

# JANUARY 2011

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday



\*\*\* THIS CALENDAR IS SUBJECT TO CHANGE, CHECK DAILY ACTIVITY BOARD FOR ANY CHANGES

1  
 9:30 Shabbat Services (C)  
 10:00 Armchair Exercise (MW)  
 2:00 Shabbat Study Group (C)  
 3:15 Rummikub (MW)  
 7:00 Movie (T)  
 Havdalah:  
 5:26 P.M.



2  
 10:00 Exercise Video (T)  
 1:30 Bingo (MW)  
 3:15 Wii Games (WG)  
 3:30 Arts & Crafts (MW)  
 7:00 Entertainment: Music by Kevin Curry (MH)


3  
 10:00 Exercise Video (T)  
 10:30 Exercise with Cindy (MW)  
 10:30 Errands (Trip)  
 1:15 Supermarket (Trip)  
 1:30 David Azarch's Meditative Drumming Circle (MW)  
 3:15 Word Games (MW)  
 7:00 Entertainment: Ron Romaine Performs (MH)

4  
 10:00 Exercise Video (T)  
 10:00 Tai Chi (MH)  
 11:00 Trip  
 11:00 Advanced Computer Class  
 1:00 Beginner Computer Class  
 1:15 Livingston Shoprite (Trip)  
 1:30 Bingo (MW)  
 3:15 Discussion with Dolly (MH)  
 7:00 Pearl Witkin Presents: The Importance of Abraham's Lineage (MH)


5  
 10:00 Exercise Video (T)  
 10:30 Exercise with Cindy (MW)  
 11:00 JETS (MH)  
 1:15 Crosswords (MW)  
 2:30 Bill Levy Presents: Lena Horne Part I (T)  
 3:30 Arts and Crafts (MW)  
 7:00 Bingo (MH)  
 7:00 Movie (T)

6  
 10:00 Exercise Video (T)  
 10:00 Yoga with Donna Marie (CR)  
 11:00 Current Events (MH)  
 1:15 Short Hills Mall (Trip)  
 1:15 Adult Ed Series: Dr. Martin Luther King Jr.: A Perspective (T)  
 2:30 Arts! By the People: Fine Arts Class (MW)  
 7:00 Movie (T)

7  
 10:00 Exercise Video (T)  
 10:00 Tai Chi (MH)  
 10:45 Arts! By the People: Creative Writing Class (CR)  
 11:00 Pathmark (Trip)  
 1:15 Morris Plains Shoprite (Trip)  
 1:15 Dancing with Donna Marie (MH)  
 2:15 Arts! By the People: Poetry Workshop (MH)  
 3:00 Dynamics with Dolly (MH)  
 7:15 Shabbat Services (C)  
 Shabbat candle lighting: 4:28 P.M.



8  
 9:30 Shabbat Services (C)  
 10:00 Armchair Exercise (MW)  
 2:00 Shabbat Study Group (C)  
 3:15 Trivial Pursuit (MW)  
 7:00 Movie (T)  
 Havdalah:  
 5:32 P.M.



9  
 10:00 Exercise Video (T)  
 1:00 Dinner & Movie (Trip)  
 1:00 Pet Therapy (LW)  
 1:30 Bingo (MW)  
 3:15 Wii Games (WG)  
 3:30 Arts & Crafts (MW)  
 7:00 Bill Levy Presents: Humor to Combat Stress (T)


10  
 10:00 Exercise Video (T)  
 10:30 Exercise with Cindy (MW)  
 11:15 Errands (Trip)  
 1:00 JCHC University: Trying Criminal Cases (Village) (Trip)  
 1:15 Sing Along with Stella (MH)  
 2:15 Word Games (MW)  
 3:15 HouseCalls Presentation: Mastering the Mind: Managing Mindfulness When Stress Wants to Rule (T)  
 7:00 Heller Tenants' Association Meeting (MH)  
 7:00 Movie (T)

11  
 10:00 Exercise Video (T)  
 10:00 Tai Chi (MH)  
 11:00 Trip  
 11:00 Advanced Computer Class  
 1:00 Beginner Computer Class  
 1:15 Livingston Shoprite (Trip)  
 1:30 Bingo (MW)  
 3:30 Games with Bibi (MW)  
 7:00 Movie (T)


12  
 10:00 Exercise Video (T)  
 10:30 Exercise with Cindy (MH)  
 11:00 JETS (JCC)  
 1:15 Crosswords (MW)  
 1:30 Bible Study (Weston Library)  
 3:30 Arts and Crafts (MW)  
 7:00 Bingo (MH)  
 7:00 Movie (T)

13  
 10:00 Exercise Video (T)  
 10:00 Yoga with Donna Marie (CR)  
 10:30 Errands (Trip)  
 11:00 Current Events (MH)  
 1:15 Mall (Trip)  
 1:15 Adult Education: Chaim Lauer Presents You Are What You Eat (MH)  
 2:30 Arts! By the People: Fine Arts Class (MW)  
 7:00 Movie (T)










14  
 10:00 Exercise Video (T)  
 10:45 Arts! By the People: Creative Writing Class (CR)  
 11:00 Pathmark (Trip)  
 1:15 Morris Plains Shoprite (Trip)  
 1:15 Dancing with Donna Marie (MH)  
 2:15 Arts! By the People: Art with Sarah (MW)  
 7:15 Shabbat Services (C)  
 Shabbat candle lighting: 4:35 P.M.



15  
 9:30 Shabbat Services (C)  
 10:00 Armchair Exercise (MW)  
 2:00 Shabbat Study Group (C)  
 3:15 Bananagrams (MW)  
 7:00 Movie (T)  
 Havdalah:  
 5:38 P.M.




# January 2011

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |  |
|--|--|--|--|---|---|--|--|
| <br><b>16</b><br>9:30 Tu B'Shevat Seder at Congregation B'nai Israel (Trip)<br>10:00 Exercise Video (T)<br><b>1:30 Bingo (MW)</b><br>3:15 Wii Games (WG)<br><b>3:30 Arts &amp; Crafts (MW)</b><br>7:00 Entertainment:: Val & Ken Perform (MH) | <b>17</b><br><b>MARTIN LUTHER KING JR. DAY</b><br>10:00 Exercise Video (T)<br>10:30 Exercise with Cindy (MH)<br>10:30 Errands (Trip)<br>1:15 Supermarket (Trip)<br>1:30 Ethics Discussion: Civil Rights in the 21st Century (MH)<br><b>3:15 Word Games (MW)</b><br>7:00 Jack McCoy's World Update (MH)<br> | <b>18</b><br>10:00 Exercise Video (T)<br>10:00 Tai Chi (MH)<br>11:00 Trip<br>11:00 Advanced Computer Class<br>1:00 Beginner Computer Class<br>1:15 Livingston Shoprite (Trip)<br><b>1:30 Bingo (MW)</b><br>3:30 Trivia (MW)<br>7:00 Entertainment: Julian, the Man of 1000 Voices (MH) | <b>19</b><br>10:00 Exercise Video (T)<br>10:30 Exercise with Cindy (MW)<br><b>11:00 JETS (JCC)</b><br><b>1:15 Crosswords (MW)</b><br>2:30 Bill Levy Presents: Lena Horne Pat II (T)<br>3:00 Arts! By the People: Fine Arts Class (MW)<br>7:00 Bingo (MH)<br>7:00 Movie (T) | <b>20</b><br><b>TU B'SHEVAT</b><br>10:00 Exercise Video (T)<br>10:00 Yoga with Donna Marie (CR)<br>10:30 Errands (Trip)<br>11:00 Tu B'Shevat Celebration (MH)<br><b>1:15 JCHC University: Chess: Lecture &amp; Exhibition (MH)</b><br><b>2:30 Resident Council Meeting (MW)</b><br><b>3:30 Current Events (MH)</b><br>7:00 Movie (T)<br> | <b>21</b><br>10:00 Exercise Video (T)<br>10:00 Tai Chi (MH)<br>10:45 Arts! By the People: Creative Writing Class (CR)<br>11:00 Pathmark (Trip)<br>1:15 Dancing with Donna Marie (MH)<br>1:15 Morris Plains Shoprite (Trip)<br>2:15 Judy Ebright Presents: My Trip to Central Europe: Art in Architecture (T)<br>2:15 Arts Unbound (MW)<br>7:15 Shabbat Services (C)<br>Shabbat candle lighting: 4:43 P.M.  | <b>22</b><br>9:30 Shabbat Services (C)<br><b>10:00 Armchair Exercise (MW)</b><br>2:00 Shabbat Study Group (C)<br><b>3:15 Rummikub (MW)</b><br>7:00 Movie (T)<br>Havdalah: 5:46 P.M.           |  |
| <br><b>23</b><br>10:00 Exercise Video (T)<br>1:00 Dinner & Movie (Trip)<br><b>1:30 Bingo (MW)</b><br>3:15 Wii Games (WG)<br><b>3:30 Arts &amp; Crafts (MW)</b><br>7:00 Movie (T)  | <b>24</b><br>10:00 Exercise Video (T)<br>10:30 Exercise with Cindy (MH)<br>10:30 Errands (Trip)<br>1:15 Supermarket (Trip)<br>1:15 Sing Along with Stella (MH)<br>2:30 Move Today Fitness Class (MW)<br><b>3:15 Word Games (MW)</b><br>7:00 Entertainment: Piano Prodigy Matthew Fishteyn (MH)   | <b>25</b><br>10:00 Exercise Video (T)<br>10:00 Tai Chi (MH)<br>11:00 Trip<br>11:00 Advanced Computer Class<br>1:00 Beginner Computer Class<br>1:15 Livingston Shoprite (Trip)<br><b>1:30 Bingo (MW)</b><br>3:30 Scrabble (MW)<br>7:00 Movie (T)  | <b>26</b><br>10:00 Exercise Video (T)<br>10:30 Exercise with Cindy (MW)<br><b>11:00 JETS (JCC)</b><br><b>12:45 Heller Birthday Party (MH)</b><br><b>1:15 Crosswords (MW)</b><br>1:30 Bible Study (MH)<br>3:30 Arts and Crafts<br>7:00 Bingo (MH)<br>7:00 Movie (T)         | <b>27</b><br>10:00 Exercise Video (T)<br>10:00 Yoga with Donna Marie (CR)<br>10:30 Errands (Trip)<br><b>11:00 Current Events (MH)</b><br><b>1:00 Weston Birthday Party</b><br>1:15 Mall (Trip)<br>1:15 Total Hearing: Testing (F)<br>2:30 Arts! By the People: Fine Arts Class (MW)<br>7:00 Movie (T)   | <b>28</b><br>10:00 Exercise Video (T)<br>10:00 Tai Chi (MH)<br>10:45 Arts! By the People: Creative Writing Class (CR)<br>11:00 Pathmark (Trip)<br>1:15 Dancing with Donna Marie (MH)<br>1:15 Morris Plains Shoprite (Trip)<br>2:15 Arts! By the People: Art with Sarah (MW)<br>7:15 Shabbat Services (C)<br>Shabbat candle lighting: 4:51 P.M.   | <b>29</b><br>9:30 Shabbat Services (C)<br><b>10:00 Armchair Exercise (MW)</b><br>2:00 Shabbat Study Group (C)<br><b>3:15 Trivial Pursuit (MW)</b><br>7:00 Movie (T)<br>Havdalah: 5:54 P.M.  |  |
| <br><b>30</b><br>10:00 Exercise Video (T)<br><b>1:30 Bingo (MW)</b><br>3:15 Wii Games (WG)<br><b>3:30 Arts &amp; Crafts (MW)</b><br>7:00 Entertainment: Van Martin sings the Rat Pack & More! (MH)   | <b>31</b><br>9:30 Exercise with Cindy (MH)<br>10:00 Exercise Video (T)<br>10:30 Brush Up Your Yiddish (MH)<br>10:30 Errands (Trip)<br>1:15 Supermarket (Trip)<br><b>2:15 Word Games (MW)</b><br>3:00 Good Reads (MH)<br>7:00 Jack McCoy's World Update   | <b>LEGEND:</b><br>Chapel (C)<br>Fitness Center (F)<br>Heller Card Room (CR)<br>Heller Lobby (LH)<br><b>Heller Multi-Purpose Room (MH)</b>  |  |   |   | Theater (T)<br>Weston Game Room (WG)<br>Weston Lobby (LW)<br><b>Weston Multi-Purpose Room (MW)</b>   |  |