MON **THUR** 8:30 Guided Meditation (591) When you see the asterisk next 8:30 Guided Meditation 8:30 Guided Meditation **LOCATION KEY** CH - Club House 9:30 Shabbat Morning to a listed programming it means (591)(591)2L - 2nd Floor Lounge CR - Club Room Services (138) 9:30 Réjuvenate Fitness (A) 9:30 Stretch & Power (A) Registration Required 0:00 Balance and Core 10:00 Catholic Communion 11:00 Better Balance (A) 3L - 3rd Floor Lounge CEC - Community Call the front desk (6500) Our Vision Fusion Fitness (591) 11:45 Chair Volleyball (A) Service (HDR) or register on community app **Education Center** 11:00 Chair Dancing Around the World Create opportunities AR - Art Room 11:00 Cardio Drumming (A) 1:00 Corn Hole (Á) 1:30 Walking Club (Meet in lobby) 1:00 Trip to Shoprite* for purposeful living FC - Fitness Center A - Auditorium 1:30 Mexican Train Dominoes (ML) Please note that this calendar is subject 2:00 Crochet & Knit Group (ML) 2:30 Wii Bowling (CEC) filled with rich 3:00 Rejuvenate Fitness (591) HDR - Hickory Dining Room 3:00 Music History with Maestro 3:00 Inside Judaism with Debbie 138 - Channel 138 to change. For the latest information and 3:00 The Notables Spring Concert (A) experiences. Robert Butts (A) Hercky (CEC) ML - Monroe Lounge any updates, we encourage you to check 7:00 Movie Night: "E.T. the 591 - Channel 591 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L) 3:30 Gentle Chair Yoga (591) the community app or visit the kiosk. Extra-Terrestrial" (A) 2L - Sewing Room 7:00 Music to end the day (A) 8:30 Guided Meditation 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation 8:30 Guided Meditation Cinco de Mayo 9:30 Stretch & Power (A) 9:30 Rejuvenate Fitness (À) 9:30 Stretch & Power (A) 8:30 Guided Meditation (591)(591)10:00 Catholic Communion Service (HDR) 10:00 Casino Trip* 11:00 Better Balance (A) 9:30 Rejuvenate Fitness (A) (591)9:30 Shabbat Morning 10:00 Better Balance 11:45 Chair Volleyball (Á) 10:00 Sewing (2L) 11:00 Chair Dancing (A) 9:30 Stretch & Power (A) Services (138) (591)11:00 Cardio Drumming (A) 11:00 Caregivers Support Group (CEC) 1:00 Corn Hole (A) 11:00 Better Balance (A) 10:00 TRIP: Wegmans* 1:00 Wii Bowling (CEC) 10:00 Balance and Core Fusion 10:30 Sunday Mass Heart of 11:45 Chair Volleyball (A) 1:00 Trip to Shoprite* 11:00 Better Balance (A) 1:30 Play Boggle (ML) Fitness (591) Nation (Channel 10) 1:00 Art Club (AR) 12:00 Pizza Party! (A) 2:00 Crafting Corner with Helen* (CR) 11:45 Chair Volleyball (Á) 1:30 Art Class with Yvonne (AR) 11:00 Chair Dancing Around the 2:00 Deck of Fitness (591) 1:30 Walking Club (Meet in lobby) 1:00 Easy Does It Fitness (A) 2:30 Wii Bowling (CEC) 1:30 Advanced Balance (A) 2:00 Bingo! (A) 3:30 Music from the '40s, '50s, and 2:30 Around the World with Paul 2:00 Crochet & Knit Group (ML) 3:00 Lifelong Learning with Paul White World (591) 1:30 Mexican Train Dominoes (ML) 2:00 Open Gym (FC) Rabinowitz: France (A) 3:15 Tai Chi For Beginners (591) 1:30 Mexican Train Dominoes (ML) '60s (591) 3:00 Fiesta & History with Shelley (ML) 3:15 Meet the Artists: Somerville HS 3:00 Christian Hymn Sing (591) 4:00 Reciting the Rosary (3L) 3:30 Gentle Chair Yoga (591) 3:00 Rejuvenate Fitness (591) 7:00 Game Night (Auditorium & 3:15 Corn Hole (A) Students (CEC) 7:30 A&E: The Sonic Escape (A) 7:00 Music to end the day (A) 7:00 Movie Night: "Moonstruck" (A) Monroe Lounge) 8:30 Guided Meditation (591) World Cocktail Day 8:30 Guided Meditation 8:30 Guided Meditation (591) Mother's Day 8:30 Guided Meditation 8:30 Guided 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 9:30 Shabbat Morning 8:30 Guided Meditation (591) (591)Meditation (591) (591)10:00 Creative Writing 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion 8:30 River Lady Cruise* (JCC 0:00 Better Balance (591) Services (138) 9:30 Stretch & Power (A) 1:00 Trip to Shoprite* Workshop (CR) 10:30 Sunday Mass Heart of Bridgewater) 10:00 Balance and Core 10:00 Sewing (2L) 10:45 Movie Committee (3L) 11:00 Better Balance (A) 2:00 Live Music with Manny (A) Nation (Channel 10) 9:30 Rejuvenate Fitness (A) Fusion Fitness (591) Service (HDR) 2:00 Deck of Fitness (591) 11:45 Chair Volleyball (A) 11:00 Chair Dancing (A) 11:00 Chair Dancing Around the World 11:00 Cardio Drumming (A) 2:30 Wii Bowling (CEC) 11:00 Better Balance (A) 2:00 Dr. Podles performs "Gardens in the Spring" (A) 1:00 Wii Bowling (CEC) 1:30 Advanced Balance (A) 11:00 Lunch & Shop* (Michaels) 3:00 Shabbat Service with 11:45 Chair Volleyball (Á) 1:30 Play Boggle (ML) 1:30 Mexican Train Dominoes (ML) 1:30 Walking Club (Meet in lobby) 1:30 Mexican Train Dominoes 1:00 Art Club (AR) Rabbi Daniel Selsbera (CR) 3:30 Music from the '40s, '50s, and '60s 1:30 Art Class with Yvonne (AR) 2:00 Mudra Dance Ensemble (A) 2:00 Crochet & Knit Group (ML) 1:00 Easy Does It Fitness (A) (ML) 3:30 Gentle Chair Yoga (591) 2:00 Open Gym (FC) 3:00 Rejuvenate Fitness (591) 2:00 Poetry with Mary Elizabeth (CEC) 2:00 Food Demo with Yvonne (CR) 3:15 Corn Hole (A) 3:30 The NGXB Performance & Cocktail 7:Ò0 Game Night (Auditorium & 7:00 Movie Night: "Magic in the 3:15 Tai Chi For Beginners (591) 7:00 Music to end the day (A) 3:00 Christian Hymn Sing (591) 7:00 Book Club (CEC) Monroe Lounge) Hour (A) 3:00 Floral Arts Workshop with Megan* (A) Moonlight" (A) 4:00 Reciting the Rosary (3L) 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 8:30 Guided Meditation (591) 8:30 Guided Meditation (591) 8:30 Guided Meditation 8:30 Guided Meditation 8:30 Guided Meditation 8:30 Guided Meditation 9:30 Stretch & Power (A) 9:30 Rejuvenate Fitness (A) (591)(591)(591)(591)10:30 Protestant Worship Service 10:00 Sewing (2L) 10:00 Catholic Communion 9:30 Stretch & Power (A) 9:30 Shabbat Morning 10:00 Better Balance 10:00 TRIP: Weamans* with Ian Rankine (CR) 1:00 Better Balance (A) Service (HDR) 11:00 Better Balance (A) Services (138) (591) 10:30 Dining Services 11:00 The Voice Actors' Guild Performance 1:45 Chair Volleyball (Á) 10:30 Resident Gathering: Owners 10:00 Balance and Core Fusion 11:45 Chair Volleyball (A) 10:30 Sunday Mass Heart of Meeting (CEC) 1:00 Art Club (AR) Meeting (A) 1:00 Corn Hole (A) Fitness (591) :00 Wii Bowling (CEC) Nation (Channel 10) 1:30 Mexican Train Dominoes (ML) 1:30 Walking Club (Meet in lobby) 2:00 Crochet & Knit Group (ML) 1:00 Easy Does It Fitness (A) 1:30 Health & Wellness Navigation Program 1:00 Trip to Shoprite* 11:00 Chàir Dancing Around the 2:00 Afternoon Movie: "Annie" (A) 1:30 The Great Debate and 3:00 Christian Hymn Sing (591) (A) 1:30 Play Boggle (ML) 1:30 Art Class with Yvonne (AR) 2:30 Wii Bowling (CEC) World (591) 3:00 Ecumenical Communion Service 2:00 Deck of Fitness (591) Discussion with Ralph Cohen 3:00 Lifelong Learning with Jeff Kampf 3:30 Gentle Chair Yoga (591) 1:30 Mexican Train Dominoes (ML) 3:30 Music from the '40s, '50s, and (CEC) 6:30 Shabbat with Temple Sholom 3:00 Rejuvenate Fitness (591) 2:00 Open Gym (FC) 2:30 Beading & Jewelry Making with 3:15 Tai Chi For Beginners (591) 3:30 Silver Foxes Men's Club (CH) 7:00 Guest Speaker: Yamei Zuo '60s (591) 7:00 Movie Night: "Moulin Rouge" (A) Youth Group (CEC) 4:00 Reciting the Rosary (3L) 4:00 New Resident Tour (Lobby) 7:00 Game Night with Students (A) (A) Megan* (CEC) 7:00 Music to end the day (A) 8:30 Guided Meditation 8:30 Guided Meditation (591) 8:30 Guided Meditation 8:30 Guided Meditation (591) 8:30 Guided Meditation 8:30 Guided Meditation **Memorial Day** 31 9:30 Rejuvenate Fitness (A) 9:30 Rejuvenate Fitness (A) (591)(591) (591) (591)8:30 Guided 10:30 Resident Association 10:00 Catholic Communion 9:30 Shabbat Morning 9:30 Stretch & Power (A) 10:00 Better Balance 9:30 Stretch & Power (A) Meeting (A) Service (HDR) Meditation (591) 10:00 Creative Writing Services (138) (591) 10:30 Zen Chi (A) :00 Wii Bowling (CEC) 11:00 Cardio Drumming (A) Workshop (CR) 10:00 Balance and Core Fusion 10:30 Sunday Mass Heart of 10:30 Yoga with Beatriz (A) 11:45 Chair Volleyball (A) :30 Play Boggle (ML) 1:30 Walking Club (Meet in lobby) 10:00 Sewing (2L) Fitness (591) Nation (Channel 10) 2:00 Crochet & Knit Group (ML) 2:00 Monthly Short Story Book Club 1:30 Mexican Train 1:30 Art Class with Yvonne (AR) 1:00 Corn Hole (A) 11:00 Better Balance (A) 11:00 Chair Dancing Around the 2:00 Deck of Fitness (591) 1:30 New Resident Orientation* (A) 1:00 Trip to Shoprite* 11:45 Chair Volleyball (A) World (591) Dominoes (ML) 3:30 Music from the '40s, '50s, and 2:00 Open Gym (FC) (CEC) 1:00 Art Club (AR) 2:30 Wii Bowling (CEC) 1:30 Mexican Train Dominoes (ML) 7:00 (Canceled) Getting to 3:30 Cocktail Hour (ML) 3:00 Perfect Duo +1 (A) '60s (591) 1:00 Easy Does It Fitness (A) 3:00 Rejuvenate Fitness (591) 3:30 Gentle Chair Yoga (591) 7:30 Somerville Highschool Chamber 3:15 Tai Chi For Beginners (591) 7:00 Gamé Night (Auditorium & Know You (A) 2:00 Men's Discussion Group (A) 7:00 Movie Night: "Somewhere in Choir (A) 4:00 Reciting the Rosary (3L) 7:00 Music to end the day (A) Monroe Lounge) 3:00 Christian Hymn Sing (591) Time" (A) May 2025

Lifestyle Programs

