

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

The Massry Residence at Daughters of Sarah

Outings Subject to Cancellation at Our Discretion

<p>10:00am Christine's Exercise Video (AR) 4</p> <p>2:30pm Michael Clement (L)</p> <p>6:30pm Scrabble (CK)</p>	<p>10:00am Christine's Exercise Video (AR) 5</p> <p>2:00pm Jeff Gonzales (L)</p> <p>6:30pm Movie (AR)</p> <p style="text-align: center; font-size: small;">Labor Day</p>	<p>9:30am Exercise (AR) 6</p> <p>10:15am Walgreen's Shopping Outing</p> <p>2:00pm Resident Meeting (AR)</p> <p>3:00pm Lemonade and Laughter (OF)</p> <p>4:00pm John Hill (L)</p> <p>6:30pm Resident Request Movie (AR)</p>	<p>Tom is Here 7</p> <p>10:00am Exercise with Christine in the Activities Room</p> <p>11:00am Word Game in the Activities Room</p> <p>2:30pm Bingo in the Activities Room</p> <p>6:30pm Documentary in the Activities Room</p>	<p>HAPPY BIRTHDAY WARREN AND SALIA 8</p> <p>10:00am Exercise (AR)</p> <p>10:30am Art w/ Amy & Judy (AR)</p> <p>2:00pm Paul Zarvis (L)</p> <p>3:15pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>6:30pm Movie (AR)</p>	<p>10:00am Exercise with Christine (AR) 9</p> <p>11:00am Waldemar Januzczak; Perspective (AR)</p> <p>1:30pm Bridge (CK)</p> <p>2:00pm Ted Talks with Melissa (AR)</p> <p>3:30pm Shabbat Services with Rabbi Ami in the (AR)</p>	<p>HAPPY BIRTHDAY RUTH K. 3</p> <p>10:00am Synagogue in the Activities Room from Temple Israel</p> <p>2:00pm Saturday Afternoon Matinee in the Activity Room</p>
<p>10:00am Christine's Exercise Video (AR) 11</p> <p>2:30pm Grandparents Day Celebration Dave Lambert's Kliene Klezmer Orchestra Out Front</p> <p>6:30pm Scrabble (CK)</p> <p style="text-align: center; font-size: x-small;">Grandparents Day</p>	<p>10:00am Exercise (AR) 12</p> <p>1045am Crafting with Christine; Fall Shelf Decoration (AR)</p> <p>2:00pm Stand-Up Comic Judi Clements (AR)</p> <p>4:00pm Who Am I? (AR)</p> <p>6:30pm Tubi Time; Tubi-Announced (AR)</p> <p style="text-align: center; color: purple;">CELEBRATING</p>	<p>10:00am Exercise (L) 13</p> <p>11:00am Cookies with Chef Gail (AR)</p> <p>2:00pm National Peanut Day Goodies (CK)</p> <p>2:30pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>4:00pm Max Haymaker (L)</p> <p>7:00pm Karaoke Night (AR)</p> <p style="text-align: center; color: purple;">NATIONAL</p>	<p>Tom is Here 14</p> <p>10:00am Exercise (AR)</p> <p>11:00am Mark Says (TBD)</p> <p>1:30pm Parsha with Rabbi Ami (AR)</p> <p>2:45pm Bingo (AR)</p> <p>6:30pm Paint and Sip for Residents (AR)</p> <p style="text-align: center; color: purple;">ASSISTED</p>	<p>9:30am Gentle Chair Yoga w/ Noreen (AR) 15</p> <p>10:30am Staff Yoga (AR)</p> <p>11:00am Word Game (L)</p> <p>2:30-3:30 Staff Paint and Sip (AR)</p> <p>3:00pm Richie Phillips (L)</p> <p>6:30pm Movie (AR)</p> <p style="text-align: center; color: purple;">LIVING</p>	<p>10:00am Exercise with Christine (AR) 16</p> <p>11:00am Share Your Joyful Moments Show & Tell (AR)</p> <p>1:30-3:00pm 10-minute Massages in the Activities Room</p> <p>3:30am Shabbat Service with Rabbi Ami (AR)</p> <p style="text-align: center; color: purple;">WEEK</p>	<p>10:00am Synagogue in the Activities Room from Temple Israel 17</p> <p>2:00pm Saturday Afternoon Matinee in the Activity Room</p> <p style="text-align: center; font-size: x-small;">Oktoberfest Begins</p>
<p>10:00am Christine's Exercise Video (AR) 18</p> <p>2:30pm Bill Hoeprich's Musicats Duo (L)</p> <p>6:30pm Scrabble (CK)</p>	<p>10:00am Exercise (AR) 19</p> <p>11:00am It's a Woman's World with Naomi (AR)</p> <p>2:30pm Albany City Historian Tony Opalka; Albany's Trolley System (AR)</p> <p>4:00pm Men's Group with Fred (AR)</p> <p>6:30pm Tubi Time; Tubi-Announced (AR)</p>	<p>HAPPY BIRTHDAY ELEANOR G 20</p> <p>9:30am Exercise (AR)</p> <p>10:15am Dollar Tree Outing</p> <p>2:00pm Cooking with Chef Shannon (AR)</p> <p>4:00pm Carmen Lookshire and Life's Guilty Pleasure (L)</p> <p>6:30pm Resident Request Movie (AR)</p>	<p>Tom is Here 21</p> <p>10:00am Exercise (AR)</p> <p>11:00am Word Game (AR)</p> <p>1:30pm Conversations with Rabbi Ami with Pecan Cookies (AR)</p> <p>2:00pm National Pecan Cookie Day Celebration (CK)</p> <p>2:45 Bingo (AR)</p> <p>6:30pm Documentary (AR)</p>	<p>10:00am Exercise (AR) 22</p> <p>10:30am Art w/ Amy & Judy (AR)</p> <p>2:00pm Monthly Birthday Party with the Squeeze Play Accordion Band (L)</p> <p>3:15pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>6:30pm Movie (AR)</p> <p style="text-align: center; font-size: x-small;">Autumn Begins</p>	<p>10:00am Exercise with Christine (AR) 23</p> <p>11:00am Waldemar Januzczak; Perspective (AR)</p> <p>1:30pm Bridge (CK)</p> <p>2:00pm Ted Talks with Melissa (AR)</p> <p>3:30pm Shabbat Services with Rabbi Ami in the (AR)</p>	<p>10:00am Synagogue in the Activities Room from Temple Israel 24</p> <p>2:00pm Saturday Afternoon Matinee in the Activity Room</p>
<p>HAPPY BIRTHDAY HERB 25</p> <p>10:00am Christine's Exercise Video (AR)</p> <p>2:30pm Gone Gray (L)</p> <p>6:45pm Erev Rosh Hashanah Service (AR)</p> <p style="text-align: center; font-size: x-small;">Rosh Hashanah Begins</p>	<p>10:00am Live Streamed from TI, Rosh Hashanah Services (AR) 26</p> <p>3:00pm Tashlich Ceremony Outing with Rabbi Ken Blatt @ Washington Park</p> <p>4:00pm Reflect and Reminisce with Lemonade Spritzer (BP)</p> <p>1st Day of Rosh Hashanah</p>	<p>10:00 Live Streamed from TI 27</p> <p>Rosh Hashanah Services in the Activities Room</p> <p>2:00pm Gentle Stretches in the Activities Room</p> <p>3:00pm Conversation and Cold Drinks with Christine on the Back Patio</p> <p>2nd Day of Rosh Hashanah</p>	<p>Tom is Here 28</p> <p>9:30am Exercise with Christine in the Activities Room</p> <p>10:15am Guilderland Library Outing</p> <p>1:45pm Bingo in the Activities Room</p> <p>4:00pm Val Gray (L)</p> <p>6:30pm Documentary (AR)</p>	<p>9:30am Gentle Chair Yoga w/ Noreen (AR) 29</p> <p>10:30 Crafting with Christine (AR)</p> <p>Jewelry Making</p> <p>2:00pm National Coffee Day (CK)</p> <p>2:30pm Arnie Adler with "What's NU in the News?" (AR)</p> <p>4:00pm Guytonno (L)</p> <p>6:30pm Movie (AR)</p>	<p>10:00am Exercise with Christine (AR) 30</p> <p>11:00am Waldemar Januzczak; Perspective (AR)</p> <p>1:30pm Bridge (CK)</p> <p>2:00pm Ted Talks with Melissa (AR)</p> <p>3:30pm Shabbat Services with Rabbi Ami in the (AR)</p>	<p>Activities may change without prior notice, check your Daily Activity sheet for changes.</p> <p><i>Key: Dining Room (DR), Activities Room (AR), Room to Room (R2R), Country Kitchen (CK), Out Front (OF), Lobby (L), Back Patio (BP), First Floor East Lounge (FFEL)</i></p> <p style="color: red; font-weight: bold;">ACTIVITIES IN RED REQUIRE YOU TO SIGN-UP AT THE FRONT DESK</p>