



October 2021

The Massry Residence at Daughters of Sarah

<p>10:00am Christine's Exercise Video (AR) 3</p> <p>2:30pm Bev Oudt on Piano (L)</p> <p>6:30pm Resident Run Board Games (AR)</p>	<p>9:30am Exercise with Christine (AR) 4</p> <p>10:00am Manicure Monday (AR)</p> <p>2:00pm Resident Meeting (AR)</p> <p>3:00pm Musical Hangman (AR)</p> <p>6:30pm Congregation Agudat Achim presents "Great Jewish Cities" with Dr. Stephen Berk Part III (AR)</p>	<p>10:00am Fun and Fitness to Broadway tunes with Richard Feldman (AR) 5</p> <p>10:45am The What-A-Shame Game (AR)</p> <p>2:00pm Current Events with Louis-Jack (AR)</p> <p>3:30pm Randy Rosette (L)</p> <p>6:30pm Movie and Popcorn in the Activities Room</p>	<p>HAPPY BIRTHDAY IRENE 6</p> <p>10:00am Exercise with Christine (AR)</p> <p>11:00am Word Game with Sharon (AR)</p> <p>1:45pm Balloon Volleyball (AR)</p> <p>3:15pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>6:30pm <i>Theodore Bikel; In the Shoes of Sholom Aleichem</i> Documentary (AR)</p>	<p>9:30am Chair Yoga with Noreen (AR) 7</p> <p>10:30am Art with Amy & Judy in the Activities Room</p> <p>2:00pm Dining Discussion Meeting (DR)</p> <p>2:45pm Sunflower Bingo (AR)</p> <p>6:30pm Entertainment with The Leo Milman Trio (L)</p>	<p>10:00am Exercise with Christine (AR) 8</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Ted Talks with Marisa in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>	<p>10:00am Exercise with Christine (AR) 9</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Ted Talks with Marisa in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>
<p>HAPPY BIRTHDAY JIM 10</p> <p>10:00am Christine's Exercise Video (AR)</p> <p>2:30pm Richard Dagenais (L)</p> <p>6:30pm Resident Run Bingo (AR)</p>	<p>HAPPY BIRTHDAY LOIS AND ALBERT 11</p> <p>10:00am Exercise with Christine (AR)</p> <p>11:00am It's a Woman's World (AR)</p> <p>2:00pm R. Feldman; "To Life!" (AR)</p> <p>3:30pm Hi-Low Game (AR)</p> <p>6:30pm "Great Jewish Cities" with Dr. Stephen Berk Part IV (AR)</p> <p><small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>	<p>10:00am Exercise with Christine (AR) 12</p> <p>10:30am Leaf Peeping Bus Ride To Thatcher Park (L)</p> <p>2:00pm Farmer's Market R2R</p> <p>3:30pm Entertainment with Pete Yakel (L)</p> <p>6:30pm Movie and Popcorn in the Activities Room</p>	<p>10:00am Exercise with Christine (AR) 13</p> <p>11:00am Word Game with Sharon (AR)</p> <p>1:30pm Parsha with Rabbi Ami (AR)</p> <p>2:45pm Bingo (AR)</p> <p>6:30pm <i>Sholom Aleichem; Laughing in the Darkness</i> Documentary (AR)</p>	<p>9:30am Chair Yoga with Noreen (AR) 14</p> <p>10:30am Reminisce with Your Favorite Broadway Musical Movie Clips (AR)</p> <p>1:45pm Noodle Balloode (AR)</p> <p>3:15pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>6:30pm "Max Haymaker" (L)</p>	<p>10:00am Exercise with Christine (AR) 15</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Men's Group with Jefferson in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>	<p>10:00am Exercise with Christine (AR) 16</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Men's Group with Jefferson in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>
<p>HAPPY BIRTHDAY RUTH 17</p> <p>10:00am Christine's Exercise Video (AR)</p> <p>2:30pm Larry Lewis (L)</p> <p>6:30pm Resident Run Board Games (AR)</p>	<p>9:30am Exercise with Christine (AR) 18</p> <p>10:00am Manicure Monday (AR)</p> <p>2:00pm Nutrition Chat (AR)</p> <p>3:15pm Heads UP Game (AR)</p> <p>6:30pm Congregation Agudat Achim presents "Great Jewish Cities" with Dr. Stephen Berk Part V (AR)</p>	<p>10:00am Fun and Fitness to Broadway tunes with Richard Feldman (AR) 19</p> <p>10:45am Watercolors w/ Christine (AR)</p> <p>2:00pm Current Events with Rich (AR)</p> <p>3:30pm <i>The Forgettable Four</i> Barbershop Quartet (L)</p> <p>6:30pm Movie and Popcorn (AR)</p>	<p>9:45am Exercise with Christine (AR) 20</p> <p>10:30am Hop-on Bus Tour of Albany (L)</p> <p>11:00am Word Game with Sharon (AR)</p> <p>1:30pm Discussions with Rabbi Ami (AR)</p> <p>2:45pm Bingo (AR)</p> <p>6:30pm <i>L'Chaim: To Life!</i> Documentary (AR)</p>	<p>10:00am Exercise with Christine (AR) 21</p> <p>10:30am Art with Amy & Judy (AR)</p> <p>1:45pm Hallway Putt-Putt Mini Golf; Meet in the Activities Room</p> <p>3:15pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>6:30pm Entertainment with Brian Zapel (L)</p>	<p>HAPPY BIRTHDAY RENEE 22</p> <p>10:00am Exercise with Christine (AR)</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Ted Talks with Marisa in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>	<p>10:00am Exercise with Christine (AR) 23</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Ted Talks with Marisa in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>
<p>10:00am Christine's Exercise Video (AR) 24</p> <p>2:30pm Musicats Duo (L)</p> <p>6:30pm Resident Run Bingo (AR)</p>	<p>10:00am Exercise with Christine (AR) 25</p> <p>11:00am It's a Woman's World with Naomi (AR)</p> <p>2:00pm Richard Feldman; "To Life!" (AR)</p> <p>3:30pm Team Trivia (AR)</p> <p>6:30pm Congregation Agudat Achim presents "Great Jewish Cities" with Dr. Stephen Berk Part VI (AR)</p>	<p>10:00am Exercise with Christine (AR) 26</p> <p>10:30am Leaf Peeping Bus Ride to Thatcher Park (L)</p> <p>2:00pm Current Events with Rich (AR)</p> <p>4:00pm Monthly Birthday Party & Happy Hour with Laura M. Collins (L)</p> <p>6:30pm Movie and Popcorn (AR)</p>	<p>10:00am Exercise with Christine (AR) 27</p> <p>11:00am Word Game with Sharon (AR)</p> <p>1:30pm Friendly Neighbors Meeting (FFEL)</p> <p>2:45pm Bingo (AR)</p> <p>6:30pm <i>When Jews Were Funny</i> Documentary (AR)</p>	<p>9:30am Chair Yoga with Noreen (AR) 28</p> <p>10:30am Reminisce with your favorite Broadway Musical Movie Clips (AR)</p> <p>1:45pm Therapeutic Adult Coloring & Relaxation (AR)</p> <p>3:15pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>6:30pm Richie Phillips (L)</p>	<p>10:00am Exercise with Christine (AR) 29</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Men's Group with Jefferson in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>	<p>10:00am Exercise with Christine (AR) 30</p> <p>10:45am The Crown (AR)</p> <p>1:00pm Mart on a Kart (L)</p> <p>2:00pm Men's Group with Jefferson in the Activities Room</p> <p>3:30pm Shabbat Services with Rabbi Ami in the Activities Room</p>
<p>10:00am Christine's Exercise Video (AR) 31</p> <p>2:30pm Lost Radio Rounders "Scoundrels!" (L)</p> <p>6:30pm Resident Run Board Games (AR)</p> <p><small>Halloween</small></p>	<p align="center">Key: Dining Room (DR), Activities Room (AR), Room to Room (R2R), Country Kitchen (CK), Out Front (OF), Lobby (L), Back Patio (BP)</p> <p align="center">ACTIVITIES IN RED REQUIRE YOU TO SIGN-UP AT THE FRONT DESK</p> <p align="center">Programs subject to change without prior notice. Check at the front desk daily for changes</p>					