

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:00AM-Chair Zen Stretch (ER) 9:30AM-12PM-Open Gym &amp; Pool 11:00AM- Walk (TS) 1:00PM-Chair Active (ER) <b>1:30PM-Hallway Trivia</b> (1<sup>st</sup> Floor Syc. 2) 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) <b>3:30PM-Hallway Trivia</b> (2<sup>nd</sup> Floor Syc. 2) 7PM Opera Video: "The Magic Flute" (Zoom)</p>	<p>1 9:00AM-12PM-Open Gym &amp; Pool <b>9:30AM-Bereavement Support Group (Zoom)</b> 9:30AM-Chair Active (ER) 10:30AM &amp; 2PM-Chair Zen Stretch (ER) <b>11AM-Virtual Yoga Class with Lynn (Zoom)</b> 1:00PM-4PM-Open Gym &amp; Pool <b>1:30PM-Art Lecture: "Berthe Morisot: The Purest Impressionist" (Zoom)</b> <b>2:30PM-Hallway Trivia</b> (1<sup>st</sup> Floor Creekside) 3:00PM-Chair Active (ER) <b>3:30PM-Hallway Trivia</b> (2<sup>nd</sup> Floor Creekside) <b>7PM- Caregiver Support Group (Zoom)</b> 7PM- Musical Performance by Harpist Marjorie Fitts (Zoom)</p> 	<p>2 9AM &amp; 10AM-Chair Zen Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 9:30AM-12PM-Open Gym &amp; Pool <b>1:15PM-Banks</b> 1:00PM-Chair Active (ER) 2:00PM-Chair Active (CH) (ER) <b>2PM Bible Study with Pastor (H)</b> <b>2:15PM-Banks/ Pharmacy</b> <b>2:30PM-Hallway Trivia</b> (1<sup>st</sup> Floor Syc. 1) 3:00PM- Walk (TS) <b>3:30PM-Hallway Trivia</b> (2<sup>nd</sup> Floor Syc. 1) 7:00PM-Documentary: "Mr. Warmth" (Zoom)</p>	<p>3 9-12PM-Open Gym &amp; Pool 10:30AM- Stretch &amp; Strengthen with Nicole (H) 1PM-4PM-Open Gym &amp; Pool <b>1:00PM-National Pound Cake Day</b> (Delivered to your door) <b>2:00PM-Current Events (Zoom)</b> <b>3:30PM-Social Distance March Forth Indoor Walk (TS)</b> 7PM Pianist Clint Edwards (Zoom)</p>	<p>4 9AM-12PM Open Gym &amp; Pool 9:00AM-Chair Zen Stretch (ER) <b>11AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> <b>11:30AM-World Day of Prayer (Zoom)</b> 1PM-4PM Open Gym &amp; Pool 1:00PM-Chair Active (ER) 2:00PM-Chair Zen Stretch (ER) <b>2PM Shabbat Eve Service (H)</b> 7PM- Presentation on Fashion In Pink (Zoom)</p>	<p>5 11:00AM-Stretch &amp; Strengthen Class (Zoom) 7PM-Movie Night "Flint" (Zoom)</p>	
<p>7 11:15AM Morning Prayer Service with Father O'Connor (Zoom/ Phone) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom/Phone) 7:00PM-Classic Movie: "The Quiet Man" (Zoom)</p>	<p>8 <b>Women's Day</b> 9:30AM-12PM-Open Gym &amp; Pool 10:30AM- Stretch &amp; Strengthen with Nicole (H) <b>11AM-Morning Meditation (Zoom)</b> <b>2:30PM-Lecture: "The Role with Women In Education" (Zoom)</b> 7PM- Puzzles (Delivered to your door)</p>	<p>9 9:00AM-12PM-Open Gym &amp; Pool 10:30AM- Stretch &amp; Strengthen with Nicole (H) <b>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</b> 1:00PM-4PM-Open Gym &amp; Pool <b>2:00PM-Lecture:"Inspiring Women" (Zoom)</b> 7:00PM-Movie: "The Kite Runner" (Zoom)</p>	<p>10 <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 9:30AM-12PM-Open Gym &amp; Pool 10:30AM- Stretch &amp; Strengthen with Nicole (H) <b>1:15PM-Banks</b> <b>2PM Bible Study with Pastor Nancy (Z/P)</b> <b>2:15PM-Banks/ Pharmacy</b> <b>3PM-Health Presentation: "Low Sodium Diet" (Zoom)</b> 7PM-Vocalist Bruce Foster (Zoom)</p>	<p>11 9-12PM-Open Gym &amp; Pool 10:30AM- Stretch &amp; Strengthen with Nicole (H) 1PM-4PM-Open Gym &amp; Pool <b>2:00PM-A Poet's Journey: From Coney Island to The Land of Canaan with Charlotte Mandel (Zoom)</b> 7:00PM-Travelogue: "Scenic Soundscapes Ireland" (Zoom)</p>	<p>12 9AM-12PM Open Gym &amp; Pool 10:30AM- Stretch &amp; Strengthen with Nicole (H) <b>11AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> 1PM-4PM Open Gym &amp; Pool <b>2:30PM Mint Ice Cream &amp; Puzzles</b> (Delivered to your door) 7PM-Guitarist Dave Stryker (Zoom)</p>	<p>13 11:00AM-Stretch &amp; Strengthen Class (Zoom) 7PM-Movie Night "The Chaperone" (Zoom)</p>
<p>14 <b>Daylight Saving Time Begin</b> 10:45AM Morning Prayer Service with Father O'Connor (H) 2:00PM Ecumenical Prayer Service with Pastor Nancy (H) 7:00PM-Movie: "Cider House Rules" (Zoom)</p>	<p>15 9:00AM-Chair Zen Stretch (ER) 10:30AM &amp; 1:30PM- Movie: "After The Wedding" (H) <b>11:00AM March Gardening Project</b> (Sign Up Required, be delivered to your door) 11:00AM- Walk (TS) 1:00PM-Chair Active (ER) 1PM-4PM-Open Gym &amp; Pool 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) 7PM-Movie: "JoJo Rabbit"(H)</p>	<p>16 9:30AM-Chair Active (ER) 10:30AM-Chair Zen Stretch (ER) 10:30AM-Building Committee Meeting (HH) <b>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</b> 1:00PM-4PM-Open Gym &amp; Pool 2:00PM-Chair Zen Stretch (ER) <b>2:30PM-Jeopardy Game Show Afternoon (H)</b> (Limited to 15 Sign Up Required) 3:00PM-Chair Active (ER) 7PM-Irish Music By Jimmy Byrne (Zoom)</p>	<p>17 <b>St. Patrick's Day</b> 9AM &amp; 10AM-Chair Zen Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> <b>11:30AM-Strolling Bag Pipe Music</b> 1:00PM-Chair Active (ER) 1PM-4PM-Open Gym &amp; Pool <b>1:15PM-Banks</b> 2:00PM-Chair Active (CH) (ER) <b>2:15PM-Banks/ Pharmacy</b> <b>2:30PM-St. Patrick's Day Party (Zoom) &amp; (Hinman Hall Limited to 15 Sign Up Required)</b> 3:00PM- Walk (TS) 7PM Lecture: "All Things Irish" (Zoom)</p> 	<p>18 9:30AM-Chair Active(CH) (ER) 10:30AM-Chair Active (ER) 12:00PM- Walk (TS) 1PM-4PM-Open Gym &amp; Pool <b>1:30PM-Tedx Talks (H)</b> (Limited to 15 Sign Up Required) 2:00PM-Chair Zen Stretch (ER) <b>3:30PM-Guess The Riddle Afternoon (H)</b> (Limited to 15 Sign Up Required) 7:00PM-Documentary: "Always at The Carlyle" (Zoom)</p>	<p>19 9:00AM-Chair Zen Stretch (ER) <b>11:00AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> 1PM-4PM Open Gym &amp; Pool 1:00PM-Chair Active (ER) 2:00PM-Chair Zen Stretch (ER) <b>2PM: Shabbat Eve Service (H)</b> 7PM-Vocalist Tomardo (Zoom)</p>	<p>20 <b>Spring Begins</b>  11:00AM-Stretch &amp; Strengthen Class (Zoom) 2PM &amp; 7PM-Movie Night "The Secret Garden" (H)</p>
<p>21 10:45AM Morning Prayer Service with Father O'Connor (H) 2:00PM Ecumenical Prayer Service with Pastor Nancy (H) 7:00PM-Movie: "Driving Miss Daisy" (H)</p>	<p>22 <b>Health Week!</b> 9:00AM-Chair Zen Stretch (ER) 11:00AM- Walk (TS) <b>11AM-Morning Meditation (Zoom)</b> 1PM-4PM-Open Gym &amp; Pool <b>1:00PM-Afternoon Wear Green Walk &amp; Scavenger Hunt (TS)</b> 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) <b>5PM-Take Out Dinner Night Thatcher McGhee's Restaurant</b> (Sign Up with Activities) 7PM-Movie: "Brooklyn"(H)</p>	<p>23 <b>Health Week!</b> 9:30AM-Chair Active (ER) 10:30AM-Chair Zen Stretch (ER) <b>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</b> 1PM-4PM-Open Gym &amp; Pool 2:00PM-Chair Zen Stretch (ER) <b>1:30PM-Afternoon Tai Chi &amp; Green Tea (Zoom &amp; Hinman Hall)</b> (Delivered to your door) 3:00PM-Chair Active (ER) 7:00PM Violin Concert with Arsen Ketikyan (Zoom)</p>	<p>24 <b>Health Week!</b> 9AM &amp; 10AM-Chair Zen Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 1:00PM-Chair Active (ER) 1PM-4PM-Open Gym &amp; Pool <b>1:15PM-Banks</b> <b>2PM Bible Study with Pastor (H)</b> 2:00PM-Chair Active (CH) (ER) <b>2:15PM-Banks/ Pharmacy</b> <b>3PM-Health Presentation: "Problems Falling Asleep &amp; Staying Asleep" (Zoom)</b> 3:00PM- Walk (TS) 7PM-Movie: "My Fair Lady" (H)</p>	<p>25 <b>Health Week!</b> 9:30AM-Chair Active(CH) (ER) 10:30AM-Chair Active (ER) <b>10:45AM-Morning Brain Games &amp; Yogurt (H)</b> (Limited to 15 Sign Up Required) 1PM-4PM-Open Gym &amp; Pool 2:00PM-Chair Zen Stretch (ER) <b>2:30PM-Afternoon Brain Games &amp; Yogurt (H)</b> (Limited to 15 Sign Up Required) <b>4:00PM- Happy Hour</b> 7PM Travelogue: "The Adirondacks" (Zoom)</p>	<p>26 <b>Health Week!</b> 9AM &amp; 2PM-Chair Zen Stretch(ER) <b>9:30AM-Virtual Balance &amp; Posture with Lynn (Zoom)</b> <b>10:30AM-Towne Hall Meeting with Marina (Zoom/Phone)</b> 1PM-4PM Open Gym &amp; Pool 1:00PM-Chair Active (ER) <b>2:00PM-Pre-Passover Celebration Program (Zoom)</b> <b>3:30PM-March Madness Afternoon Games (H) (Sign Up)</b> 7PM-Vocalist Tom Catucci (Zoom)</p>	<p>27 <b>Passover Begins</b>  11:00AM-Stretch &amp; Strengthen Class (Zoom) 2PM &amp; 7PM-Movie Night "Babette's Feast" (H)</p>
<p>28 <b>Palm Sunday</b> 10:45AM Morning Prayer Service with Father O'Connor (H) 2:00PM Ecumenical Prayer Service with Pastor Nancy (H) 7:00PM-Movie: "You Can't Take It with You" (H)</p>	<p>29 9:00AM-Chair Zen Stretch (ER) 11:00AM- Walk (TS) 1PM-4PM-Open Gym &amp; Pool 1:00PM-Chair Active (ER) 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) <b>2:30PM- Afternoon Arts &amp; Crafts (H) (Sign Up)</b> 7:00PM-Documentary: "Mark Twain" (H)</p>	<p>30 9:30AM-Chair Active (ER) 10:30AM-Chair Zen Stretch (ER) <b>11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone)</b> 1PM-4PM-Open Gym &amp; Pool 2:00PM-Chair Zen Stretch (ER) <b>2:30PM-Spring Social (Zoom &amp; Hinman Hall) (Sign Up)</b> 3:00PM-Chair Active (ER) 7PM- Classic Movie: "Funny Girl" (H)</p>	<p>31 9AM &amp; 10AM-Chair Zen Stretch (ER) <b>9:30AM /10:30AM/11:30am-Shop Rite</b> 1:00PM-Chair Active (ER) 1PM-4PM-Open Gym &amp; Pool <b>1:15PM-Banks</b> <b>2PM Bible Study with Pastor (H)</b> 2:00PM-Chair Active (CH) (ER) <b>2:15PM-Banks/ Pharmacy</b> 3:00PM- Walk (TS) <b>3:30PM- Special Spring Bingo (H) (Sign Up)</b> 7:30PM-Movie: "South Pacific" (H)</p>	<p><b>MARCH 2021</b></p>		

Please note the beginning of Mid-March we will be hosting small group Activities In Hinman Hall. Groups are restricted to a 15 persons Maximum.  
Sign Up with Activities at 973-276-3012 for any programs that you are interested in that will be held in Hinman Hall. Thank you!