Cats vs Dogs</i> (994)	18 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 11:15 Live Landing Broadcast: Perseverance Rover Lands on Mars (994) 1:00 Musical Performance (994) 2:00 Dining Committee (Z) 2:00 Movie (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	19 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:00 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)	20 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 Bingo ♦ (AR) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
21 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)	22 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Guided Meditation (994) 1:30 Patio Golf (T) 2:00 Frommcast; <i>Famous Trials and Trial Lawyers</i> ** (AR) 4:00 Resident Social Hour (Z) 6:00 Guided Meditation (994)	23 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) 2:00 Met Opera Viewing (AR) 4:00 Resident Social Hour (Z) 6:00 Documentary (994)	24 9:00 Chair Exercise Class (994) 10:00 Klezmerize with Bruce (AR/Z) 11:00 Resident Council (AR/Z/P) 1:00 The Great Debate: <i>The Battle Over Free Speech</i> (994) 2:00 Movie (AR) 3:00 Virtual Bingo (Z) 4:00 Resident Council Recording (994) 4:00 Resident Social Hour (Z) 6:00 The Great Debate: <i>The Battle Over Free Speech</i> (994)	25 Local Shopping 9:00 Chair Yoga Class (994) 10:00 Chair Yoga with Ilya (AR/Z) 1:00 Musical Performance (994) 2:00 Movie (AR) 3:00 Current Events with Jim (Z/P) 4:00 Resident Social Hour (Z) 6:00 Musical Performance (994)	26 Purim 9:00 Chair Exercise Class (994) 10:00 Exercise with Caroline (AR/Z) 1:00 Ted Talk (994) 2:00 PURIM Play Read Party (Z) 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)	27 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 Painting with Sabrina ♦ (AR) 6:00 Poetry Reading (994) 7:00 Ballet Performance (994)
28 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	