

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2014



1

9:30 Shabbat Services followed by Life Cycle Kiddush (C)
 2:00 Shabbat Study Group (C)
 3:15 Jewish Folklore with Naomi (CR)
 7:00 Movie (T)

Havdalah:
6:00 PM



2 SUPER BOWL SUNDAY! GROUNDHOG DAY!

10:00 Shake 'n Wake (MW)
 11:00 Chicken Soup for the Soul (MW)
1:00 Trip Departure for Movie & Dinner
 1:30 Bingo (MH)
3:15 Tom Aalfs, violinist, performs (MH)
6:30 Super Bowl Party (T)




3 *JCHC University

9:30 Exercise with Cindy (MH)
 10:00 Crosswords (MW)
***1:00 Bus departs to Village Apts. Topic: Creative Journaling**
1:30-3:00 Jewelry Making with Emily (MW)
3:30 Lester Life Long Learning with Chaim Lauer (MH)
7:00 Lester Life Long Learning with Chaim Lauer (MH)
 7:00 Movie (T)


4

10:00 Yoga (MH)
 10:15 Tuesday Trivia with Jeff (MW)
 1:30 Bingo (MH)
 3:15 Discussion with Dolly (MH)
7:00 The First Olympics: Athens 1896, pt. 1 (T)



5

9:30 Exercise with Cindy (MH)
 10:00 Blood Pressure Screening (F)
 10:00 Crosswords (MW)
11:00 JETS-JCC
1:30 Cheder Chabad School Visit (MW)
 2:00 Bridge with Masha (CR)
3:00 Travelogue: Discovering Greece (T)
7:00 The First Olympics: Athens 1896, pt. 2 (T)



6


10:00 Yoga (MH)
 10:30 Word Games (MW)
 11:00 Sharing with Cheryl: Famous Jewish Women (MH)
1:30 Lester Life Long Learning: Rabbi Rob Tobin (MH)
2:00 Coming Together with Heather (WG) for pre-registered residents only
3:00 "The Lighter Side of Me!" Lighthearted Stories (MH)
 7:00 Bingo (MH)
 7:00 Movie (T)



7 WEAR RED DAY! FOR HEART HEALTH MONTH

9:30 Morning Java: News & Schmooze (MW)
10:15 ABTP: Creative Writing (CR)
 11:00 Shabbat Simcha (MW)
1:15 NEW: Singing & Music with Coleen (MW)
 3:15 The Knitting Circle (MW)
 7:15 Shabbat Services (C)

Candle Lighting :
5:05 PM



Deadline to sign up for Feb. 10th outing to JCHC U

8

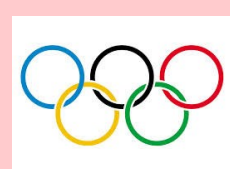
9:30 Shabbat Services (C)
 1:15 "Finish the Headline" (MW)
 2:00 Shabbat Study Group (C)
 3:15 The Joys of Yiddish with Naomi (CR)
 7:00 Movie (T)

Havdalah:
6:09 PM



9 MOVIE & DINNER TRIP

10:00 Shake Loose a Memory (MW)
 1:30 Bingo (MH)
 3:15 Encore Movie Matinee (T)
 3:15 Record Music Listening & Dancing (LW)
7:00 Chariots of Fire (T)



10 *JCHC University

9:30 Exercise with Cindy (MH)
10:15-11:45 ABTP: Songwriting with Alice (MH)
***1:00 Bus departs to B'nai Brith Bldg.:Topic: The Evolution of TV**
1:30-3:00 Jewelry Making with Emily (MW)
2:00 ABTP: Mens Group (T)
3:00 NEW: Speaker, Patsy Nance on: Highlights of the Newark Museum (MH)
7:00 Heller Tenants Association Meeting (MH)
 7:00 Movie (T)


11

10:00 Yoga (MH)
 10:15 Tuesday Trivia (MW)
11:00 Olympics Challenge with the Kushner Academy Teens (MH)
 1:30 Bingo (MH)
 1:30 Computer Help with Julia in the computer lab
 3:15 Discussion with Dolly (MH)
7:00 NEW: Downton Abbey, Season 1, episode 1 & 2 (T)



12

9:30 Exercise with Cindy (MH)
 10:00 Blood Pressure Screening (F)
 10:30 Crosswords (MW)
11:00 JETS-JCC
1:30 Fine Arts Group with Andrea (MW)
 2:00 Bridge with Masha (CR)
In Honor of Heart Health Awareness Month
3:00 Van Martin Performs Heart felt songs. Serving Heart Healthy Snacks (MH)
7:00 Cultural Arts Series: Daniel Barenboim and the Vienna Philharmonic (MH)
 7:00 Movie (T)



13


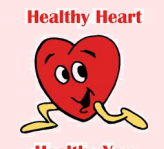
10:00 Yoga (MH)
 10:30 Word Games (MW)
 11:00 Sharing with Cheryl: Jewish Press Review (MH)
1:30 Lester Life Long Learning: Rabbi Rob Tobin (MH)
2:00 Coming Together with Heather (WG) for pre-registered residents only
3:00 "The Presidents" Documentary (MH)
 7:00 Bingo (MH)
 7:00 Movie (MH)



14 Total Hearing 12:30-4:30 (WG)

9:30 Morning Java: News & Schmooze (MW)
10:15 ABTP: Creative Writing (CR)
 11:00 Shabbat Simcha (MW)
1:30 Heart Healthy Baking with Barbara (MW)
2:00 ABTP: Talkin' Art with Paul (T)
 3:15 Knitting Circle (MW)
3:15 Dynamics with Dolly (MH)
 7:15 Shabbat Services (C)


Candle Lighting
5:13 PM

15










9:30 Shabbat Services followed by Life Cycle Kiddush (C)
 1:15 Quotable Quotes (MW)
 2:00 Shabbat Study Group (C)
 3:15 You Be The Judge (MW)
 7:00 Movie (T)

Havdalah:
6:17 PM



February 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Sit 'n Be Fit (MW) 11:00 Chicken Soup for the Soul (MW) 1:00 Pet visit with Roxie (LW) 1:00 Trip Departure for Movie & Dinner 1:30 Bingo (MH) 3:15 Cindy, The Singing Sensation (MH) 7:00 Movie (T)	17 PRESIDENTS DAY 9:30 Exercise with Cindy (MH) 10:30 Presidents Day Trivia (MW) 1:15 Word Games (MW) 3:30 Lester Life Long Learning with Chaim Lauer (MH) 7:00 Lester Life Long Learning with Chaim Lauer (MH) 7:00 Movie (T) *Deadline to sign up & pay for the Feb. 20th outing 	18 10:00 Yoga (MH) 10:15 Tuesday Trivia with Jeff (MW) 1:30 Bingo (MH) 3:15 Discussion with Dolly (MH) 7:00 NEW: Downton Abbey, Season 1 episodes 3 & 4 	19 9:30 Exercise with Cindy (MH) 10:30 Crosswords (MW) 11:00 JETS-JCC 1:15 Brain Games with Sharon Rogovin (MH) 2:00 Bridge with Masha (CR) 3:00 Birthday Bash with Carol Erickson Performing (MH) 7:00 Movie (T) 	20 W.ORANGE JCC OUTING 10:00 Yoga (MH) 11:00 Sharing with Cheryl: The Bintel Brief (MH) 1:30 Lester Life Long Learning: Cantor Russell Jayne (MH) 3:00 Weston Residents Council Meeting (MW) 7:00 Bingo (MH) 7:00 Movie (T)	21 9:30 Morning Java: News & Schmooze (MW) 10:15 ABTP: Creative Writing (CR) 11:00 Shabbat Simcha (MW) 1:15 Crafting with Barbara (MW) 2:15 Judy Ebright: Grandma Moses (T) 3:00 Knitting Circle (MW) 7:15 Shabbat Services (C) Candle Lighting 5:22 PM  *Deadline to sign up for Feb. 24th outing to JCHC U	22 9:30 Shabbat Services (C) 2:00 Shabbat Study Group (C) 1:15 February Trivia (MW) 3:15 The Joys of Yiddish with Naomi (MW) 7:00 Movie (T) Havdalah: 6:26 PM 
23 MOVIE & DINNER TRIP 10:00 Board Games (MW) 1:30 Bingo (MH) 3:15 Encore Movie Matinee (T) 3:15 Record Music Listening & Dancing (LW) 7:00 Moonlight Serenade, playing the cello & piano (MH) 	24 *JCHC University 9:30 Exercise with Cindy (MH) 10:15-11:45 Songwriting with Alice (MH) *1:00 -Bus departs to Plaza Topic: Genealogy & Creating a Family Tree 1:30 -3:00 ABTP: Jewelry Class with Emily (MW) 2:00 ABTP: Mens Group (T) 3:30 Lester Life Long Learning with Chaim Lauer (MH) 7:00 Lester Life Long Learning with Chaim Lauer (MH) 7:00 Movie (T)	25 10:00 Yoga (MH) 10:15 Tuesday Trivia (MW) 1:30 Bingo (MH) 1:30 Computer Help with Julia in the Computer Lab 3:15 Discussion with Dolly (MH) 7:00 NEW: Downton Abbey, Season 1 episodes 5 & 6	26 9:30 Exercise with Cindy (MH) 10:30 Crosswords (MW) 11:00 JETS-JCC 1:30 ABTP: Fine Arts (MW) 2:00 Bridge with Masha (CR) 3:15 Michelle Gilbert, Cardiac Nurse Practitioner: speaks on Heart Healthy Living (MH) 7:00 Cultural Arts Series: Cirque du Soleil "Alegria" (MH) 7:00 Movie (T) 	27 10:00 Yoga (MH) 11:00 David Harris: News & Views (MH) 1:30 Lester Life Long Learning: Rabbi Helaine Ettinger (MH) 3:00 Movie with a Message (T) 7:00 Bingo (MH) 7:00 Movie with a Message (T)	28 9:30 Morning Java: News & Schmooze (MW) 11:00 Shabbat Simcha (MW) 1:30 Heart Healthy Baking with Barbara (MW) 2:00 ABTP: Talkin' Art with Paul (T) 3:15 Knitting Circle (MW) 3:15 Discussion: Movie with a Message (MH) Candle Lighting 5:30 PM 	Healthy Heart  Healthy You

LEGEND:

Chapel (C) Fitness Center (F) Heller Card Room (CR) Heller Multipurpose room (MH) ABTP: Arts By The People	Theater (T) Weston Game Room (WG) Weston Lobby/Living Room (LW) Weston Multi-Purpose Room (MW)
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REMINDER: ALL ACTIVITIES ARE OPEN TO ALL RESIDENTS OF LESTER (Heller & Weston)

THIS CALENDAR IS SUBJECT TO CHANGES. PLEASE CHECK THE *LESTER LIFE CHANNEL* (SeniorTV Ch. 6) and the **DAILY SIGNS FOR ANY CHANGES.**