


SUN	MON	TUE	WED	THUR	FRI	SAT	
LOCATION KEY 2L - 2nd Floor Lounge 3L - 3rd Floor Lounge AR - Art Room A - Auditorium 138 - Channel 138 591 - Channel 591	CR - Club Room CEC - Community Education Center HDR - Hickory Dining Room HL - Hickory Lounge ML - Monroe Lounge 2L - Sewing Room	<u>Our Vision</u> <i>Create opportunities for purposeful living filled with rich experiences.</i>		Cheers to you is a Cocktail Hour to say Thank You from the Marketing Team ↔	8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Trip to Shoprite* 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (CEC) 2:30 Wii Bowling (CEC) 3:00 Cheers to You (A) 3:30 Gentle Chair Yoga (591) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	1 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Balance and Core Fusion Fitness (591) 11:00 Chair Dancing Around the World (591) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "Lovers and Other Strangers" (A)	
8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	3 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Uniguest Help Session (CEC) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A)	4 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 The Voice Actors' Guild Workshop (CEC) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 2:00 Bingo! (A)	5 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Easy Does It Fitness (HL) 2:30 Around the World with Paul Rabinowitz: Hudson Valley (A) 3:00 Christian Hymn Sing (591)	6 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Cardio Drumming (A) 2:00 Crochet & Knit Group (ML) 3:00 Music History with Maestro Robert Butts (A) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L) 7:00 Meet the Artist: Marty Honiig (A)	7 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) 1:00 Trip to Shoprite* 2:30 Wii Bowling (CEC) 3:30 Gentle Chair Yoga (591) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	8 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Balance and Core Fusion Fitness (591) 11:00 Chair Dancing Around the World (591) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "Seabiscuit" (A)	
8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	10 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:00 "On the Green" with Shelley (CEC) 3:15 Corn Hole (A) 7:00 Book Club (CEC)	11 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Dance with Dan (CEC) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 2:00 The NGXB Performance (A) 3:30 Monroe Mixer (ML)	12 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Creative Writing Workshop (CR) 10:00 Sewing (2L) 10:45 Movie Committee (3L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Art Club (AR) 1:00 Easy Does It Fitness (HL) 3:00 Christian Hymn Sing (591) 3:00 Floral Arts Workshop with Megan* (CR)	13 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Cardio Drumming* (A) 11:00 Caregivers Support Group (CEC) 12:00 Pizza Party! (A) 2:00 Crafting Corner with Helen* (CEC) 2:00 Crochet & Knit Group (ML) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)	14 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) 1:00 Trip to Shoprite* 2:30 Wii Bowling (CEC) 3:00 Lifelong Learning with Paul White (A) 3:30 Gentle Chair Yoga (591) 7:00 Music to end the day (A)	15 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Balance and Core Fusion Fitness (591) 11:00 Chair Dancing Around the World (591) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 7:00 Accordion Pops Orchestra (A)	
8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Afternoon Movie: "Cats" (A) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	17 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Dining Services Meeting (CEC) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 1:30 The Great Debate and Discussion with Ralph Cohen (CEC) 3:00 Alzheimer's Awareness Program (CEC) 3:15 Corn Hole (A)	18 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:30 Protestant Worship with Ian Rankine (CR) 10:30 The Voice Actors' Guild Workshop (CEC) 1:00 Wii Bowling (CEC) 1:30 Health & Wellness Navigation Program (A) 1:30 Play Boggle (ML) 2:00 Ice Cream Social (Front Entrance) 2:30 Beading & Jewelry Making with Megan* (CEC) 7:30 A&E: Hunterdon Harmonizers (A)	19 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Sewing (2L) 10:00 Casino Trip (Wind Creek Bethlehem)* 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Easy Does It Fitness (HL) 3:00 Christian Hymn Sing (591) 3:00 Lifelong Learning with Jeff Kampf (A) 4:00 New Resident Tour (Lobby) 7:30 A&E: Dan Crisci Ensemble (A)	20 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Resident Gathering (A) 1:00 Wild Card Workout (CEC) 2:00 Crochet & Knit Group (ML) 3:15 Tai Chi For Beginners (591) 3:30 The Green Planet Family Band (A) 4:00 Reciting the Rosary (3L)	21 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) 1:00 Trip to Shoprite* 2:00 Walk to end Alzhiemers (Front Entrance) 2:30 Wii Bowling (CEC) 3:30 Gentle Chair Yoga (591) 7:00 Music to end the day (A)	22 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Balance and Core Fusion Fitness (591) 11:00 Chair Dancing Around the World (591) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "Taming of the Shrew" (A)	
8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	24 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:00 Painting Class with Somerville National Art Honor Society* (CEC) 3:15 Corn Hole (A) 7:00 Getting to Know You (A)	25 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:30 Resident Association Meeting (A) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 2:00 Dance with Dan (CEC) 3:30 Cocktail Hour (ML)	26 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Creative Writing Workshop (CR) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Art Club (AR) 1:00 Easy Does It Fitness (HL) 2:00 Men's Discussion Group (CEC) 3:00 Christian Hymn Sing (591)	27 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Cardio Drumming* (A) 2:00 Crochet & Knit Group (ML) 2:00 Monthly Short Story Book Club (CEC) 2:00 San Gennaro Street Fair (Front Entrance) 3:00 Ecumenical Communion Service (A) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)	28 College T-Shirt Day 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Zen Chi (A) 11:45 Chair Volleyball (A) 1:00 College Tailgate (A) 1:00 Trip to Shoprite* 2:30 Wii Bowling (CEC) 3:00 Shabbat with Rabbi Dan (CR) 3:30 Gentle Chair Yoga (591) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	29 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Balance and Core Fusion Fitness (591) 11:00 Chair Dancing Around the World (591) 1:30 Mexican Train Dominoes (ML) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "Fathers Day" (A)	
8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	31	When you see the asterisk next to a listed program it means *Registration Required Call the front desk (6500) or register on the community app		Need a little support on your next adventure? Interested in an off-campus activity but need a little support? Call Jennifer, Ext 6686, to hear how <i>Laurel Circle Help at Home</i> can provide support		 Call to make an appointment for a gym orientation or fitness evaluation Ext.6565	Coming in September 