

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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| <p><i>Key:</i> FFEL= First Floor East Lounge, (AR)= Activities Room (CK)= Country Kitchen, (BP) = Back Patio, (PDR)= Private Dining Room,(FP)= Front Patio, (L)= Lobby, (DOS)= Daughters of Sarah, (BTS)= Behind the Shul</p> | HAPPY BIRTHDAY JUDITH 1 10:00am Gentle Chair Yoga with Noreen (AR) 10:45am Art Wall with Ken (L) 1:30pm Jewish Music Historian Robert Cohen (AR) 3:45pm Iced Tea and Trivia on the Front Patio 6:30pm Movie (AR) <small>Canada Day</small> | 10:00am Exercise with Christine 2 in the Activities Room 10:35am Dollar Store Outing (SIGN UP) 2:30pm Croquet and other Yard Games: Out Front 4:00pm Word Game (L) 6:30pm Tony and Alex (L) | 10:00am Exercise (AR) 3 10:45am Reading Group (FFEL) 1:30pm Pet Visits with Abigail (L) 2:30pm Current Events Rich (AR) 4:00pm Walking Group (L) 6:30pm "Women of the Revolution" with Phyllis Chapman (AR) | 10:00am Exercise Video (AR) 4 2:30pm Mel-Malc Duo (L) 6:30pm Movie: 1776 the Musical (AR) <small>Independence Day (US)</small> | HAPPY BIRTHDAY HELEN 5 10:00am Exercise Video (AR) 11:00am Men's Group (AR) 2:00pm Card Games with Gladys (AR) 2:30pm Shul (DOS) 4:00pm Crossword Puzzle Group (AR) | 10:00am Synagogue at DOS 2:00pm Saturday Matinee' (AR) |
| 9:30am Exercise Video (AR) 7 11:00am Protestant Service DOS-BTS 11:00am Ted Talks with Allison (AR) 2:30pm Musicats Duo (L) | 9:30am Manicures 8 9:45am Gentle Chair Yoga (AR) 11:00am Resident Meeting 2:00pm Travelogue: Discovering France (AR) 3:45pm Ice Cream Sodas First Floor East Lounge Patio 6:30pm Uncle Samophone (L) | 9:30am Valley Cats Baseball Game (SIGN UP) 9 10:00am Exercise Video (AR) 2:30pm Food Service Meeting (PDR) 4:00pm Getting to Know You Game with John (AR) 6:30pm Paul Slingerland (L) | Breakfast on the Patio 10 10:00am Exercise (AR) 10:30am Manicures (SIGN UP) (AR) 10:45am Reading Group (FFEL) 2:30pm Current Events Rich (AR) 4:00pm Walking Group (L) 6:30pm Arnie Adler with Jews in the News (AR) | 10:00am Exercise Video (AR) 11 10:00am Live and Learn Lecture Lunch at the JCC (SIGN UP) 2:15pm Mass DOS-BTS 2:30pm Bingo (AR) 4:00pm Throwback Thursday (L) 6:30pm Mark Harding One Man Band (L) | HAPPY BIRTHDAY RENEE B12 10:00am TaiChi with Sabine(AR) 11:00am Lunch Outing Olive Garden (SIGN UP) 2:00pm Art with Amy & Judy (AR) 2:15pm Pet Visits (L) 2:30pm Shul (DOS) 4:00pm Crossword Puzzle Group (AR) | 10:00am Synagogue at DOS 2:00pm Saturday Matinee' (AR) |
| HAPPY BIRTHDAY LES 14 9:30am Exercise Video (AR) 11:00am Rosary DOS-BTS 11:00am Bingo with Allison (AR) 2:30pm Extra Special Program (L) | 9:45am Gentle Chair Yoga with Noreen (AR) 15 10:30am Art with Amy & Judy (AR) 2:00pm Rabbi Ken Blatt: Jewish Civilization During the Medieval Period Under Islam (AR) 4:00pm Iced Tea and Trivia on the Back Patio 6:30pm Movie (AR) | 10:00am Exercise (AR) 16 11:00am Mimosas and Massage (L) 2:30pm Rabbi Kasman: History of the Jews in France (AR) 3:45pm Ice Cream Novelties on the Back Patio 6:30pm Guytonno (L) | HAPPY BIRTHDAY ANN 17 10:00am Exercise (AR) 10:45am Reading Group (FFEL) 1:30pm Pet Visits with Abigail (L) 2:30pm Current Events Rich (AR) 4:00pm Walking Group (L) 5:00pm A Meal in the Life Visits France 6:30pm Estate Planning with Louis-Jack Pozner (AR) | 10:00am Exercise Video(AR) 18 10:35am Library Outing (SIGN UP) 2:30pm Strawberry Fest Bingo (AR) 4:00pm Kickin' it with Kassie (CK) 6:30pm Richie Phillips (L) | 10:00am Exercise (AR) 19 11:00am Poetry Reading with Diane (AR) 2:15pm Pet Visits (L) 2:00pm Card Games with Gladys (AR) 2:30pm Shul (DOS) 3:15pm Happy in the Lobby 4:00pm Crossword Puzzle Group (AR) | 10:00am Synagogue at DOS 2:00pm Saturday Matinee' Apollo 11 (AR) 50 th Anniversary of Moon Landing |
| HAPPY BIRTHDAY BERT21 9:30am Exercise Video (AR) 11:00am Communion DOS-BTS 11:00am Ted Talks with Allison (AR) 2:30pm Roger and Marilyn Held (L) | 10:00am Exercise (AR) 22 11:00am Video Tour of Albany by Dr. Ken Deitcher 2:30pm Teaching Kitchen: Stone Fruits (AR) 3:30pm Jeopardy on the Big Screen (AR) 6:30pm Movie (AR) | 10:00am Exercise (AR) 23 11:00am The Zone Kids (L) 2:00pm Afternoon of Yard Games and Refreshments on the Back Patio with Christine and John 6:30pm Tommy Frame (L) | Breakfast on the Patio 24 10:00am Exercise (AR) 10:30am Manicures (SIGN UP) (AR) 10:45am Reading Group (FFEL) 1:30pm Pet Visits with Cooper (L) 2:30pm Current Events Rich (AR) 4:00pm Walking Group (L) 6:30pm Arnie Adler with Jews in the News (AR) | HAPPY BIRTHDAY SELMA 25 10:00am Exercise (AR) 10:30am Tea and Talk with Rabbi Eligberg (AR) 10:30am Communion (DOS-BTS) 2:00pm Bingo (AR) 5:00pm Chef's Table (PDR) 6:30pm Memory Lane (L) | 10:00am Tai Chi w/ Sabine (AR) 26 11:00am Men's Group (AR) 2:00pm Card Games with Gladys (AR) 2:30pm Shul (DOS) 3:00pm Flashback Friday (L) 3:15pm Happy in the Lobby 4:00pm Crossword Puzzle Group (AR) | 10:00am Synagogue at DOS 2:00pm Saturday Matinee' (AR) |
| 9:30am Exercise Video (AR) 28 11:00am Protestant Service DOS-BTS 11:00am Sunshine Committee (AR) 2:30pm Joe Gorman (L) | 10:00am Gentle Chair Yoga with Noreen (AR) 29 11:00am Lunch Outing Pizza Hut (SIGN UP) 2:00pm Rabbi Ken Blatt: Jewish Civilization During the Medieval Period Under Christianity(AR) 3:45pm Rabbi Bev (AR) 6:30pm Movie (AR) | 10:00am Exercise (AR) 30 10:45am Activities Planning Meeting (AR) 2:30pm July Birthday Party with The Nazarian Trio (L) 4:00pm Lemonade and Laughter on the Front Patio 5:00pm Dinner & a Movie (AR) | 10:00am Exercise (AR) 31 10:45am Reading Group (FFEL) Ragtime at the Mac-Haydn Theater Leaving at 12:00 (SIGN UP) 2:30pm Current Events Rich (AR) 4:00pm "Name That Tune" with Bev Out on Piano | <h2 style="text-align: center;">The Massry Residence At Daughters of Sarah July 2019</h2> <p style="text-align: center;">Activities and Pet Visits are subject to change; Please check front desk daily for any changes. Activities in Red require you to sign up at the front desk.</p> | | |