

2022 September Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00 Chair Pilates w/ Golden 10:30 The Daily Dialogue 11:00 Strengthen & Stretch w/ Upper Deck Fitness 2:00 Fragrant Florals Flower Refresh 4:00 One Day University 6:30 Conversation Starters	10:00 This Day In History 10:30 Morning Stretch 11:00 Rekindle: All About Sept 2:00 Is It Trivial? w/ Eversound 3:30 Music & Mocktails w/ Nicole Pasternack 4:00 Chair Tai Chi w/ Golden 6:00 Virtual Shabbat Service 6:30 Movie Comedy	10:00 The Morning Stretch 10:30 The Daily Gazette 11:00 Bingo Game of Chance 1:30 Movie Matinee The Pajama Game 4:00 Puzzlers Corner 4:30 Manicures 6:30 Classic Sitcom
10:00 The Morning Stretch 10:30 Spiritual Observance 11:00 Classical Music w/ Flute & Violin 2:00 Back To Basics: Spelling Bee 4:00 Famous Folks 4:30 Heartfelt Stories 6:30 Documentary	10:00 The Daily Dialogue 10:30 Morning Stretch 11:00 Sedgwick Singers 11:30 Discussion Jobs then & Now 2:00 Weekly News Round Up 4:00 Chair Yoga w/Golden 4:30 Sept. History In Pictures 6:30 Not Just TV Salt Box TV	10:00 Chair Pilates w/Golden 10:30 The Daily Dialogue 11:00 Star of The Month Shelly Winters 2:00 Musical Connection w/ Dan S. 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Armchair Travel w/ Rick Steves	10:00 The Daily Dialogue 10:30 Morning Stretch 11:00 Hello Neighbor Barbara 2:00 Floral Arts Flower Arranging 4:00 Chair Yoga w/Golden 4:30 Discussion Topics: Would You Rather 6:30 TV Or Movie Choice	10:00 Chair Pilates w/ Golden 10:30 The Daily Dialogue 11:00 11:00 Strengthen & Stretch w/ Upper Deck Fitness 1:30 Giving Retrievers 2:00 Eversounds Well Traveled: Yellow Stone 4:00 One Day University 6:30 Finish The Lyrics	10:00 This Day In History 10:30 Morning Stretch 11:00 Fall Craft: Apple Tree 2:30 Music & Mocktail Hour w/ Billy G. 4:00 Chair Tai Chi w/ Golden 6:00 Virtual Shabbat Service 6:30 Romantic Comedy	10:00 Conversation Starters 10:30 Garden & Grounds 11:00 Cardio Drumming 2:00 Bingo Game Of Chance 4:00 Trivia Jeopardy Style 4:30 Rekindle w/ Eversound 6:30 Classic Sitcom
10:00 Streaming Sunday Mass 10:30 Inquiring Minds 11:30-1:30 Bridges Brunch Musical Performance w/ Maria 2:00 NFL NY Jets Vs Ravens 4:00 Can you Picture This 4:30 Guided Meditation 6:30 Documentary	10:00 The Daily Dialogue 10:30 Morning Stretch 11:00 Artful Art w/ Renee 11:30 Reminisce Ball Toss 2:00 Knitting & Lacing Circle 4:00 Chair Yoga w/Golden 4:30 TED ED Talks 6:30 Color For Mindfulness	10:00 Chair Pilates w/Golden 10:30 The Daily Dialogue 11:00 Finer Things Men's Group 2:00 Weekly News Round Up 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Favorite Pastimes	10:00 New Journeys w/ Beeyonders: Biblical Aviv 11:00 Hands on Drumming 2:00 Out & About 4:00 Chair Yoga w/Golden 4:30 Over Or Under 50 6:30 TV Or Movie choice	10:00 Chair Pilates w/ Golden 10:30 The Daily Dialogue 11:00 11:00 Strengthen & Stretch w/ Upper Deck Fitness 2:00 Sing Along To The Favorites w/ Laura 4:00 One Day University 6:30 Conversation Starters	10:00 This Day In History 10:30 Morning Stretch 11:00 Confection Connections 2:30 Music & Mocktails w/ Warren Bloom 4:00 Chair Tai Chi w/ Golden 6:00 Virtual Shabbat Service 6:30 Movie Comedy	10:00 Conversation Starters 10:30 Garden & Grounds 11:00 Cardio Drumming 1:30 Movie Matinees; By the Light of the Silvery Moon 4:00 Million Dollar Questions 4:30 Manicures 6:30 Classic Sitcom
10:00 The Morning Stretch 10:30 Spiritual Observance 11:00 Keeping Fit w/ Bridget 2:00 Old School: Math Facts 4:00 Puzzlers Corner 4:30 Rekindle w/ Eversound 6:30 Documentary	10:00 The Daily Dialogue 10:30 Morning Stretch 11:00 Collage Art Flowers 11:30 Puzzlers Corner Jigsaws 2:00 Confection Connections 4:00 Chair Yoga w/Golden 4:30 Inquiring Minds 6:30 Not Just TV Salt Box TV	10:00 Chair Pilates w/Golden 10:30 The Daily Dialogue 11:00 Museum Comes To You: Different Lands & Times 2:00 Weekly News Round Up 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Armchair Travel w/ Rick Steves	10:00 The Daily Dialogue 10:30 Morning Stretch 11:00 Out & About Beardsley Zoo 2:00 Pub Trivia & Popcorn 4:00 Chair Yoga w/Golden 4:30 Discussion Topics: Have You Ever 6:30 TV Or Movie Choice	10:00 Chair Pilates w/ Golden 10:30 The Daily Dialogue 11:00 Strengthen & Stretch w/ Upper Deck Fitness 1:30 Giving Retrievers 2:00 Is it Trivial? w/ Eversound 4:00 One Day University 6:30 Everyday Life Trivia	10:00 This Day In History 10:30 Morning Stretch 11:00 Men's Coffee w/ EJ & Guest 2:30 Mocktails & Music Maria 4:00 Chair Tai Chi w/ Golden 6:00 Virtual Shabbat Service 6:30 Romantic Comedy	10:00 Conversation Starters 10:30 Garden & Grounds 11:00 Cardio Drumming 2:00 Bingo Game of Chance 3:00 Chefs Corner: Cooking Demonstration 4:00 Music Rekindle: Patsy Cline 4:30 Heart Felt Stories 6:30 Classic Sitcom
10:00 The Morning Stretch 10:30 Spiritual Observance 11:00 Art Masters Of Silvermine 2:00 Silent Disco Dance 4:00 Word Play 4:30 Guided Meditation 6:30 Rosh Hashanah Observance	10:00 The Daily Dialogue 10:30 Morning Stretch 11:00 Weekly News Round Up 11:30 More Clue Trivia 2:00 Knitting & Lacing Circle 4:00 Chair Yoga w/Golden 4:30 Conversation Starters 6:30 Color For Mindfulness	10:00 Chair Pilates w/Golden 10:30 The Daily Dialogue 11:00 Serious Science 2:00 Finer Things Men's Group 3:45 Stretch & Tone w/ Upper Deck Fitness 4:00 One Day University 6:30 Favorite Pastimes	10:00 The Daily Dialogue 10:30 Morning Stretch 11:00 Out & About Apple Picking 2:00 Pub Trivia & Popcorn. 4:00 Chair Yoga w/Golden 4:30 Word Game: Jumbled Letters 6:30 TV or Movie Choice	10:00 Chair Pilates w/ Golden 10:30 The Daily Dialogue 11:00 Strengthen & Stretch w/ Upper Deck Fitness 2:00 All About Bees w/ Eversound 4:00 One Day University 6:30 Conversation Starters	10:00 This Day In History 10:30 Morning Stretch 11:00 Lifetime of Looking w/ Bruce Museum 2:30 Music & Mocktails w/ Emilee S. 4:00 Chair Tai Chi w/ Golden 6:00 Virtual Shabbat Service 6:30 Movie Comedy	Revised 8/29/2022