

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>1</b> 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) 7:00 Game Night (Auditorium & Monroe Lounge)	<b>2</b> 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) 3:15 Corn Hole (A)	<b>3</b> 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Bardy Farmers Market* 11:00 Chair Dancing (A) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) <b>2:00 Bingo! (A)</b> 2:00 Open Gym (FC) <b>7:30 A&amp;E: Fred Moyer Jazz Trio (A)</b>	<b>4</b> 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) <b>10:00 Good Shepherd Lutheran Church Daycare Visit (CEC)</b> 10:00 Sewing (2L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 12:00 Somerville Walk & Lunch* 1:00 Art Club (AR) 1:00 Easy Does It Fitness (A) <b>2:30 Around the World with Paul Rabinowitz: South Louisiana (A)</b> 3:00 Christian Hymn Sing (591)	<b>5</b> 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) <b>9:45 Grounds for Sculpture* (JCC Trip)</b> 10:00 Catholic Communion Service (HDR) 11:00 Cardio Drumming (A) 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) <b>3:00 Music History with Maestro Robert Butts (A)</b> 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L) <b>7:00 Meet the Artists: Jane &amp; Ted Settle (A)</b>	<b>6</b> 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* 3:00 Inside Judaism with Debbie Hercky (CEC) 3:30 Gentle Chair Yoga (591) 4:00 Casual Chorus (A)	<b>7</b> 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) <b>2:00 Father's Day Motorcycle Showcase (Front Entrance)</b> 3:00 Rejuvenate Fitness (591) <b>7:00 Movie Night: "Hannah and Her Sisters" (A)</b>
<b>8</b> 8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Catholic Mass* (Church of the Immaculate Conception) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 7:00 Game Night (Auditorium & Monroe Lounge)	<b>9</b> 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Trip: Wegman's* <b>10:30 Yoga with Beatriz (A)</b> 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A) 7:00 Book Club (CEC)	<b>10</b> <b>National Iced Tea Day</b> 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:30 Protestant Worship Service with Ian Rankine (CR) 11:00 Chair Dancing (A) <b>1:00 Resident Gathering: Owners Meeting (A)</b> 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) 2:00 Open Gym (FC) <b>3:30 Iced Tea Mixer (ML)</b>	<b>11</b> 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) 12:30 Zimmerli Art Museum* (Rutgers University) 1:00 Easy Does It Fitness (A) 3:00 Christian Hymn Sing (591) <b>3:00 Floral Arts Workshop with Megan* (A)</b>	<b>12</b> 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 11:00 Cardio Drumming (A) <b>11:00 Caregivers Support Group (CEC)</b> <b>12:00 Pizza Party! (A)</b> 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) 2:00 Poetry with Mary Elizabeth (CEC) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)	<b>13</b> 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 9:30 Rudolf W. van der Goot Rose Garden* 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) <b>3:00 Lifelong Learning with Paul White (A)</b> 3:30 Gentle Chair Yoga (591) 4:00 Casual Chorus (A) 6:30 Shabbat with Temple Shalom Youth Group (CEC) 7:00 Music to end the day (A)	<b>14</b> <b>Flag Day</b> 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) <b>7:00 Movie Night: "Emma" (A)</b>

# June 2025

## Lifestyle Programs

Please contact Rachel Block, Community Life Services Director at (908) 595-6528



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\* Registration Required



SUN	MON	TUE	WED	THUR	FRI	SAT	
<div>Fathers' Day</div> <div>8:30 Guided Meditation (591)</div> <div>10:00 Better Balance (591)</div> <div>10:30 Sunday Mass Heart of Nation (Channel 10)</div> <div>2:00 Afternoon Movie: "Showboat" (A)</div> <div>2:00 Deck of Fitness (591)</div> <div>3:30 Music from the '40s, '50s, and '60s (591)</div> <div>7:00 Game Night (Auditorium &amp; Monroe Lounge)</div> <div>15</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Stretch &amp; Power (A)</div> <div>10:00 Dollar Tree*</div> <div>10:30 Dining Services Meeting (CEC)</div> <div>11:00 Better Balance (A)</div> <div>11:45 Chair Volleyball (A)</div> <div>1:30 Advanced Balance (A)</div> <div>1:30 Mexican Train Dominoes (ML)</div> <div>1:30 The Great Debate and Discussion with Ralph Cohen (CEC)</div> <div>3:15 Corn Hole (A)</div> <div>7:30 Vocal Synergy (A)</div> <div>16</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Rejuvenate Fitness (A)</div> <div>10:00 TJ Maxx*</div> <div>11:00 Chair Dancing (A)</div> <div>1:00 Ice Cream Social (Front Entrance)</div> <div>1:00 Wii Bowling (CEC)</div> <div>1:30 Health &amp; Wellness Navigation Program (A)</div> <div>1:30 Play Boggle (ML)</div> <div>1:30 Art Class with Yvonne (AR)</div> <div>2:00 Open Gym (FC)</div> <div>2:30 Beading &amp; Jewelry Making with Megan* (CEC)</div> <div>17</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Stretch &amp; Power (A)</div> <div>10:00 Sewing (2L)</div> <div>11:00 Better Balance (A)</div> <div>11:45 Chair Volleyball (A)</div> <div>1:00 Art Club (AR)</div> <div>1:00 Easy Does It Fitness (A)</div> <div>1:00 Car Show (Front Entrance)</div> <div>2:00 Food Demo with Yvonne (ML)</div> <div>3:00 Christian Hymn Sing (591)</div> <div>3:00 Lifelong Learning with Jeff Kampf (A)</div> <div>3:30 Silver Foxes Men's Club (CH)</div> <div>4:00 New Resident Tour (Lobby)</div> <div>7:00 Photography presentation by Paul Leath (A)</div> <div>18</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Rejuvenate Fitness (A)</div> <div>10:00 Catholic Communion Service (HDR)</div> <div>10:30 Resident Gathering (A)</div> <div>1:30 Walking Club (Meet in lobby)</div> <div>2:00 Crochet &amp; Knit Group (ML)</div> <div>3:15 Tai Chi For Beginners (591)</div> <div>4:00 Reciting the Rosary (3L)</div> <div>19</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Stretch &amp; Power (A)</div> <div>10:30 Dance with Dan Demo (A)</div> <div>11:45 Chair Volleyball (A)</div> <div>1:00 Corn Hole (A)</div> <div>1:00 Trip to Shoprite*</div> <div>2:30 Pride Walk (Main Entrance)</div> <div>2:30 Wii Bowling (CEC)</div> <div>3:30 Gentle Chair Yoga (591)</div> <div>4:00 Casual Chorus (A)</div> <div>7:00 Music to end the day (A)</div> <div>20</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Shabbat Morning Services (138)</div> <div>10:00 Balance and Core Fusion Fitness (591)</div> <div>11:00 Chair Dancing Around the World (591)</div> <div>1:30 Mexican Train Dominoes (ML)</div> <div>3:00 Rejuvenate Fitness (591)</div> <div>7:00 Movie Night: "Casablanca" (A)</div> <div>21</div>	
<div>8:30 Guided Meditation (591)</div> <div>10:00 Better Balance (591)</div> <div>10:30 Sunday Mass Heart of Nation (Channel 10)</div> <div>11:00 Catholic Mass* (Church of the Immaculate Conception)</div> <div>2:00 Deck of Fitness (591)</div> <div>3:30 Music from the '40s, '50s, and '60s (591)</div> <div>7:00 Game Night (Auditorium &amp; Monroe Lounge)</div> <div>22</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Stretch &amp; Power (A)</div> <div>10:00 Trip: Wegman's*</div> <div>11:00 Better Balance (A)</div> <div>11:45 Chair Volleyball (A)</div> <div>1:30 Advanced Balance (A)</div> <div>1:30 Mexican Train Dominoes (ML)</div> <div>3:15 Corn Hole (A)</div> <div>7:00 Getting to Know You (A)</div> <div>23</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Rejuvenate Fitness (A)</div> <div>10:30 Resident Association Meeting (A)</div> <div>1:00 Wii Bowling (CEC)</div> <div>1:30 Play Boggle (ML)</div> <div>1:30 Art Class with Yvonne (AR)</div> <div>1:30 New Resident Orientation* (A)</div> <div>2:00 Open Gym (FC)</div> <div>3:30 Cocktail Hour (ML)</div> <div>24</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Stretch &amp; Power (A)</div> <div>10:00 Creative Writing Workshop (CR)</div> <div>10:00 Sewing (2L)</div> <div>11:00 Better Balance (A)</div> <div>11:00 Beneduce Winery*</div> <div>11:45 Chair Volleyball (A)</div> <div>1:00 Art Club (AR)</div> <div>1:00 Easy Does It Fitness (A)</div> <div>2:00 Men's Discussion Group (A)</div> <div>3:00 Christian Hymn Sing (591)</div> <div>25</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Rejuvenate Fitness (A)</div> <div>10:00 Catholic Communion Service (HDR)</div> <div>11:00 Cardio Drumming (A)</div> <div>1:30 Walking Club (Meet in lobby)</div> <div>2:00 Crochet &amp; Knit Group (ML)</div> <div>2:00 Monthly Short Story Book Club (CEC)</div> <div>3:00 Ecumenical Communion Service (A)</div> <div>3:15 Tai Chi For Beginners (591)</div> <div>4:00 Reciting the Rosary (3L)</div> <div>26</div>	<div>8:30 Guided Meditation (591)</div> <div>10:30 Zen Chi (A)</div> <div>1:00 Corn Hole (A)</div> <div>1:00 Trip to Shoprite*</div> <div>2:30 Wii Bowling (CEC)</div> <div>3:00 Shabbat Service with Rabbi Daniel Selsberg (CR)</div> <div>3:30 Gentle Chair Yoga (591)</div> <div>4:00 Casual Chorus (A)</div> <div>7:00 Music to end the day (A)</div> <div>27</div>	<div>8:30 Guided Meditation (591)</div> <div>9:30 Shabbat Morning Services (138)</div> <div>10:00 Balance and Core Fusion Fitness (591)</div> <div>11:00 Chair Dancing Around the World (591)</div> <div>1:30 Mexican Train Dominoes (ML)</div> <div>3:00 Rejuvenate Fitness (591)</div> <div>7:00 Movie Night: "Death at a Funeral" (A)</div> <div>28</div>	
<div>8:30 Guided Meditation (591)</div> <div>10:00 Better Balance (591)</div> <div>10:30 Sunday Mass Heart of Nation (Channel 10)</div> <div>2:00 Deck of Fitness (591)</div> <div>3:30 Music from the '40s, '50s, and '60s (591)</div> <div>7:00 Game Night (Auditorium &amp; Monroe Lounge)</div> <div>29</div>	<div>8:30 Guided Meditation (591)</div> <div>11:00 Better Balance (A)</div> <div>1:30 Ice Cream Trip* (Gabriel's Fountain)</div> <div>1:30 Mexican Train Dominoes (ML)</div> <div>3:00 Singer &amp; Songwriter Adeline Performs (A)</div> <div>30</div>	<div>Our Vision</div> <div>Create opportunities for purposeful living filled with rich experiences.</div>		<div>LOCATION KEY</div> <div>2L - 2nd Floor Lounge</div> <div>3L - 3rd Floor Lounge</div> <div>AR - Art Room</div> <div>A - Auditorium</div> <div>138 - Channel 138</div> <div>591 - Channel 591</div> <div>CH - Club House</div> <div>CR - Club Room</div>	<div>CEC - Community Education Center</div> <div>FC - Fitness Center</div> <div>HDR - Hickory Dining Room</div> <div>ML - Monroe Lounge</div> <div>2L - Sewing Room</div>	<div>Need a little support on your next adventure?</div> <div>Interested in an off-campus activity but need a little support?</div> <div>Call Jennifer, Ext 6686, to hear how Laurel Circle Help at Home can provide support</div>	<div>✱ When you see the asterisk next to a listed programming it means Registration Required</div> <div>Call the front desk (6500) or register on community app</div> <div>Calendar is subject to change</div> <div>Please see Community App or Chanel 591 for the most up to date information</div>

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