

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - Auditorium 1:00 Afternoon Movie - Cabrini - A 2:30 Resident Pinochle - 3rd FL 4:00 Bingo - ML 6:00 Taize Prayer - IFC	<b>LABOR DAY</b> Dining Room Brunch Served 11:45 - 2 Independent Activities - ML 3:00 Billy Genuario, Entertainer - ML  Enjoy the Holiday!	9:00 Yoga Stretch - FC 10:30 <b>Outing - Beardsley Zoo</b> 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Word Game - ML 3:00 Emmy Winning Doc DIRT - A 7:00 Leigh Henry Trio - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Pokeno w/ Kayti - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:00 Word Game - ML 3:00 Worship Service w/ Rev. Rowe 3:00 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - M 3:30 New Resident Cocktail Party - A	<b>COFFEE ICE CREAM DAY</b> 9:00 Yoga Stretch - FC 10:00 Shopping Outing - FL 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris- IFC 3:00 Ballet Stars from La Scala (YT) - A 3:00 Ping Pong w/ Joey - A 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - W Lounge 2:00 Afternoon Movie - A	
Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 1:00 Channel 591 Afternoon Movie 2:30 Pinochle - 3rd FL 3:00 Double Vision, Duo - A 4:00 Bingo - ML	9:00 Seated Yoga w/ Lisa- FC 9:30 Guided Meditation - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance&Ball - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 2:30 September Birthday Celebration-WL	9:00 Yoga Stretch w/ Kayti- FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey- ML 2:15 WU-Wine Travels w/ Jon Haight-WL 3:00 Ty & Nat Musicians - ML 7:30 Co-Ed Poker w/ Joey - ML	<b>911 REMEMBRANCE DAY</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 11:00 Seated Drumming w/ Cindy - FL 11:00 WU - Ladies' Poker w/ Joey - ML 1:00 WU - Beginners Spanish Class - ML 2:00 Book Club - 2nd FL 2:00 Acey-Deucey w/ Joey - ML 3:00 The Intelligent Octopus-(YT) - A 3:00 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Kayti - FC 10:30 <b>Outing - The Art Space</b> 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith - A	<b>POSITIVE THINKING DAY</b> 9:00 Yoga w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Ping Pong - FC 4:00 Eucharistic Service - IFC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Afternoon Program - ML	
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 2:30 Pinochle Resident - 3rd FL 3:00 Occasional Players, Acoustic Music Duo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 HealthPRO - A	9:00 Yoga Stretch w/ Kayti - FC 10:30 <b>Outing - Silverman's Farm</b> 10:30 Aqua Fitness - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Feud w/ Joey - ML 3:00 JWM Theatrical History Lecture - Chicago - w/ Aubrey - A 7:00 Evening Movie - CABRINI - SR	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 Seated Drumming - FC 11:00 WU - Ladies' Poker w/ Joey - ML 1:00 WU - Beginners Spanish Class - ML 2:00 Acey-Deucey w/ Joey - ML 3:00 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Town Hall w/ E.D. - A 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith w/ Rev Rowe - A	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris- IFC 3:00 Yves Saint Laurent Doc. (YT) - A 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - W Lounge 2:30 Chris Coogan, pianist - ML	
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd FL 2:00 Afternoon Movie - A 4:00 Bingo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Pray the Rosary - IFC 1:30 Hook & Needle - 3rd FL 2:30 Sing Along w/ Joey & Lynn - WL	9:00 Yoga Stretch - FC 10:00 <b>Outing-Stratford Historical Society</b> 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:30 Family Feud w/ Joey - ML	<b>NATIONAL COOKING DAY</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti- FC 9:30 Catholic Mass - A 10:00 Shopping Outing - FL 11:00 Word Game - ML 11:00 Seated Drumming w/ Cindy- FC 1:00 WU - Beginners Spanish Class - ML 2:00 Everyone has a Story w/ Cindy - ML 3:00 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:30 Bingo w/ Joey - ML	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Shulman - IFC 2:00 Nutrition Talk w/ Candace Rodak - 2nd FL 3:00 Ping Pong - FC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - W Lounge 2:30 Roger Young, Pianist - WL	
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd FL 2:00 Afternoon Movie - A 4:00 Bingo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 3:00 Art Gottlieb, Presenter - Statue of Liberty - A	<b>ACTIVITY LOCATOR KEY</b>					

**ACTIVITY LOCATOR KEY**

- A - AUDITORIUM
- AG - ART GALLERY
- CL - COMPUTER LOUNGE (1st Floor)
- CAS - CREATIVE ARTS STUDIO
- CP - CAFE PATIO
- DR - DINING ROOM
- FC - FITNESS CENTER
- FL - FRONT LOBBY

- GC - GALLERY CAFE
- IFC - INTERFAITH CHAPEL
- ML - MAIN LOUNGE
- RC - REHAB CLINIC
- WC - WELLNESS CENTER
- WL - W LOUNGE
- 2ND FL - 2ND FLOOR LOUNGE
- 3RD FL - 3RD FLOOR LOUNGE
- 4TH FL - 4TH FLOOR LOUNGE
- SR - SCREENING ROOM
- YT - YOUTUBE

**ACTIVE AGING WEEK**  
**SEPTEMBER 30TH THRU**  
**OCTOBER 6TH**  
**CHECK THE WEEKLY FOR**  
**SPECIFIC PROGRAMS**  
**DATES & TIMES**

**Recurring Programs:**  
12:00 Channel 591 In-Room Seated Stretch - Daily  
3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge  
1:00 Wednesday's Watercolor Painting w/ Kayti - CAS  
12:30 Thursday Learn Bridge w/ The Mehta's - 3rd Fl Lounge

**Please check "The Weekly" and Channel 591 for updates. Programs are subject to change.**



# SEPTEMBER 2024

## Independent Living