

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	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	<u>Our Vision</u> <i>Create opportunities for purposeful living filled with rich experiences.</i> Calendar is subject to change, please check Community App or Ch 591 for the most current information	1 8:30 Guided Meditation (591) 9:00 Breakfast Trip* (Manhattan Bagel) 9:30 Stretch & Power (A) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Easy Does it Fitness (HL) 2:30 Around the World with Paul Rabinowitz: Cape Town (A)	2 Yom Kippur 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:00 Yom Kippur Service (CEC) 10:30 Cardio Drumming* (A) 2:00 Christian Bible Study (CR) 2:00 Crochet & Knit Group (ML) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)	3 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 Everyday AI: An Introduction (A) 2:30 Wii Bowling (CEC) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	4 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: "12 Angry Men" (A)
5 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) 6:30 Game Night (Auditorium & Monroe Lounge)	6 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Trip: Wegman's* 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Chair Yoga (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A)	7 8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:30 Voice Actors' Guild Auditions (A) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 2:00 Bingo! (A)	8 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 Fall Scenic Neighborhood Ride* 1:30 Easy Does it Fitness (HL) 3:00 Floral Arts Workshop with Megan* (A) 7:30 A&E: Marshalls' Dixieland band (A)	9 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Cardio Drumming* (A) 11:00 Caregivers Support Group (CEC) 11:00 Episcopal Communion (3L) 12:00 Pizza Party! (A) 1:00 Walmart* (Flemington) 2:00 Crafting Corner with Helen* (CEC) 2:00 Crochet & Knit Group (ML) 2:00 Make your own Candied Apple (Front Entrance) 2:00 Poetry Reading Group (CR) 3:30 Comedy Show (A) 4:00 Reciting the Rosary (3L)	10 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) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	11 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 Tech with Teens (CEC) 3:00 Rejuvenate Fitness (591) 7:00 Movie Night: "An Ideal Husband" (A)

October 2025

Lifestyle Programs

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



**LAUREL
CIRCLE**
your life embraced

SUN	MON	TUE	WED	THUR	FRI	SAT
8:30 Guided Meditation (591) 12 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)	8:30 Guided Meditation (591) 13 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Chair Yoga (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A) 7:00 Book Club (CEC)	8:30 Guided Meditation (591) 14 9:30 Rejuvenate Fitness (A) 10:00 Dollar Tree* (Green Brook) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 2:00 Adrienne et Gilbert- Communion of Hearts: A play in one act by Alisa Dupuy (A) 3:30 Monroe Mixer (ML)	8:30 Guided Meditation (591) 15 9:30 Stretch & Power (A) 10:00 Sewing (2L) 10:30 Facebook Community Message Board Tutorial (CEC) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Easy Does it Fitness (HL) 3:00 Lifelong Learning with Jeff Kampf (A) 4:00 New Resident Tour (Lobby)	8:30 Guided Meditation (591) 16 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Resident Gathering (A) 2:00 Christian Bible Study (CR) 2:00 Crochet & Knit Group (ML) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L) 7:00 Preserving Memories (A)	8:30 Guided Meditation (591) 17 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 Music History with Maestro Robert Butts (A) 4:00 Casual Chorus (CEC) 6:30 Shabbat with Temple Sholom Youth Group (CEC) 7:00 Music to end the day (A)	8:30 Guided Meditation (591) 18 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: "Lost in Translation" (A)
8:30 Guided Meditation (591) 19 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Afternoon Movie: "Cabaret" (A) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	8:30 Guided Meditation (591) 20 9:30 Stretch & Power (A) 10:30 Dining Services Meeting (CEC) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Chair Yoga (A) 1:30 Mexican Train Dominoes (ML) 1:30 The Great Debate and Discussion with Ralph Cohen (CEC) 3:00 Beading & Jewelry Making with Megan* (CEC) 3:15 Corn Hole (A)	8:30 Guided Meditation (591) 21 9:30 Rejuvenate Fitness (A) 10:30 Protestant Worship with Ian Rankine (CR) 1:00 Wii Bowling (CEC) 1:00 Melick's Town Farm Store* 1:30 Health & Wellness Navigation Program (A) 1:30 Play Boggle (ML)	8:30 Guided Meditation (591) 22 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) 12:00 Lunch Trip* (Hoagie Hut) 1:00 Art Club (AR) 1:30 Easy Does it Fitness (HL)	8:30 Guided Meditation (591) 23 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Cardio Drumming* (A) 11:30 Dance with Dan (CEC) 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)	8:30 Guided Meditation (591) 24 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) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	8:30 Guided Meditation (591) 25 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: "Notting Hill" (A)
8:30 Guided Meditation (591) 26 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Deck of Fitness (591) 3:00 "Circelaire's" Performance (A) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	8:30 Guided Meditation (591) 27 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:30 Chair Yoga (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A) 7:00 Getting to Know You (A)	8:30 Guided Meditation (591) 28 9:30 Rejuvenate Fitness (A) 10:30 Resident Association Meeting (A) 1:00 Shopping Trip* (Chimney Rock Crossing) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 1:30 New Resident Orientation* (A) 2:00 Wild Card Workout (CEC) 3:30 Cocktail Hour with Just the 2 of us Music (ML)	8:30 Guided Meditation (591) 29 9:30 Stretch & Power (A) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:30 Dance with Dan (CEC) 11:45 Chair Volleyball (A) 1:30 Easy Does it Fitness (HL) 2:00 Men's Discussion Group (CEC) 7:30 A&E: Vivid Stage Cabaret (A)	9:30 Rejuvenate Fitness (A) 30 10:00 Catholic Communion Service (HDR) 10:30 Cardio Drumming* (A) 11:00 Senior Check up with TMC (CEC) 1:00 Shopping Trip* (Bridgewater Promenade) 2:00 Christian Bible Study (CR) 2:00 Crochet & Knit Group (ML) 2:00 Monthly Short Story Book Club (CEC) 4:00 Reciting the Rosary (3L)	Halloween 31 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:30 Zen Chi (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) 1:00 Trip to Shoprite* 2:00 Halloween Celebration with Charlie (A) 2:30 Wii Bowling (CEC) 3:00 Shabbat Service with Rabbi Daniel Selsberg (CR) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	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

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