


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| <p align="center">SEPTEMBER 2023</p>  <p>Events listed in blue are detailed in the New and Noteworthy section</p> | <p align="center">Lunch Daily @ 11:45 Dining Room Seating Begins @ 11:30am LAST CALL FOR LUNCH TIME : 12:30</p> | <p align="center">Open Sunday 9/10 9:30 New Members Brunch 10:30 Genealogy Workshop 11:30 Lunch 1:15 Music with Juan Ortega</p> | <p align="center">Tech Lab with Jerry Tuesdays & Thursdays @10:00 am</p> | <p>9/1 9:00 Stay Well Exercise-H 9:30 Spanish Language: Current Events with Chloe 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: "9 to 5" (1980)</p> |
| <p>9/4</p> <p align="center">CLOSED LABOR DAY</p> <p align="center">Bingo Every Monday 1:00 PM</p> | <p>9/5</p> <p>9:30 Baking with Galina and Isabel 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg (Advanced) 10:00 Painting Class 10:00 Tai Chi with Steve Returns! 10:30 Art Explorations 11:30 Hebrew Short Stories -Virtual 1:00 Knitting with Barbara</p> | <p>9/6</p> <p>9:00 Tech Class with Trinity 10:00 Stay Well Exercise-Virtual 10:00 Chair Aerobics with Stuart 10:30 Lecture: The Birth of the Bronx 10:45 Women's Group with Lucy 12:30 Mah Jongg (Intermediate) 1:00 Karaoke with Loyda</p> | <p>9/7</p> <p>9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-Virtual 10:00 Hebrew for Beginners –FULL 10:45 Functional Movement with Terry 11:30 Hebrew Short Stories-Virtual 1:00 Group Chat with Carmen 1:30 Chair Yoga with Anthony-H</p> | <p>9/8</p> <p>9:00 Stay Well Exercise-H 9:30 Spanish Language: Current Events with Chloe 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: "Up" (2009) 1:00 Dance Party with Trinity</p> |
| <p>9/11</p> <p>9:00 Stay Well Exercise-H 9:30 Jacob's Schmooze-Virtual 10:00 Manicures with Frances 10:00 Chess Clinic 10:45 Meditation 10:45 Open Chat with Jeff 12:30 Mah Jongg (Intermediate) 2:00 Poetry Workshop with Robert</p> | <p>9/12 APPLE PICKING TRIP</p> <p>9:30 Baking with Galina and Isabel 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg (Advanced) 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories -Virtual 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv</p> | <p>9/13 ROSH HASHANAH LUNCHEON</p> <p>9:00 Tech Class with Trinity 10:00 Stay Well Exercise-Virtual 10:00 Chair Aerobics with Stuart 10:45 Women's Group with Lucy 12:30 Mah Jongg (Intermediate) 1:15 Entertainment: The East Side Quartet 1:30 Water Aerobics</p> | <p>9/14</p> <p>9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-Virtual 10:00 Watercolor Painting with Dmitriy M. 10:00 Hebrew for Beginners-FULL 10:45 Functional Movement with Terry 11:30 Hebrew Short Stories-Virtual 12:30 Blood Pressure Screening 1:00 Group Chat with Carmen 1:30 Chair Yoga with Anthony-H</p> | <p>9/15</p> <p>9:00 Stay Well Exercise-H 9:30 Spanish Language: Current Events with Chloe 10:30 Law and Order 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: "Casablanca" (1942)</p> |
| <p>9/18</p> <p>8:30 Cemetery Visit w/Rabbi Scott 9:00 Stay Well Exercise-H 9:30 Jacob's Schmooze-Virtual 10:00 Manicures with Frances 10:00 Chess Clinic 10:45 Meditation 10:45 Open chat w/Jeff 11:30 Advisory Council Meeting 12:30 Mah Jongg (Intermediate) 2:00 Poetry Workshop with Robert</p> | <p>9/19 SEPTEMBER BIRTHDAY PARTY</p> <p>9:30 Baking with Galina and Isabel 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg (Advanced) 10:00 Painting Class 10:00 Tai Chi with Steve 10:15 Proactive Wellness Workshop 10:30 Art Explorations 11:30 Hebrew Short Stories-Virtual 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:15 Entertainment: Johnny Bliss</p> | <p>9/20</p> <p>8:30 Cemetery Visit w/Rabbi Scott 9:00 Tech Class with Trinity 10:00 Stay Well Exercise-Virtual 10:00 Chair Aerobics with Stuart 10:45 Women's Group with Lucy 12:30 Mah Jongg (Intermediate) 1:30 Water Aerobics 1:00 Karaoke with Loyda</p> | <p>9/21</p> <p>8:30 Cemetery Visit w/Rabbi Scott 9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-Virtual 10:00 Watercolor Painting with Dmitriy M. 10:00 It's Back! Silver Shoes Dance Club 10:45 Functional Movement 11:30 Hebrew Short Stories-Virtual 1:00 Group Chat with Carmen 1:30 Chair Yoga with Anthony-H</p> | <p>9/22</p> <p>9:00 Stay Well Exercise-H 9:30 Spanish Language Program: Current Events with Chloe 10:30 Lecture: Emergency Preparedness For Older Adults 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: "Crossing Delancey" (1988) 1:00 Dance Party with Trinity</p> |
| <p>9/25</p> <p align="center">CLOSED YOM KIPPUR</p> | <p>9/26</p> <p>9:30 Baking with Galina and Isabel 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg (Advanced) 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories-Virtual 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv</p> | <p>9/27 FOOD PANTRY</p> <p>9:00 Tech Class with Trinity 10:00 Stay Well Exercise-Virtual 10:00 Chair Aerobics with Stuart 10:30 Lecture: Learn about Protein with Samantha 10:45 Women's Group with Lucy 12:30 Mah Jongg (Intermediate) 1:30 Water Aerobics 1:00 Karaoke with Loyda 1:30-3:00 Food Pantry</p> | <p>9/28</p> <p>9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-Virtual 10:00 Watercolor Painting with Dmitriy M. 10:00 Silver Shoes Dance Club 10:00 Hebrew for Beginners-FULL 10:45 Functional Movement 11:30 Hebrew Short Stories-Virtual 1:00 Group Chat with Carmen 1:30 Chair Yoga with Anthony-H 1:00 Book Club-Virtual</p> | <p>9/29</p> <p>9:00 Stay Well Exercise-H 9:45 Spanish Language: Current Events with Chloe 10:30 Concert: Piano for Four Hands 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: "Hairspray the Musical" (1962)</p> |