

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><u>Our Vision</u> Create opportunities for purposeful living filled with rich experiences.</p>	<p>Labor Day 8:30 Guided Meditation (591) 10:30 Yoga with Beatriz (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Trip: Wegman's* 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML) 2:00 Bingo! (A) 3:30 Monroe Mixer (ML)</p>	<p>9:00 Coffee with a Cop (Cafe) 9:30 Stretch & Power (A) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Melick's Town Farm Store* 1:30 Easy Does it Fitness (HL) 2:30 Around the World with Paul Rabinowitz: Barcelona (A) 7:00 Lecture: International Cooperation on Global Warming (A)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) <i>10:30 Cardio Drumming* (A)</i> 2:00 Crochet & Knit Group (ML) 3:00 Music History with Maestro Robert Butts (A) 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) <i>1:00 Trip to Shoprite*</i> 2:30 Wii Bowling (CEC) 4:00 Casual Chorus (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: "The Imitation Game" (A)</p>
<p>Grandparents Day 8:30 Guided Meditation (591) 10:00 Better Balance (591) 10:30 Sunday Mass Heart of Nation (Channel 10) <i>11:00 Catholic Mass* (Church of the Immaculate Conception)</i> 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 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) 1:00 Macy's* 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A) 7:00 Book Club (CEC)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 12:00 Lunch Trip* (Alfonso's Trattoria) 1:00 Wii Bowling (CEC) 1:30 Play Boggle (ML)</p>	<p>9:30 Stretch & Power (A) 10:00 Creative Writing Workshop (CR) <i>10:00 Trader Joe's*</i> 10:00 Sewing (2L) 10:45 Movie Committee (3L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Art Club (AR) 1:30 Easy Does it Fitness (HL) 7:30 A&E: Leonike Scheuble and ensemble present classical jazz (A)</p>	<p>9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Wildcard Workout with Quan (A) 11:00 Caregivers Support Group (CEC) 11:00 Episcopal Communion (3L) 12:00 Pizza Party! (A) <i>1:00 Walmart* (Flemington)</i> 2:00 Crafting Corner with Helen* (CEC) 2:00 Crochet & Knit Group (ML) 2:00 Poetry Reading Group (CR) 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) <i>1:00 Trip to Shoprite*</i> 2:30 Wii Bowling (CEC) 4:00 Casual Chorus (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: "Double Indemnity" (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) 3:00 Voice Actors Guild Performance (A) 3:30 Music from the '40s, '50s, and '60s (591)</p>	<p>9:30 Stretch & Power (A) <i>10:00 Dollar Tree*</i> 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) 3:15 Corn Hole (A) 7:00 Meet the Artists (A)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:30 Protestant Worship with Ian Rankine (CR) 1:00 Wii Bowling (CEC) 1:30 Health & Wellness Navigation Program (A) 1:30 Play Boggle (ML)</p>	<p>8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 10:00 Sewing (2L) 10:30 Library Meeting (L) 11:00 Better Balance (A) 11:00 Walk & Lunch* (Downtown Somerville) 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)</p>	<p>8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Resident Gathering (A) 2:00 Bible Study - Information Session (3L) 2:00 Crochet & Knit Group (ML) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)</p>	<p>Step Challenge Begins 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:00 Floral Arts Workshop with Megan* (CR) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) <i>1:00 Trip to Shoprite*</i> 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)</p>	<p>FALL FEST 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 1:30 Fall Fest 7:00 Movie Night: "The Second Time Around" (A)</p>

September 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) 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 Afternoon Movie: "Mamma Mia!" (A) 2:00 Deck of Fitness (591) 3:30 Music from the '40s, '50s, and '60s (591) 6:30 Game Night (Auditorium & Monroe Lounge)	Rosh Hashana Begins 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) 2:30 Beading & Jewelry Making with Megan* (CEC) 3:15 Corn Hole (A) 7:00 Getting to Know You (A)	8:30 Guided Meditation (591) 9:30 Rejuvenate Fitness (A) 10:00 Rosh Hashana Service (CEC) <i>10:00 Bardy Farms*</i> 10:30 Dance with Dan (A) 1:00 Wii Bowling (CEC) 1:30 NIFS Empowerment Workshop (A) 1:30 Play Boggle (ML)	9:30 Stretch & Power (A) 10:00 Creative Writing Workshop (CR) 10:00 Rosh Hashana Service (CEC) 10:00 Sewing (2L) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Art Club (AR) 1:30 Easy Does it Fitness (HL) 2:00 Men's Discussion Group (CEC) 7:30 Evolution in Harmony (A)	Final Day of Step Challenge 9:30 Rejuvenate Fitness (A) 10:00 Catholic Communion Service (HDR) 10:30 Cardio Drumming* (A) <i>11:00 Trip to Beneduce Winery**</i> 2:00 Crochet & Knit Group (ML) 2:00 Monthly Short Story Book Club (CEC) 3:00 Ecumenical Communion Service (A) 3:15 Tai Chi For Beginners (591) 4:00 Reciting the Rosary (3L)	9:30 Stretch & Power (A) 10:30 Zen Chi (A) 11:45 Chair Volleyball (A) 1:00 Corn Hole (A) <i>1:00 Trip to Shoprite*</i> 2:30 Wii Bowling (CEC) 3:00 Shabbat Service with Rabbi Selsberg (CR) 4:00 Casual Chorus (CEC) 7:00 Music to end the day (A)	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: "The Lincoln Lawyer" (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)	National Coffee Day 8:30 Guided Meditation (591) 9:30 Stretch & Power (A) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 TJ Maxx & Homegoods* 1:30 Advanced Balance (A) 1:30 Mexican Train Dominoes (ML) 3:15 Corn Hole (A)	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 New Resident Orientation* (A) 2:00 Wild Card Workout (CEC) 3:30 Cocktail Hour (ML)	<div><div><div>✱ 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</div></div><div>Calendar is subject to change Please see Community App or Ch 591 for the most up to date information</div></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>		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 L - Library ML - Monroe Lounge 2L - Sewing Room

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