

# September



**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

**1**  
10:00 Sit 'n Be Fit (MW)  
11:00 Family Feud (MW)  
1:30 Bingo (MH)  
3:15 Encore Movie Matinee (T)  
3:30 Arts & Crafts (MW)  
7:00 Movie (T)

**2**  
**Labor Day**  
9:30 Exercise with Cindy (MH)  
10:30 Word Games (MW)  
2:00 Yoga with Arlene (CR)  
**3:00 Jimmy Sabini performs (MH)**  
7:00 Movie (T)

**3**  
9:30 Shake 'n Wake (MW)  
10:15 Tues. Trivia with Jeff (MW)  
**11:00-12:00 LESTER MEMORIAL SERVICE (MH)**  
1:30 Bingo (MH)  
1:30 Computer help with Tara in Computer Lab  
3:00 Bridge with Masha (CR)  
3:15 Discussion with Dolly (MH)  
**7:00 Van Martin Entertains (MH)**

**4**  
**Erev Rosh Hashana**  
9:30 Exercise with Cindy (CR)  
10:00 Blood Pressure Screening (F)  
1:15 Movie: "Ellis Island" (T)  
1:30-3:00 ABTP: Fine Arts with Willie (MW)

**5 1st Day Rosh Hashana**  
10:30 Morning Stretch (MW)  
1:30 Tea & Story Time (MW)  
3:00 Jewish Humor (MW)

**6**  
**2nd Day Rosh Hashana**  
10:30 Morning Stretch (MW)  
1:30 You Be The Judge (MW)  
3:00 Jewish Trivia (MW)  
7:15 Shabbat Services

**7**  
9:30 Shabbat Services followed by Lifecycle Kiddush  
2:00 Shabbat Study Group (C)  
3:30 Shabbat Tea with Volunteer, Ava (MW)  
7:00 Movie (T)

**FOR HOLIDAY SERVICES PLEASE SEE THE ENCLOSED HIGH HOLIDAY BOOKLET  
WISHING YOU A HAPPY & HEALTHY NEW YEAR**

**National Assisted Living Week Is Sept. 8-14th**



Candle Lighting: 7:07 p.m.

Candle Lighting: After 8:08 p.m.

Candle Lighting: 7:04 p.m.

Havdalah: P.M. 8:05

**8**  
**Grandparents Day**  
10:00 Sit 'n Be Fit (MW)  
11:00 Trivial Pursuit (MW)  
1:00 Pet Visit (LW)  
**2:00 Tuvia Zimber Entertains-Launching National Assisted Living Week (MH)**  
3:30 Bingo (MH)  
7:00 Bill Levy: September Movie Stars (T)

**9**  
9:30 Exercise with Cindy (MH)  
10:15-11:45 Homemade Happiness in Art: Song Writing with Alice (MH)  
**1:30 Apple & Honey Presentation (MH)**  
2:30 Yoga with Arlene (CR)  
2:30 Mens Group (T)  
7:00 Cultural Art Series: "Joffrey: Mavericks of American Dance" (MH)  
7:00 Movie (T)

**10**  
9:30 Shake 'n Wake (MH)  
10:15 Tues. Trivia (MW)  
11:00 Walk 'n Talk: meet in LW  
11:00 Dancing with Donna Marie (MH)  
1:30 Bingo (MH)  
3:00 Bridge with Masha (CR)  
3:15 Discussion with Dolly (MH)  
7:00 Movie (T)

**11 Total Hearing 9:30-12:30**  
9:30 Exercise with Cindy (MH)  
10:00 Blood Pressure Screening (F)  
10:30 Crosswords (MW)  
**11:00 JETS-JCC 1:30 Info session "All You Wanted to Know About Assisted Living & Other Levels of Care" (MH)**  
2:30 Bill Levy: The Gershwins (T)  
2:30 Baking Apple Treats (MW)  
7:00 Jack McCoy's World Update (MH)

**12**  
10:00 Yoga with Arlene (CR)  
10:30 Word Games (MW)  
11:00 Sharing with Cheryl: The Living Torah (MH)  
2:00 Weston Residents Council meeting & ice cream social (MW)  
3:00 Seasons of Life Group with Heather (CR)  
3:30 Silk Flower Arranging (MW)  
7:00 Bingo (MH)  
7:00 Movie (T)

**13 Erev Yom Kippur Kol Nidre**  
9:30 Shake 'n Wake (MW)  
10:15 ABTP: Creative Writing (CR)  
1:30 "Floral & Hardy" Horticulture Demonstration (CR)  
2:30 ABTP: Poetry with Paul (T)  
Candle Lighting : 6:52 p.m.

**14 Yom Kippur**  
10:00-12:00 Reminiscing & Story Telling -(MW)  
1:30-3:30 Rummikub & Board Games (MW)

**FOR HOLIDAY SERVICES PLEASE SEE YOUR HIGH HOLIDAY BOOKLET**

Havdalah: P.M. 7:53



**15 \*Trip to "Opera at Florham"**  
10:00 Sit 'n Be Fit (MW)  
11:00 "Chicktionary" Game (MW)  
1:30 Bingo (MH)  
**2:00 Trip departure**  
3:15 Encore Movie Matinee (T)  
3:30 Arts & Crafts (MW)  
**7:00 Russ Martone Entertains (MH)**  
**\*Price of trip is \$15.00. Sign up & payment deadline is 9/4 with the Heller Concierge.**

**16 \* JCC W. Orange Trip BBQ & Lecture**  
9:30 Exercise with Cindy (MH)  
10:30 Word Games (MW)  
**11:00 Trip Departure**  
2:30 Yoga with Arlene (CR)  
3:00 Cap-Tel Phone Demonstration (MH)  
7:00 Movie (T)  
**\*Price of trip is \$5.00. Sign up & payment deadline is 9/12 with the Heller Concierge**

**17 \*JCC Trip to Pier Village**  
9:30 Shake 'n Wake (MH)  
10:15 Tues. Trivia with Jeff (MW)  
11:00 Walk 'n Talk: meet in LW  
1:30 Bingo (MH)  
1:30 Computer help with Tara in computer lab  
3:00 Bridge with Masha (CR)  
3:15 Discussion with Dolly  
7:00 Movie (T)  
**\*Call Gina Goldman to register: 973-530-3448**

**18 Erev Sukkot**  
10:00 Blood Pressure Screening (F)  
**10:30 Sukkah Visit with Academy of Morris County on the patio**  
**11:00 JETS-JCC**  
2:30 Bill Levy: The Gershwins (T)  
3:15 Mah Jongg (MW)  
Candle Lighting: 6:43 p.m.

**19 1st day of Sukkot**  
10:30 Morning Stretch (MW)  
1:30 Tea & Story Time (MW)  
3:00 Jewish Humor (MW)

**20 2nd day of Sukkot**  
10:30 Morning Stretch (MW)  
1:30 You Be The Judge (MW)  
3:00 Jewish Trivia (MW)  
Candle Lighting 6:40 p.m.

**21 Shabbat Chol Hamoed**  
9:30 Shabbat Services Followed by Lifecycle Kiddush in the Sukkah (C)  
10:00 Chair Exercise (MW)  
2:00 Shabbat Study Group (C)  
3:15 Story Time & Tea (MW)  
7:00 Movie (T)  
Havdalah: 7:41 P.M.

**FOR HOLIDAY SERVICES PLEASE SEE YOUR HIGH HOLIDAY BOOKLET**

Candle Lighting After 7:44 p.m.

Candle Lighting 6:40 p.m.



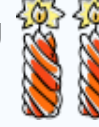





# September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p><b>22 Chol Hamoed</b> <b>DINNER &amp; MOVIE TRIP</b></p> <p>10:00 Sit 'n Be Fit (MW) 11:00 Trivial Pursuit (MW) <b>1:00 Trip Departure</b> 1:30 Bingo (MH) 3:30 Arts &amp; Crafts (MW) 7:00 Movie (T)</p>	<p><b>23 Chol Hamoed</b> <b>*JCC W. Orange Trip</b> <b>Lecture "Economic Crisis in American History"</b></p> <p>9:30 Exercise with Cindy (MH) 10:15-11:45 ABTP: Song Writing (MH) <b>12:45 Trip Departure</b> <b>1:30 Jewelry Class with Collette (MW)</b> 2:00 Mens Group (T) <b>3:00 Mario Entertains (MH)</b> 7:00 Cultural Arts Series: "Celtic Woman: Songs From the Heart" 7:00 Movie (T)</p> <p><b>*Price of trip is \$7.00 Sign up &amp; payment deadline is 9/17 with the Heller Concierge.</b></p>	<p><b>24 Chol Hamoed</b></p> <p>9:30 Shake 'n Wake (MH) 10:15 Tues. Trivia (MW) 11:00 Walk 'n Talk: meet in LW 1:30 Bingo (MH) 3:00 Bridge with Masha 3:15 Discussion with Dolly (MH) 7:00 Jack McCoy's World Update (MH)</p>	<p><b>25 Hoshana Rabbah</b></p> <p>9:30 Exercise with Cindy (MH) 10:00 Blood Pressure Screening (F) 10:30 Crosswords (MW) <b>11:00 JETS-JCC</b> 1:30 ABTP: Fine Arts Group with Willie (MW)</p> <p>Candle Lighting 6:32 p.m. </p>	<p><b>26 Shmini Atzeret</b></p> <p>10:30 Morning Stretch (MW) 1:30 Tea &amp; Story Time (MW) 3:00 Jewish Humor (MW)</p> <p>Candle Lighting After 7:33 p.m. </p>	<p><b>27 Simchat Torah</b></p> <p>10:30 Morning Stretch (MW) 1:30 You Be The Judge (MW) 3:00 Jewish Trivia (MW)</p> <p>Candle Lighting 6:28 p.m. </p>	<p><b>28</b></p> <p>9:30 Shabbat Services 10:00 Chair Exercise (MW) 2:00 Shabbat Study Group (C) 3:15 Jewish Trivia (MW) 7:00 Movie (T)</p> <p>Havdalah: 7:30 P.M. </p>
FOR HOLIDAY SERVICES PLEASE SEE YOUR HIGH HOLIDAY BOOKLET						

**29**

10:00 Sit 'n Be Fit (MW)  
11:00 Family Feud (MW)  
1:30 Bingo (MH)  
3:15 Encore Movie Matinee (T)  
3:30 Arts & Crafts (MW)  
**7:00 Hal Brister Performs (MH)**

**30**

9:30 Exercise with Cindy (MH)  
10:30 Word Games (MW)  
1:15 Dancing with Donna Marie (MH)  
**1:30 Jewelry Class with Collette (MW)**  
2:30 Mens Club (T)  
**3:30 Lester Life Long Learning (MH)**  
**7:00 Lester Life Long Learning (MH)**  
7:00 Movie (T)



**Lester Life Long Learning resumes September 30th**



### LEGEND:

Chapel (C)  
Fitness Center (F)  
Heller Card Room (CR)  
Heller Multipurpose room (MH)

Theater (T)  
Weston Game Room (WG)  
Weston Lobby/Living Room (LW)  
Weston Multi-Purpose Room (MW)

**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) DAILY FOR ANY CHANGES.**

