

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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January 2016



3
 10:00 Morning Stretch (MW)
 1:30 Bingo (MH)
 2:45 Encore Movie Matinee (T)
 7:00 Movie (T)

4
 9:30 Exercise (MH)
 10:30 Word Games (MW)
1:30 ABTP: Singing and Songwriting with Alice (MW)
 3:30 Lester Life Long Learning with Chaim Lauer (MH)
7:00 Discussion with Dolly (MH)
 7:00 Movie (T)

5
 10:00 Yoga (MH)
 10:30 Tuesday Trivia (MW)
 1:30 Bingo (MH)
3:00 Biography: Charles Dickens (T)
7:00 Cultural Arts Series: Sondheim, "Yanni Live at the Acropolis" (MH)
 7:00 Movie (T)

6
 9:30 Exercise (MH)
 10:00 Blood Pressure Screening (CR)
 10:30 Crosswords (MW)
 11:00 JETS-JCC
 1:30 ABTP: Fine Arts with Cesar (CR)
3:00 Alex Zarillo Sings Songs of Yesteryear (MH)
 7:00 Lester Life Long Learning with Chaim Lauer (MH)
 7:00 Movie (T)

7
 10:00 Yoga (MH)
 10:30 Word Games (MW)
1:15 Trip Departure to "The Shoppes of Union Hill" (This replaces the usual shopping trip)
 1:30 Lester Life Long Learning with Cantor Jessica Epstein (MH)
 3:00 Zumba Gold (MH)
 7:00 Bingo (MH)
 7:00 Movie (T)

8 **Total Hearing: 12:30-4:00 (CR)**
 9:30 Morning Java: News & Schmooze (MW)
 11:00 Shabbat Simcha (MW)
1:30 ABTP: Talkin' Art with Paul: "The Borscht Belt: Bungalow Colonies, Hotels & Comedians" (T)
 3:00 Records and Dancing in the Weston Living Room
 7:15 Shabbat Services (C)

Candle Lighting : 4:28 PM

9
9:30 Shabbat Services followed by Life Cycle Kiddush (C)
 1:30 Trivial Pursuit (MW)
 2:00 Torah Study Class (MH)
 5:37 Havdalah Service (C)
 7:00 Movie (T)

10 **Movie & Dinner Trip**
 10:00 You Be The Judge (MW)
1:00 Approximate Departure to Movie
 1:30 Bingo (MH)
3:30 Moderately Bright Four Acapella Group Performs (MH)
 7:00 Movie (T)

11
 9:30 Exercise (MH)
 10:30 Word Games (MW)
 1:30 ABTP: Floral Arts with Megan (MH)
 2:00 ABTP: Men's Group with Paul (T)
7:00 Heller Tenant's Association Meeting (MH)
 7:00 Movie (T)

12
 10:00 Yoga (MH)
 11:00 Tuesday Trivia with Jeff (MH)
 1:30 Bingo (MH)
3:00 Tea With Your Administrator (MH)
7:00 Discussion with Dolly (MH)
 7:00 Movie (T)

13
***9:00 Blood Pressure Screening (CR)**
 9:30 Exercise (MH)
 10:30 Crosswords (MW)
10:30 NEW: Beading & Jewelry Making with Donna Drew (CR)
 11:00 JETS-JCC
1:30 NEW: ABTP: Drink & Draw (CR)
3:00 Caribbean & Calypso Party with DJ, Roberto (MH)
 7:00 Lester Life Long Learning with Chaim Lauer (MH)

***New Time every other week**

14
 10:00 Yoga (MH)
11:00 Laughter Yoga in the Weston Living Room
 11:00 Computer Help with Andrew in the Computer Lab
 1:30 Lester Life Long Learning: with Cantor Jessica Epstein (MH)
3:00 "All About Sholem Aleichem" with Bennett Muraskin (MH)
 7:00 Bingo (MH)
 7:00 Movie (T)

15
 9:30 Morning Java: News & Schmooze (MW)
 10:30-12:00 ABTP: Memoir Writing with Paul (MH)
 11:00 Shabbat Simcha (MW)
2:00 Judy Ebright: Spanish Artists (T)
 3:00 Knitting Group with Barbara (MW)
 7:15 Shabbat Services (C)

Candle Lighting : 4:36 PM

16
 9:30 Shabbat Services (C)
 1:30 Shabbat Tea and Jewish Stories (MW)
 2:00 Shabbat Study Group (MH)
 5:45 Havdalah Service (C)
 7:00 Movie (T)



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17
 10:00 Morning Stretch (MW)
 1:30 Bingo (MH)
 2:45 Encore Movie Matinee (T)
 7:00 Movie (T)

18 **Martin Luther King Day**
 9:30 Exercise (MH)
 10:30 Word Games (MW)
 1:30 ABTP: Floral Arts with Megan (MH)
 3:30 Lester Life Long Learning with Chaim Lauer (MH)
 7:00 Discussion with Dolly (MH)
 7:00 Movie (T)



19
 10:00 Yoga (MH)
 10:30 Tuesday Trivia (MW)
 1:30 Bingo (MH)
 3:00 Baking Etta's Mandelbroit (MW)
 7:00 Cultural Arts Series: "Sickert vs. Sargent" The Lives of Britain's Masters of Modern Art (MH)
 7:00 Movie (T)

20
 9:30 Exercise (MH)
 10:00 Blood Pressure Screening (CR)
 10:30 Golda Och Academy Visit (MH)
 11:00 JETS-JCC
 1:15 Brain Games with Sharon Rogovin (MH)
 3:00 Tu B'Shevat Seder (MH)
 7:00 Lester Life Long Learning with Chaim Lauer (MH)
 7:00 Movie (T)

21
 10:00 Yoga (MH)
 10:30 Word Games (MW)
 1:30 Lester Life Long Learning with Rabbi Menashe East (MH)
 3:00 Presentation by Museum of Early Trades & Crafts: "What's Cookin'" (MH)
 7:00 Bingo (MH)
 7:00 Movie (T)

22
 9:30 Morning Java: News & Schmooze (MW)
 11:00 Shabbat Simcha (MW)
 1:30 Musical Memories with Coleen (MW)
 3:00 Records & Dancing in the Weston Living Room
 7:15 Shabbat Services (C)

Candle Lighting : 4:44 PM




23
 9:30 Shabbat Services followed by Life Cycle Kiddush (C)
 1:30 Trivial Pursuit (MW)
 2:00 Shabbat Study Group (MH)
 5:53 Havdalah Service (C)
 7:00 Movie (T)

Havdalah 5:53 PM



24 **Movie & Dinner Trip**
 10:20-12:00 Montclair Jewish Workshop "Tikun Olam Tour" (MH)
 1:00 Approximate Departure to Movie
 1:30 Bingo (MH)
 3:30 Andrew Foote, Broadway Singer (MH)
 7:00 Movie (T)


25 **Tu B'Shevat**
 9:30 Exercise (MH)
 10:30 Word Games (MW)
 1:30 ABTP: Singing and Songwriting with Alice (MW)
 2:00 ABTP: Men's Group with Paul (T)
 3:30 Lester Life Long Learning with Chaim Lauer (MH)
 7:00 Movie (T)



26
 10:00 Yoga (MH)
 10:30 Tuesday Trivia with Jeff (MW)
 1:30 Bingo (MH)
 3:00 Weston Residents Council Meeting (MW)
 7:00 Discussion with Dolly (MH)
 7:00 Movie (T)

27
 *9:00 Blood Pressure Screening (CR)
 9:30 Exercise (MH)
 10:30 Crosswords (MW)
 10:30 NEW: Beading & Jewelry Making with Donna Drew (CR)
 11:00 JETS-JCC
 1:30 ABTP: Fine Arts with Cesar (CR)
 3:00 Birthday Bash with Mario De Kunia (MH)
 7:00 Lester Life Long Learning with Chaim Lauer (MH)
 7:00 Movie (T)

*New Time every other week



28
 10:00 Yoga (MH)
 11:00 "Rhythm & You" in the Weston Living Room
 1:30 Lester Life Long Learning with Rabbi Menashe East (MH)
 3:00 Zumba Gold (MH)
 7:00 Bingo (MH)
 7:00 Movie (T)


29
 9:30 Morning Java: News & Schmooze (MW)
 10:30-12:00 ABTP: "Let's Talk" with Paul (MH)
 11:00 Shabbat Simcha (MW)
 1:30 Sing Along with Roberta (MW)
 3:00 Dynamics with Dolly (MH)
 7:15 Shabbat Services (C)

Candle Lighting : 4:52 PM



30
 9:30 Shabbat Services (C)
 1:30 Shabbat Stories with Tea & Cake (MW)
 2:00 Shabbat Study Group (MH)
 6:01 Havdalah Service (C)
 7:00 Movie (T)

Havdalah 6:01 PM



31
 10:00 Morning Stretch (MW)
 2:00 Congregation B'nai Israel Presents YENTL, with Barbra Streisand. Discussion to Follow (T)
 7:00 Bingo (MH)

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.

LEGEND:

Chapel (C)
 Fitness Center (F)
 Heller Card Room (CR)
 Heller Lobby (LH)
 Heller Multi-Purpose Room (MH)

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