

Weekly Activities

Sunday July 14, 2024

- 1:00 PM Movie Matinée: *Thelma and Louise* (1991); Channel 3 & May Living Room
Two best friends set out on an adventure, but it soon turns around to a terrifying escape from being hunted by the police, as these two women escape for the crimes they committed. R. 2h 10m. Adventure. Crime. Drama.
- 1:00 PM Weekly Forecasting with Ashley; Art Studio
Let's get together and see what exciting activities we have in store this week.
- 2:00 PM BINGO; Marcy's Bar
- 3:00 PM Entertainment: Ken Brewer, Voice and Guitar; Zidell Hall
Ken plays guitar and piano and sings a wide variety of music from a diverse range of artists and genres including Country, Pop, Jazz and Blues.
- 7:30 PM Movie Encore: *Thelma and Louise* (1991); Channel 3 & Zidell Hall
See 1:00pm movie description.

Monday July 15, 2024

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:00 AM Beginning Hebrew with Rabbi Sarah Rensin; May Living Room
- 10:15 AM Seated Yoga with Sarah; Zidell Hall
- 11:00 AM Seated Exercise with Jessica; Zidell Hall
- 1:00 PM Movie Matinee: *Just Mercy* (2019); Channel 3
World-renowned civil rights defense attorney Bryan Stevenson works to free a wrongly condemned death row prisoner. 2h 17m. Biography. Crime. Drama.
- 1:30 PM Getting Artsy with Ashley: *Pride Bracelets*; Art Studio
- 2:15 PM Mazeltone Rehearsal; Zidell Hall
Join Todd, Michelle, and Jennifer for a fun hour of beautiful music & song.
- 3:30 PM Happy Hour; Marcy's Bar
Today's special: a quintessential English summer cocktail, Pimm's Cup.
- 7:30 PM Movie Encore: *Just Mercy* (2019); Channel 3 & Zidell Hall
See 1:00PM movie description

Tuesday July 16, 2024

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 11:00 AM Combo Exercise with Fernando; Zidell Hall
- 2:00 PM BINGO; Marcy's Bar
- 3:00 PM Scrabble; Art Studio
- 3:15 PM Sing Along with Pete Brown; Marcy's Bar
- 7:30 PM Movie: *Azimuth* (2017); Channel 3 & Zidell Hall
At the end of The Six Day War of 1967, two soldiers, an Egyptian and an Israeli, encounter each other in the Sinai desert. Two soldiers - one goal: Survival.

Wednesday July 17, 2024

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:00 AM 365 Days of Art; Art Studio
DIY art activity for absolute beginners as well as seasoned artists. Watercolor pens and other art supplies provided.
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 10:30 AM Walk with June; Please meet at the front desk
- 11:00 AM Strength and Balance with Jessica; Zidell Hall
- 1:00 PM Movie Matinee: Murder Mystery (2019); Channel 3
A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire. 1h 37m. Action. Comedy. Crime.
- 1:30 PM Resident Council Meeting; Zidell Hall
Resident-led, resident-run opportunity to lend your voice. Raffle prizes available.
- 2:00 PM Afternoon Games; Marcy's Bar
Join community members to play games and introduce folks to our lovely home.
- 3:00 PM "My 2 Cents" with David Sarasohn; Zidell Hall
- 7:00 PM Jewish Community Orchestra Rehearsal; Zidell Hall
- 7:30 PM Movie Encore: Murder Mystery (2019); Channel 3 & May Living Room
See 1:00PM movie description.

Thursday July 18, 2024

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; Please sign up and meet at the front desk
- 10:15 AM Seated Yoga with Nurit; Zidell Hall
- 11:00 AM Tai Chi with Fernando; Zidell Hall
- 1:30 PM Jewish Wisdom: Pirke Avot; Art Studio
Fellow resident Lowell Cordas will lead this conversation based on Pirke Avot, a compilation of ethical teachings and maxims from Rabbinic Jewish tradition.
- 2:00 PM BINGO; Marcy's Bar
- 7:00 PM You Be The Judge; Zidell Hall

Friday July 19, 2024

- 9:00 AM Shuttle to MJCC Pool and Fitness Center; 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
- 1:00 PM Shopping Shuttle to Trader Joe's; Please sign up and meet at the front desk
- 1:30 PM Brain Fitness with Susan; May Living Room
Increase brain synapses and strengthen cognition such as, memory, processing, and executive function.
- 7:00 PM Shabbat Service with Mark Sherman; Zidell Hall

Saturday July 20, 2024

Happy Birthday Pete B.!

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