

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><u>Our Vision</u> Create opportunities for purposeful living filled with rich experiences.</p>	<p>LOCATION KEY 2L - 2nd Floor Lounge 3L - 3rd Floor Lounge AR - Art Room A - Auditorium 138 - Channel 138 591 - Channel 591</p>	<p>CH - Club House CR - Club Room CEC - Community Education Center FC - Fitness Center HDR - Hickory Dining Room ML - Monroe Lounge 2L - Sewing Room</p>	<p>* When you see the asterisk next to a listed programming it means Registration Required Call the front desk (6500) or register on community app</p> <p>Please note that this calendar is subject to change. For the latest information and any updates, we encourage you to check the community app or visit the kiosk.</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 11:00 Cardio Drumming (A) 1:30 Walking Club (Meet in lobby) 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)</p>	<p>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 Inside Judaism with Debbie Hercky (CEC) 3:30 Gentle Chair Yoga (591) 7:00 Music to end the day (A)</p>	<p>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) 3:00 The Notables Spring Concert (A) 7:00 Movie Night: "E.T. the Extra-Terrestrial" (A)</p>
<p>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)</p>	<p>Cinco de Mayo 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 TRIP: Wegmans* 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:00 Fiesta & History with Shelley (ML) 3:15 Corn Hole (A)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 11:00 Chair Dancing (A) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) 2:00 Bingo! (A) 2:00 Open Gym (FC) 3:15 Meet the Artists: Somerville HS Students (CEC)</p>	<p>8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Casino Trip* 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 (A) 2:30 Around the World with Paul Rabinowitz: France (A) 3:00 Christian Hymn Sing (591) 7:30 A&E: The Sonic Escape (A)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 11:00 Cardio Drumming (A) 11:00 Caregivers Support Group (CEC) 12:00 Pizza Party! (A) 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)</p>	<p>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 Crafting Corner with Helen* (CR) 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)</p>	<p>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: "Moonstruck" (A)</p>
<p>Mother's Day 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) 2:00 Dr. Podles performs "Gardens in the Spring" (A) 3:30 Music from the '40s, '50s, and '60s (591) 7:00 Game Night (Auditorium & Monroe Lounge)</p>	<p>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) 7:00 Book Club (CEC)</p>	<p>World Cocktail Day 8:30 Guided Meditation (591) 8:30 River Lady Cruise* (JCC Bridgewater) 9:30 Rejuvenate Fitness (A) 11:00 Chair Dancing (A) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) 2:00 Open Gym (FC) 3:30 The NGXB Performance & Cocktail Hour (A)</p>	<p>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 (A) 2:00 Food Demo with Yvonne (CR) 3:00 Christian Hymn Sing (591) 3:00 Floral Arts Workshop with Megan* (A)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 11:00 Cardio Drumming (A) 11:00 Lunch & Shop* (Michaels) 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)</p>	<p>8:30 Guided Meditation (591) 1:00 Trip to Shoprite* 2:00 Live Music with Manny (A) 2:30 Wii Bowling (CEC) 3:00 Shabbat Service with Rabbi Daniel Selsberg (CR) 3:30 Gentle Chair Yoga (591) 7:00 Music to end the day (A)</p>	<p>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) 2:00 Mudra Dance Ensemble (A) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "Magic in the Moonlight" (A)</p>
<p>8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Afternoon Movie: "Annie" (A) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 7:00 Game Night with Students (A)</p>	<p>8:30 Guided Meditation (591) 10:00 TRIP: Wegmans* 10:30 Dining Services Meeting (CEC) 1:30 Mexican Train Dominoes (ML) 1:30 The Great Debate and Discussion with Ralph Cohen (CEC) 7:00 Guest Speaker: Yamei Zuo (A)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:30 Protestant Worship Service with Ian Rankine (CR) 11:00 The Voice Actors' Guild Performance (CEC) 1:00 Wii Bowling (CEC) 1:30 Health & Wellness Navigation Program (A) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) 2:00 Open Gym (FC) 2:30 Beading & Jewelry Making with Megan* (CEC)</p>	<p>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 Art Club (AR) 1:00 Easy Does It Fitness (A) 3:00 Christian Hymn Sing (591) 3:00 Lifelong Learning with Jeff Kampf (A) 3:30 Silver Foxes Men's Club (CH) 4:00 New Resident Tour (Lobby)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Resident Gathering: Owners Meeting (A) 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) 3:00 Ecumenical Communion Service (A) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)</p>	<p>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) 6:30 Shabbat with Temple Sholom Youth Group (CEC) 7:00 Music to end the day (A)</p>	<p>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: "Moulin Rouge" (A)</p>
<p>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)</p>	<p>Memorial Day 8:30 Guided Meditation (591) 10:30 Yoga with Beatriz (A) 1:30 Mexican Train Dominoes (ML) 7:00 (Canceled) Getting to Know You (A)</p>	<p>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) 1:30 Art Class with Yvonne (AR) 1:30 New Resident Orientation* (A) 2:00 Open Gym (FC) 3:30 Cocktail Hour (ML) 7:30 Somerville Highschool Chamber Choir (A)</p>	<p>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 (A) 2:00 Men's Discussion Group (A) 3:00 Christian Hymn Sing (591)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 11:00 Cardio Drumming (A) 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) 2:00 Monthly Short Story Book Club (CEC) 3:00 Perfect Duo +1 (A) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)</p>	<p>8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Zen Chi (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) 7:00 Music to end the day (A)</p>	<p>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: "Somewhere in Time" (A)</p>

