

# Sunday

# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

# Saturday

**\*Revised\***



# October 2013



## 6 Movie & Dinner Trip

10:00 Sit 'n Be Fit (MW)  
 11:00 "It's Never 2 Late" (MW)  
**1:00 Trip Departure**  
 1:30 Bingo (MH)  
 3:15 Encore Movie Matinee (T)  
 3:30 Arts & Crafts (MW)  
**7:00 Julian Performs (MH)**

## 7

9:30 Exercise with Cindy (MH)  
 10:30 Yiddish Potpourri (MH)  
 1:30-3:00 Jewelry Making with Colette (MW)  
**3:30 Lester Life Long Learning with Chaim Lauer (MH)**  
**7:00 Lester Life Long Learning with Chaim Lauer (MH)**

## 13

10:00 Sit 'n Be Fit (MW)  
 11:00 "It's Never 2 Late" (MW)  
 1:30 Bingo (MH)  
 1:00 Pet Visit (LW)  
 3:15 Encore Movie Matinee (T)  
 3:30 Match Ups (MW)  
**7:00 Jason Craig Performs (MH)**

## 14 Columbus Day

9:30 Exercise with Cindy (MH)  
 10:15-11:45 Songwriting with Alice (MH)  
 2:00 Mens Group (T)  
 7:00 Heller Tenant's Association Meeting (MH)  
 7:00 Movie (T)



## 1

9:30 Shake 'n Wake (MW)  
 10:15 Tues. Trivia (MW)  
 11:00 Walk 'n Talk: Meet in LW  
 1:30 Bingo (MH)  
 1:30 Computer Help with Tara in Computer Lab  
 3:15 Discussion with Dolly (MH)  
**7:00 NEW: Commander in Chief-the series pt.1 (T)**

## 8 Trip to W. Orange JCC

"Frick House: a Tiny Treasure" at 12:45 p.m.  
 10:00 Yoga (MH)  
 10:15 Tues. Trivia with Jeff (MW)  
 11:00 Walk 'n Talk: meet in LW  
**12:45 Trip Departure**  
 1:30 Bingo (MH)  
 3:00 Bridge with Masha (CR)  
 3:15 Discussion with Dolly (MH)  
**7:00 NEW: Commander in Chief-the series pt. 2 (T)**  
 \*Price of Trip is \$14.00.  
 Sign up & payment deadline is Oct. 4th with the Heller Concierge

## 15

10:00 Yoga (MH)  
 10:15 Tues. Trivia (MW)  
 11:00 Walk 'n Talk: meet in LW  
 1:30 Bingo (MH)  
 1:30 Computer Help with Tara in Computer Lab  
 3:15 Discussion with Dolly (MH)  
**7:00 NEW: Commander in Chief-the series pt.3 (T)**

## 2

9:30 Exercise with Cindy (CR)  
 10:00 Blood Pressure Screening (F)  
 10:30 Crosswords (MW)  
**11:00 JETS: JCC**  
 2:30 Bill Levy: The Marx Bros. (T)  
 3:00 Bridge with Masha (CR)  
 3:15 Mah Jongg (MW)  
 7:00 Movie (T)

## 9

9:30 Exercise with Cindy (MH)  
 10:00 Blood Pressure Screening (F)  
 10:30 Crosswords (MW)  
**11:00 JETS-JCC**  
 1:30-3:00 ABTP: Fine Arts Class (MW)  
**3:00 Ronnie Aiello Performs (MH)**  
 7:00 Jack McCoy's World Update (MH)

## 16

9:30 Exercise with Cindy  
 10:00 Blood Pressure Screening (F)  
 10:30 Crosswords (MW)  
**11:00 JETS-JCC**  
**1:15 Tea with Your Administrator (MH)**  
 2:30 Bill Levy: The Marx Bros. (T)  
 3:00 Bridge with Masha (CR)  
 3:15 Mah Jongg (MW)  
**7:00 Cultural Arts Series: Mystery of Picasso. In French with English subtitles (MH)**  
 7:00 Movie (T)

## 3

10:00 Yoga (CR)  
 10:30 Word Games (MW)  
 11:00 Sharing with Cheryl: Bintel Brief (MH)  
 1:30 Famous Faces (MW)  
 3:15 News & Views with Dave Harris (MH)  
 7:00 Bingo (MH)  
 7:00 Movie (MH)

## 10

10:00 Yoga (CR)  
 10:30 Word Games (MW)  
 11:00 Sharing with Cheryl: Readers Digest Review (MH)  
**1:30 Lester Life Long Learning: Rabbi Benjamin Adler (MH)**  
 3:00 Seasons of Life Group with Heather (CR)  
 3:30 Silk Flower Arranging (MW)  
 7:00 Bingo (MH)  
 7:00 Movie (T)

**Trip Sign up deadline today for Oct. 17th trip to W.Orange JCC**

## 17 \*Trip to W.Orange JCC "Secrets in the Suitcase" at 11:45 a.m.

10:00 Yoga (CR)  
 10:30 Word Games (MW)  
 11:00 Sharing with Cheryl: Famous Jewish Women (MH)  
**11:45 Trip Departure**  
**1:30 Lester Life Long Learning: Rabbi Benjamin Adler (MH)**  
 3:15 News & Views with Dave Harris (MH)  
 7:00 Bingo (MH)  
 7:00 Movie (T)  
 \*Price of Trip is \$2.00  
 Sign up & payment deadline is Oct. 10th with the Heller Concierge

## 4

9:30 Shake 'n Wake (MW)  
 10:15 ABTP: Creative Writing (CR)  
 11:00 Shabbat Simcha (MW)  
**1:30 Christine Woody Returns with Broadway Show Tunes (MH)**  
 2:30 Poetry with Paul (T)  
 3:30 Dynamics with Dolly (MH)  
 7:15 Shabbat Services (C)

**Trip Sign up deadline today for Oct. 8th trip to W.Orange JCC**

Candle Lighting: 6:17 P.M.



## 11 Total Hearing: 1-5 (WG)

9:30 Shake 'n Wake (MW)  
 10:15 Creative Writing (CR)  
 11:00 Shabbat Simcha (MW)  
 1:15 Dancing with Donna Marie (MH)  
 2:30 Sing along with Cheryl (MW)  
 7:15 Shabbat Services (C)

Candle Lighting : 6:05 P.M..



## 18

9:30 Shake 'n Wake (MW)  
 10:15 ABTP: Creative Writing (CR)  
 11:00 Shabbat Simcha (MW)  
 1:15 Dancing with Donna Marie (MH)  
**2:15 Judy Ebright presents: Late Renoir (T)**  
 2:30 Jewish Sing along (MW)  
 7:15 Shabbat Services (C)

Candle Lighting 5:55 P.M.



## 5

9:30 Shabbat Services  
 10:00 Chair Exercise (MW)  
 2:00 Shabbat Study Group (C)  
 3:15 Jewish Trivia (MW)  
 7:00 Movie (T)

Havdalah: 7:18 P.M..



## 12

9:30 Shabbat Services (C) followed by Life Cycle Kiddush  
**Celebrating the beginning of our 3rd year!**  
 10:00 Chair Exercise (MW)  
 2:00 Shabbat Study Group (C)  
 3:30 Shabbat Tea with Volunteer, Ava (MW)  
 7:00 Movie (T)

Havdalah: 7:07 P.M.



## 19

9:30 Shabbat Services (C)  
 10:00 Chair Exercise (MW)  
 2:00 Shabbat Study Group (C)  
 3:15 Story Time & Tea (MW)  
 7:00 Movie (T)

Havdalah: 6:56



# October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20 Movie &amp; Dinner Trip</b>  10:00 Sit 'n Be Fit (MW) 11:00 "It's Never 2 Late" (MW) <b>1:00 Trip Departure</b> 1:30 Bingo (MH) 3:30 Arts & Crafts (MW) <b>7:00 Bill Levy: October Movie Stars (T)</b>	<b>21</b>  9:30 Exercise with Cindy (MH) 1:30-3:00 Jewelry Class with Collette (MW) <b>3:30 Lester Life Long Learning with Chaim Lauer (MH)</b> <b>7:00 Lester Life Long Learning with Chaim Lauer (MH)</b>	<b>22</b>  10:00 Yoga (MH) 10:15 Tues. Trivia with Jeff (MW) 11:00 Walk 'n Talk: meet in LW 1:30 Bingo (MH) 3:00 Bridge with Masha (CR) 3:15 Discussion with Dolly (MH) 3:15 Man Jongg (MW) <b>7:00 Mike Fishteyn, Pianist, Performs (MH)</b>	<b>23 *Flu Vaccines available in Card Rm. 10 a.m.-6 p.m.</b>  9:30 Exercise with Cindy (MH) 10:00 Blood Pressure Screening (F) 10:30 Crosswords (MW) <b>11:00 JETS-JCC</b> <b>1:00 Heller Birthday Celebration (MH)</b> 1:30 ABTP: Fine Arts Class (MW) 3:00 Karaoke (MW) 7:00 Movie (T) *Please sign up at the nursing office-2nd floor, Weston Bldg. For more information please call 973-929-2745 	<b>24</b>  10:00 Yoga (CR) 10:30 Rhythm & You (MH) <b>12:45 Weston Birthday Celebration (D.R.)</b> Cantor T. Prosnitz presents Cantorial Music (MH) 3:00 Weston Residents Council Meeting (MW) <b>6:30-8:00 "Protecting Your Assets" with Robert Bernstein, Esquire (MH)</b> 7:00 Bingo (MW)	<b>25</b>  9:30 Shake 'n Wake (MW) 11:00 Shabbat Simcha (MW) 2:15 Shake Loose a Memory (MW) 7:15 Shabbat Services (C)  Candle Lighting 5:45 P.M. 	<b>26</b>  9:30 Shabbat Services Followed by Life Cycle Kiddush (C) 10:00 Chair Exercise (MW) 2:00 Shabbat Study Group (C) 3:15 Jewish Folklore & Tea (MW) 7:00 Movie (T)  Havdalah: 6:47 P.M. 
<b>27</b>  10:00 Sit 'n Be Fit (MW) 11:00 "It's Never 2 Late" (MW) 1:30 Bingo (MH) 3:15 Encore Movie Matinee (T) 3:30 Arts & Crafts (MW) <b>7:00 Tony Saxon Performs (MH)</b>	<b>28</b>  9:30 Exercise with Cindy (MH) 10:15-11:45 Songwriting with Alice (MH) 1:30 -3:00 Jewelry Class with Collette (MW) 2:00 Mens Group (T) <b>3:30 Lester Life Long Learning with Chaim Lauer (MH)</b> <b>7:00 Lester Life Long Learning With Chaim Lauer (MH)</b>	<b>29</b>  10:00 Yoga (MH) 10:15 Tues. Trivia (MW) <b>11:00 "Storm Chaser" Event (MH)</b> 1:30 Bingo (MH) 3:15 Discussion with Dolly (MH) 3:15 Mah Jongg (MW) <b>7:00 NEW: Commander in Chief-the series pt.4 (T)</b>	<b>30 *Trip with JCC to New York City: The Frick House &amp; Grand Central Station. Bus leaves at 9:00 from Whippany JCC</b>  9:30 Exercise with Cindy (MH) 10:00 Blood Pressure Screening (F) 10:30 Crosswords (MW) <b>11:00 JETS-JCC</b> <b>7:00 Cultural Arts Series: DuDu Fisher In Concert from Israel (MH)</b>  * Contact 973-929-2938 or 973-530-3474 for more details and to register	<b>31</b>  10:00 Yoga (CR) 10:30 Word Games (MW) 11:00 Travelogue: "Great Wonders & Splendors of the World" (MH) <b>1:30 Lester Life Long Learning: Rabbi David Nesson (MH)</b> 3:00 Movie with a Message (T) 7:00 Movie with a Message (T) 7:00 Bingo (MH)	<div style="background-color: yellow; padding: 10px; text-align: center;"> <p><b>REMINDER: ALL ACTIVITIES ARE OPEN TO ALL RESIDENTS OF LESTER (Heller &amp; Weston)</b></p> <p><b>THIS CALENDAR IS SUBJECT TO CHANGES. PLEASE CHECK THE LESTER LIFE CHANNEL (SeniorTV Ch. 6) DAILY FOR ANY CHANGES.</b></p> </div>	

## LEGEND:

Chapel (C)	Theater (T)
Fitness Center (F)	Weston Game Room (WG)
Heller Card Room (CR)	Weston Lobby/Living Room (LW)
Heller Multipurpose room (MH)	Weston Multi-Purpose Room (MW)

