

Weekly Activities

Sunday

October 15, 2023

- 1:00 PM Movie Matinée: *Little Shop of Horrors* (1986); Channel 3
A nerdy florist finds his chance for success and romance with the help of a giant man-eating plant who demands to be fed. 1h 34m.
- 1:00 PM Weekly Forecasting with Ashley; Art Studio
Get together and see what exciting activities we have in store this week.
- 2:00 PM BINGO; Marcy's Bar
- 3:00 PM Entertainment: Dan Schlesinger, Brass Instruments; Zidell Hall
Variety of popular songs cherished by the Jewish community, mixed with some classic jazz standards. Dan will play the euphonium and trombone, accompanied by custom backing tracks he has created.
- 7:30 PM Movie Encore: *Little Shop of Horrors* (1986); Zidell Hall & Channel 3

Monday

October 16, 2023

- All day Chaplain Rabbi Barry Cohen; Contact Cathy Z at 4038
- 9:00 AM MJCC Shuttle; Please sign up and meet at the front desk
- 10:15 AM Seated Yoga with Sarah; Zidell Hall
- 11:00 AM Seated Exercise with Jessica; Zidell Hall
- 1:00 PM Movie: *The Second Best Exotic Marigold Hotel* (2015); Channel 3
As his marriage to Sunaina draws near, Sonny sets his eye on opening a second residence for the elderly, but finds the project requires more time than he can spare. 2h 2m. Comedy.
- 1:00 PM *Trauma In Israel* led by Rabbi Barry Cohen; May Living Room
A safe space to process trauma derived from the recent events in Israel. Share your feelings, grief, anger, hope, and find healing.
- 1:30 PM Getting Artsy with Ashley: Pumpkin Carving/Painting; Art Studio
Carve or paint the pumpkins you got from the pumpkin patch! We will also be making fun fall decor.
- 2:15 PM Enjoy Singing with Todd; Zidell Hall
- 3:30 PM Happy Hour; Marcy's Bar
- 7:30 PM Movie: *The Second Best Exotic Marigold Hotel* (2015); Channel 3 & May Living Room

Tuesday

October 17, 2023

Happy Birthday Rae G.!

- 9:00 AM MJCC Shuttle; Please sign up and meet at the front desk
- 9:30 AM Walk Outside with Zetta; Meet at the front desk
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 10:30 AM *Cozy Comforts Project* with Positive Charge PDX; Art Studio
Do you knit or crochet? Do you enjoy community service? Join Elizabeth in making quilt squares that will be sewn into blankets for the homeless.
- 11:00 AM Combo Exercise with Fernando; Zidell Hall
- 1:00 PM Non-denominational Chaplain Chats with Jim; Brown Activity Room
- 2:00 PM BINGO; Marcy's Bar
- 2:00 PM Reading with Fran Gardner; May Living Room
Join Fran Gardner as she reads some of her online writing.
- 3:00 PM Scrabble; Art Studio
- 3:15 PM Sing Along with Pete Brown; Marcy's Bar

- 6:30 PM Impromptu Outing to Oregon Historical Society; Please meet at the front desk
Jonathan Eig, 2024 Hatfield Lecture Series kick-off. Sign up with Ashley #4055
- 7:30 PM Movie: *To Dust* (2019); Zidell Hall and Channel 3
A Hasidic cantor, distraught by his wife's untimely death, struggles to find religious solace while secretly obsessing over how her body will decay. A clandestine partnership develops with a community college biology professor, and an unlikely friendship follows. 1h 30m. Comedy.

Wednesday October 18, 2023

- 9:00 AM MJCC Shuttle; Please sign up and meet at the front desk
- 10:15 AM Seated Exercise with Nurit; Zidell Hall
- 11:00 AM Seated Exercise with Jessica; Zidell Hall
- 1:00 PM Movie Matinee: *A Beautiful Mind* (2001); Channel 3
Movie Club Choice. After John Nash, a brilliant but asocial mathematician, accepts secret work in cryptography, his life takes a turn for the nightmarish. 2h 15m.
- 1:30 PM Resident Council Meeting; Zidell Hall
Resident-led, resident-run. Raffle prizes available.
- 3:00 PM My 2 Cents with David Sarasohn; Zidell Hall
- 7:00 PM Jewish Community Orchestra Rehearsal; Zidell Hall
- 7:30 PM Movie: *A Beautiful Mind* (2001); May Living Room & Channel 3

Thursday October 19, 2023

- 9:00 AM MJCC Shuttle; Please sign up and meet at the front desk
- 9:30 AM Walk Outside with Zetta; Meet at the front desk
- 10:00 AM 365 Days of Art; Art Studio
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 11:00 AM Tai Chi with Fernando; Zidell Hall
- 2:00 PM BINGO; Marcy's Bar
- 2:30 PM OUTING: Shopping at Washington Square Mall; Meet at the front desk
Please sign-up with Ashley at #4055.
- 3:00 PM Gathering with David Molko and Kimberly Fuson; Zidell Hall
Come and discuss the recent events in Israel and the effects they are having on our daily lives. Open to residents and staff.
- 3:00 PM Resident Photos; Meet at the front desk
Come and get your photo taken for our "wall of fame".
- 7:00 PM Multnomah Athletic Club Balladeers - Men Choir; Zidell Hall
The MAC Balladeers, founded in 1941, are the oldest continuously-active non-collegiate men's chorus West of the Mississippi. In June of 2018, they performed at Carnegie Hall in NYC.

Friday October 20, 2023 *Happy Birthday Beverly "Bev" N.!*

- 9:00 AM MJCC Shuttle; Please sign up and meet at the front desk
- 10:15 AM Seated Yoga with Sarah; Zidell Hall
- 11:00 AM Combo Exercise with Fernando; Zidell Hall
- 1:30 PM Yiddish Music Presentation by Robert Jaffe; Zidell Hall
Contemporary Klezmer -- The Klezmatics.
- 7:00 PM Shabbat Service with Chaim Wolin; Zidell Hall

Saturday October 21, 2023 *Happy Birthday Diane B. and Alan H.!*

- 10:00 AM Shabbat Service on Jewish Broadcasting Service; Channel 21
- 11:30 AM Torah Study Group; Brown Activity Room