SUN MON WED **THUR** 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) CR - Club Room **LOCATION KEY** 9:30 Shabbat Morning Services 9:30 Stretch & Power (A) 2L - 2nd Floor Lounge **CEC - Community Education** 10:00 Trip to Shoprite* Our Vision 11:00 Better Balance (A) 10:00 Balance and Core Fusion Center 3L - 3rd Floor Lounge Create opportunities 11:45 Chair Volleyball (A) Fitness (591) for purposeful living HDR - Hickory Dining Room Cheers to you is a 11:00 Chair Dancing Around the World 1:00 Corn Hole (ČEC) AR - Art Room filled with rich Cocktail Hour to say 2:30 Wii Bowling (CEĆ HL - Hickory Lounge A - Auditorium Thank You from the 3:00 Cheers to You (A) 1:30 Mexican Train Dominoes (ML) experiences. 3:30 Gentle Chair Yògʻa (591) 3:00 Rejuvenate Fitness (591) Marketing Team ML - Monroe Lounge 138 - Channel 138 4:00 Casual Chorus (ČEČ) 7:00 Movie Night: "Lovers and Other 2L - Sewing Room 7:00 Music to end the day (A) Strangers" (A) 591 - Channel 591 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation 8:30 Guided Meditation (591) 8:30 Guided Meditation 9:30 Rejuvenate Fitness (A) 9:30 Stretch & Power (A) 9:30 Shabbat Morning Services 10:00 Better Balance (591) 9:30 Stretch & Power (A) (591)(591)10:00 Catholic Communion 1:00 Better Balance (A) 10:30 Sunday Mass Heart of 10:00 Sewing (2L) 9:30 Stretch & Power (A) 9:30 Rejuvenate Fitness (A) Service (HDR) 11:45 Chair Volleyball (Á) 10:00 Balance and Core Fusion Fitness Nation (Channel 10) 11:00 Better Balance (A) 10:30 Uniquest Help Session (CEC) 10:30 The Voice Actors' Guild 10:30 Cardio Drumming (A) 1:00 Corn Hole (A) 11:45 Chair Volleyball (Á) 2:00 Deck of Fitness (591) 11:00 Better Balance (A) 2:00 Crochet & Knit Group (ML) Workshop (CEC) 1:00 Trip to Shoprite* 11:00 Chair Dancing Around the 3:30 Music from the '40s, '50s, and 1:00 Easy Does It Fitness (HL) 3:00 Music History with Maestro Robert 11:45 Chair Volleyball (A) I:00 Wii Bowling (CEC) 2:30 Wii Bowling (CEC) World (591) 2:30 Around the World with Paul Butts (A) 1:30 Advanced Balance (A) 1:30 Play Bogale (ML) 3:30 Gentle Chair Yoga (591) 1:30 Mexican Train Dominoes (ML) 3:15 Tai Chi For Beginners (591) 6:30 Game Night (Auditorium & Rabinowitz: Hudson Valley (A) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 4:00 Casual Chorus (ČEC) 2:00 Bingo! (A) 3:00 Christian Hymn Sing (591) 4:00 Reciting the Rosary (3L) Monroe Lounge) 7:00 Movie Night: "Seabiscuit" (A) 3:15 Corn Hole (A) 7:00 Meet the Artist: Marty Honiig (A) 7:00 Music to end the day (A) 8:30 Guided Meditation (591) :30 Guided Meditation (591) 3:30 Guided Meditation (591) 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 8:30 Guided Meditation (591) 8:30 Guided Meditation 30 Stretch & Power (A) 30 Stretch & Power (A) 9:30 Stretch & Power (A) 10:00 Catholic Communión 9:30 Shabbat Morning Services 10:00 Better Balance (591) 0:00 Creative Writing Workshop 1:00 Better Balance (A) 11:00 Better Balance (A) Service (HDR) 10:30 Sunday Mass Heart of 9:30 Rejuvenate Fitness (A) 1:45 Chair Volleyball (Á) 10:30 Cardio Drumming* (A) 10:00 Balance and Core Fusion Fitness 11:45 Chair Volleyball (A) 10:00 Sewing (2L) 10:45 Movie Committee (3L) 11:00 Better Balance (A) Nation (Channel 10) 10:30 Dance with Dan (CEC) :00 Corn Hole (A) 11:00 Caregivers Support Group (CEC) 1:30 Advanced Balance (A) 2:00 Deck of Fitness (591) :00 Trip to Shoprite* I:00 Wii Bowling (CEC) 12:00 Pizza Party! (A) 11:00 Chair Dancing Around the 1:30 Mexican Train Dominoes (ML) 3:30 Music from the '40s, '50s, and 2:30 Wii Bowling (CEC) 1:45 Chair Volleyball (A) I:30 Play Boggle (ML) 2:00 Crafting Corner with Helen* (CEC) 3:00 "On the Green" with Shelley World (591) 3:00 Lifelong Learning with Paul White (A) '60s (591) 2:00 Crochet & Knit Group (ML) 2:00 The NGXB Performance (A) 1:00 Art Club (AR) :30 Mexican Train Dominoes (ML) (CEC) 3:30 Gentle Chair Yoga (591) 6:30 Game Night (Auditorium & I:00 Easy Does It Fitness (HL) 3:15 Tai Chi For Beginners (591) 3:15 Corn Hole (A) 7:00 Book Club (CEC) 3:00 Rejuvenate Fitness (591) 3:30 Monroe Mixer (ML) 7:00 Music to end the day (A) Monroe Lounge) 3:00 Christian Hymn Sing (591) 4:00 Reciting the Rosary (3L) 7:00 Accordion Pops Orchestra (A) 3:00 Floral Arts Workshop with Megan* (CR) 3:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) :30 Guided Meditation (591) 3:30 Guided Meditation (591) 8:30 Guided Meditation (591) :30 Rejuvenate Fitness (A) 30 Stretch & Power (A) :30 Shabbat Morning Services 10:00 Better Balance (591) 9:30 Stretch & Power (A) 9:30 Rejuvenate Fitness (A) :30 Stretch & Power (A) 0:30 Protestant Worship with Ian 10:30 Dining Services Meeting 0:00 Sewing (2L) 1:00 Better Balance (A) 10:30 Sunday Mass Heart of 0:00 Catholic Communion Rankine (CR) 0:00 Casino Trip (Wind Creek (CEC) 0:00 Balance and Core Fusion 1:45 Chair Volleyball (A) Service (HDR) Nation (Channel 10) 0:30 The Voice Actors' Guild Workshop (CEC) 1:00 Better Balance (A) Bethlehem)* Fitness (591) :00 Corn Hole (A) 10:30 Resident Gathering (A) 2:00 Afternoon Movie: "Cats" (A) :00 Wii Bowling (CEC) 11:45 Chair Volleyball (Á) 1:00 Better Balance (A) 1:00 Trip to Shoprife 11:00 Chair Dancina Around the World 1:30 Health & Wellness Navigation Program (A) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s 1:30 Advanced Balance (A) 1:00 Wild Card Workout (CEC) 1:45 Chair Volleyball (Á) 2:00 Walk to end Alzhiemers (Front :30 Play Boggle (ML) 1:30 Mexican Train Dominoes (ML) :00 Easy Does It Fitness (HL) 2:00 Crochet & Knit Group (ML) 2:00 Ice Cream Social (Front Entrance) Entrance) 1:30 Mexican Train Dominoes (ML) 1:30 The Great Debate and Discussion with 3:00 Christian Hymn Sing (591) 2:30 Beading & Jewelry Making with Megan* 3:15 Tai Chi For Beginners (591) 2:30 Wii Bowling (CEC) 3:00 Rejuvenate Fitness (591) 3:00 Lifelong Learning with Jeff Kampf (A) Ralph Cohen (CEC) (CEC) 7:30 A&E: Hunterdon Harmonizers (A) 3:30 The Green Planet Family Band (A) 6:30 Game Night (Auditorium & 3:30 Gentle Chair Yoga (591) 7:00 Movie Night: "Taming of the Shrew" 3:00 Alzheimer's Awareness Program (CEC) 4:00 New Resident Tour (Lobby) Monroe Lounge) 4:00 Reciting the Rosary (3L) 7:00 Music to end the day (A) 3:15 Corn Hole (A) 7:30 A&E: Dan Crisci Ensemble (A) 8:30 Guided Meditation (591) 3:30 Guided Meditation (591) 8:30 Guided Meditation (591) College T-Shirt Day 3:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation 30 :30 Guided Meditation (591) 2:30 Shabbat Morning Services 2:30 Stretch & Power (A) 2:30 Rejuvenate Fitness (A) 9:30 Stretch & Power (A) 10:00 Better Balance (591) (591)0:00 Creative Writing Workshop 10:00 Catholic Communión Service :30 Stretch & Power (A) 1:00 Better Balance (A) 10:30 Sunday Mass Heart of P:30 Réjuvenate Fitness (A) 10:30 Zen Chi (A) 0:00 Balance and Core Fusion 11:45 Chair Volleyball (Á) Nation (Channel 10) 10:30 Cardio Drumming* (A) 1:45 Chair Volleyball (A) 10:30 Resident Association 10:00 Sewing (2L) 1:30 Advanced Balance (A) 2:00 Deck of Fitness (591) 2:00 Crochet & Knit Group (ML) 1:00 College Tailgate (A) 1:00 Chair Dancing Around the World (591 1:00 Better Balance (A) Meeting (A) 1:30 Mexican Train Dominoes (ML) 2:00 Monthly Short Story Book Club (CEC) :30 Mexican Train Dominoes (ML) 3:30 Music from the '40s, '50s, and 1:00 Trip to Shoprite* 11:45 Chair Volleyball (A) I:00 Wii Bowling (CEC) 2:30 Wii Bowling (CEC) 3:00 Shabbat with Rabbi Dan (CR) 3:00 Painting Class with Somerville 2:00 San Génnaro Streét Fair (Front 2:00 UNI Music: Youth Orchestra Concert (A) '60s (591) 1:00 Art Club (AR) 3:00 Reiuvenate Fitness (591) National Art Honor Society* (CEC) 1:30 Play Boggle (ML) Entrance) 6:30 Game Night (Auditorium & 1:00 Easy Does It Fitness (HL) 3:00 Ecumenical Communion Service (A) 7:00 Movie Night: "Fathers Day" (A) 3:30 Gentle Chair Yoga (591) 3:15 Corn Hole (A) 2:00 Dance with Dan (CEC) 2:00 Men's Discussion Group (CEC) Monroe Lounge) 3:15 Tai Chi For Beginners (591) 4:00 Casual Chorus (ČEĆ) 7:00 Getting to Know You (A) 3:00 Christian Hymn Sing (591) 3:30 Cocktail Hour (ML) 4:00 Reciting the Rosary (3L) 7:00 Music to end the day (A) Coming in 8:30 Guided Meditation (591) When you see the Need a little support on your next 10:00 Better Balance (591) adventure? asterisk next to a listed 10:30 Sunday Mass Heart of for fitness September program it means Nation (Channel 10) Interested in an off-campus 2:00 Deck of Fitness (591) *Registration Required activity but need a little support? Call to make an 3:30 Music from the '40s, '50s, and Call the front desk (6500) appointment for a gym '60s (591) Call Jennifer, Ext 6686, to hear how orientation or fitness 6:30 Game Night (Auditorium & or register on the Laurel Circle Help at Home can evaluation Monroe Lounge) community app provide support Ext.6565

August 2025

Lifestyle Programs

