






JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:00 Exercise Video CH <i>Gentle Stretch</i> 1:00 EAGLES vs. N O SAINTS MR 3:00 Movie Marathon 	2 8:30 Supervised Pool Swimming PL 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite Library, Target, Bank L 1:30 LGU Music Appreciation w/ Michael Ludwig CH 2:00 Canasta MR 3:00 Current Events CH w/ Jeanette Axelrod 7:30 On Stage Live CH <i>Victor Borge</i>	3 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 LGU Lecture Series: w/Gary Scarpello CH 1:00 Tell Your Story: Memoir writing w/ Elena Winter MR 2:30 LGU Travel & Photography w/ Pat Worley CH 3:15 Yiddish Conversation MR 7:30 Netflix Movie CH	4 8:30 Supervised Pool Swimming PL 10:00 French MR 10:30 Mind, Body & Soul w/ Dave 11:00 LGU Lecture Series: w/Steve Pollack CH 2:15 Cantor Class w/Cantor Jana CH 1:00 Mahjongg MR 2:00-3:00 Beginner Art Class AR 3:15-4:15 Advance Art Class AR 7:30 The Jeff Dershin Show CH	5 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite <i>Boscov's, Walmart, Dollar Store</i> 11:00 LGU Ethics in Modern Life w/ Sarah Rosenson MR 1:00 Duplicate Bridge MR 1:00 Canasta GR/LBR 3:00 LGU Lecture Series: w/ Stuart Liss CH 7:30 Broadway w/Leila Joffe CH	6 8:30 Supervised Pool Swimming PL 10:00 Chair Yoga w/Dave BCH 11:00 Short Story CH 1:00 LGU Lecture Series CH Opera w/ Gerry Trelmbay 5:00 Kabbalat Shabbat CH	7 11:30 Service CH 7:30 Entertainment CH On Demand Presents: Songstress: Marissa Chalker 
8 11:00 Exercise Video CH <i>Gentle Stretch</i> 1:00 Knitting with Sybil GR 2:00 LGU Art Appreciation CH w/ Professor Irene Sfakianos 7:30 Netflix/ Movie CH	9 8:30 Supervised Pool Swimming PL 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite Library, Target, Bank L 11:00 LGU Lecture Series: w/ Judy Okun CH 2:00 Canasta MR 3:00 Current Events CH w/ Jeanette Axelrod 7:30 Netflix Movie CH	10 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 LGU Video Lecture Series: Shakespeare uncovered: Macbeth W/ Ethan Hawke CH 12:00 Men's Only Chew & Chat BCH signup by 1/6 1:00 TOLG DR signup by 1/6 3:30 Drama Group CH 7:30 Marc Sherman Show CH	11 8:30 Supervised Pool Swimming 10:00 French MR 10:30 Mind, Body & Soul w/ Dave 11:00 LGU Lecture Series: CH 1:00 Ask the Therapist CH 1:00 Mahjongg MR 1:30 Tech4 U /Advance BMR 2:00-3:00 Beginner Art Class AR 3:15-4:15 Advance Art Class AR 2:00 New Resident Orientation 3:00 Happy Hour GR 7:30 Netflix Movie CH	12 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite <i>Boscov's, Walmart, Dollar Store</i> 1:00 Duplicate Bridge MR 1:00 Canasta GR/LBR 2:00 LGU Lecture Series: w/Ira Miller CH 3:00 LGU Lecture Series: w/ Stuart Liss CH 7:30 Broadway w/Leila Joffe CH	13 8:30 Supervised Pool Swimming PL 10:00 Chair Yoga w/Dave BCH 11:00 LGU Lecture Series CH w/ Dr. Steve 12:00 Trip: Cracker Barrel SL Signup by 1/6 5:00 Kabbalat Shabbat CH	14 11:30 Service CH 7:30 Netflix Movie CH
15 11:00 Exercise Video CH <i>Gentle Stretch</i> 2:00 LGU Art Appreciation CH w/ Professor Irene Sfakianos 7:30 Entertainment CH Night & Day Entertainment Jazz Duo Julian Hartwell & Jethaniel	16 8:30 Supervised Pool Swimming PL 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite Library, Target, Bank L 1:30 LGU Music Appreciation w/ Michael Ludwig CH 2:00 Canasta MR 3:00 Current Events CH w/ Jeanette Axelrod 7:30 On Stage Live CH	17 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 LGU Lecture Series: w/Gary Scarpello CH 1:00 Tell Your Story: Memoir writing w/ Elena Winter MR 3:15 Yiddish Conversation MR 7:30 Netflix Movie CH	18 8:30 Supervised Pool Swimming 10:00 French MR 10:30 Mind, Body & Soul w/ Dave 11:00 LGU Lecture Series: w/Steve Pollack CH 1:00 Mahjongg MR 1:30 Tech4 U /Advance BMR 2:00-3:00 Beginner Art Class AR 2:15 Cantor Class w/Cantor Jana CH 3:15-4:15 Advance Art Class AR 7:30 The Jeff Dershin Show CH	19 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite <i>Boscov's, Walmart, Dollar Store</i> 11:00 LGU Ethics in Modern Life w/ Sarah Rosenson MR 1:00 Duplicate Bridge MR 1:00 Canasta GR/LBR 3:00 LGU Lecture Series: w/ Stuart Liss CH 7:30 Broadway w/Leila Joffe CH	20 8:30 Supervised Pool Swimming PL 10:00 Chair Yoga w/Dave BCH 11:00 LGU Lecture Series CH w/ Dr. Steve 1:00 LGU Lecture Series CH Opera w/ Gerry Trelmbay 5:00 Kabbalat Shabbat CH	21 11:30 Service CH 7:00 Trip: Symphony & C SL Signup by 1/14 7:30 Netflix Movie CH
22 11:00 Exercise Video CH <i>Gentle Stretch</i> 1:00 Knitting with Sybil GR 2:00 LGU Art Appreciation CH w/ Professor Irene Sfakianos 7:30 Allegro Concert CH	23 8:30 Supervised Pool Swimming PL 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite Library, Target, Bank L 11:00 LGU Lecture Series: w/ Judy Okun CH 2:00 Canasta MR 3:00 Current Events CH w/ Jeanette Axelrod 7:30 Netflix Movie CH	24 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 LGU Video Lecture Series: Shakespeare uncovered: The Comedies: Twelfth Night & As You Like It w/ Joely Richardson 3:30 Drama Group CH 7:30 Marc Sherman Show CH	25 8:30 Supervised Pool Swimming 10:00 French MR 10:30 Mind, Body & Soul w/ Dave 11:00 LGU Lecture Series: w/Steve Pollack CH 1:00 Mahjongg MR 1:30 Tech4 U /Advance BMR 2:00-3:00 Beginner Art Class AR 2:15 Cantor Class w/Cantor Jana CH 3:15-4:15 Advance Art Class AR 7:30 Netflix Movie CH	26 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite <i>Boscov's, Walmart, Dollar Store</i> 1:00 Duplicate Bridge MR 1:00 Canasta GR/LBR 2:00 LGU Lecture Series: w/Ira Miller CH 3:00 LGU Lecture Series: w/ Stuart Liss CH 7:30 Broadway w/Leila Joffe CH	27 8:30 Supervised Pool Swimming PL 10:00 Chair Yoga w/Dave BCH 11:00 Trip: Philadelphia Art Museum Coast \$28 Matisse in the 1930's signup by 1/13 SL 1:00 Netflix /Movie CH 5:00 Kabbalat Shabbat CH	28 11:30 Service CH 7:30 Entertainment CH Night & Day Entertainment: Presents: Ukrainian Folk Dancer <i>Hayla Kozak</i>
29 11:00 Exercise Video CH <i>Gentle Stretch</i> 2:00 LGU Speaker Series: CH Dan Galpern 7:30 Future Stars Concert CH	30 8:30 Supervised Pool Swimming PL 10:30 Mind, Body & Soul w/ Dave BCH 11:00 Shopping Bus - Shop Rite Library, Target, Bank L 1:00 Netflix /Movie CH 2:00 Canasta MR 3:00 Current Events CH w/ Jeanette Axelrod 7:30 On Stage Live CH <i>Elaine Stritch</i>	31 9:30 Exercise Video CH 10:30 Mind, Body & Soul w/ Dave BCH 1:00 Tuesday Tea CH 2:30 LGU Travel & Photography w/ Pat Worley CH 7:30 LGU Speaker Series: CH <i>Myra Gutin</i>				AR=Activities Room CH= Commons Hall CH=Chapel Back Commons Hall= BCH= MR=Media Room DR=Dining Room FC=Fitness Center GR=Great Room L=Lobby LBR=Library PDR=Private Dining Room PL=Pool BOLD PRINT=Signup \$=Cost