



# May 2016



**1** **Movie & Dinner Outing**

10:30 Morning Stretch & Walking Club (MW)  
**1:00 Approximate Departure to Movie**  
 1:30 Bingo (MH)  
 2:45 Encore Movie Matinee (T)  
 7:00 Movie (T)

**2**

10:00 Exercise (MH)  
 11:00 Word Games (MW)  
 1:30 ABTP: Floral Arts with Megan (MH)  
 3:30 Lester Life Long Learning with Chaim Lauer (MH)  
 7:00 Movie (T)

**3**

10:00 Yoga (MH)  
 11:00 Yiddish Potpourri with Rebecca Levine (MH)  
 1:30 Bingo (MH)  
 3:30 CEO Chat with Weston Residents (MW)  
 7:00 CEO Chat with Heller Residents (MH)  
 7:00 Movie (T)

**4**


10:00 Blood Pressure Screening (CR)  
 10:00 Exercise (MH)  
 11:00 Crosswords (MW)  
 11:00 JETS-JCC  
 1:30 ABTP: Fine Arts with Cesar (CR)  
**3:00 "Narrow Escapes" Jazz Duo (MH)**  
 7:00 Lester Life Long Learning with Chaim Lauer (MH)  
 7:00 Movie (T)

**5** **YOM HASHOAH**

10:00 Yoga (MH)  
 11:00 Word Games (MW)  
 1:30 Lester Life Long Learning with Cantor Ted Proznitz (MH)  
 3:00 Yom Hashoah Program (MH)  
 7:00 Bingo (MH)  
 7:00 Movie (T)

**6**

9:30 Morning Java: News & Schmooze (MW)  
 10:30-12:00 ABTP: Memoir Writing with Paul (MH)  
 11:00 Shabbat Simcha (MW)  
 1:30 Musical Memories with Coleen (MW)  
 3:00 Zumba Gold (MH)  
 7:15 Shabbat Services (C)

Candle Lighting : 7:41 PM 

**7**

9:30 Shabbat Services followed by Life Cycle Kiddush (C)  
 1:30 Trivia with Richard (MW)  
 2:00 Torah Study Class (MH)  
 7:00 Movie (T)  
 8:50 Havdalah Service (C)

Havdalah: 8:50 PM 

**8** **HAPPY MOTHERS DAY!**

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

**9**

10:00 Exercise (MH)  
 11:00 Word Games (MW)  
 1:30 ABTP: Songs & Songwriting with Alice (MW)  
 2:00 ABTP: Men's Club (T)  
**3:00 Mother's Day Tea, With DJ, Aaron (MH)**  
 7:00 Heller Tenants Association Meeting (MH)  
 7:00 Movie (T)

**10**

10:00 Yoga (MH)  
 11:00 Tuesday Trivia with Jeff (MW)  
 1:30 Bingo (MH)  
 3:15 Discussion with Dolly (MH)  
 7:00 Cultural Arts Series with Shirley Saland: Encores! Great Performances at the Met (MH)  
 7:00 Movie (T)

**11** **YOM HAZIKARON**

9:00 Blood Pressure Screening (CR)  
 10:00 Exercise (MH)  
 11:00 "Muscle Tension Yoga" in the Weston Living Room  
 11:00 JETS-JCC  
 1:30 ABTP: Drink & Draw (CR)  
 3:00 Skit Reading in the Weston Library  
 7:00 Movie (T)

**12** **YOM HA'ATZMAUT**

10:00 Yoga (MH)  
 11:00 ABTP: Wearable Art with Emily (MW)  
 11:00 Computer Help with Andrew in the Computer Lab  
 1:30 Lester Life Long Learning with Cantor Ted Proznitz (MH)  
**3:00 Estere, Singing songs of Israel, sponsored by Lester Congregation (MH)**  
**4:00 Piano Playing with Enid in the Heller Lobby**  
 7:00 Bingo (MH)  
 7:00 Movie (T)

**13**

9:30 Morning Java: News & Schmooze (MW)  
 11:00 Shabbat Simcha (MW)  
 1:30 Sing along (MW)  
 3:00 "Niagara: Miracles, Myths & Magic" (T)  
 7:15 Shabbat Services (C)

Candle Lighting : 7:48 PM 

**14**

9:30 Shabbat Services (C)  
 1:30 Stories & Snack (MW)  
 2:00 Torah Study Class (MH)  
 7:00 Movie (T)  
 8:57 Havdalah Service (C)

Havdalah: 8:57 PM 

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**


15  
 10:00 Morning Stretch & Walking Club (MW)  
 1:30 Bingo (MH)  
 3:30 Steve Minzer and his Jazz Band (MH)  
 7:00 Movie (T)


16  
 10:00 Exercise (MH)  
 11:00 Word Games (MW)  
 1:30 ABTP: Floral Arts with Megan (MH)  
 3:30 Lester Life Long Learning with Chaim Lauer (MH)  
 7:00 Movie (T)

17 **9 AM-12 NOON- American Hearing Center (CR)**  
 10:00 Yoga (MH)  
 10:30 Tuesday Trivia with Jeff (MW)  
 1:30 Bingo (MH)  
 3:15 Discussion with Dolly (MH)  
 7:00 Movie (T)

18  
 10:00 Exercise (MH)  
 10:00 Blood Pressure Screening (CR)  
 11:00 Crosswords (MW)  
 11:00 JETS-JCC  
 1:30 "For Opera Lovers Only: Tchaikovsky's Eugene Onegin" (T)  
 1:30 You Be The Judge (MW)  
 3:00 Skit Reading in the Weston Library  
 7:00 Lester Life Long Learning with Chaim Lauer (MH)  
 7:00 Movie (T)

19  
 10:00 Yoga (MH)  
 11:00 Word Games (MW)  
 1:15 Shopping Trip to Union Hills-This replaces usual shopping trip  
 1:30 Lester Life Long Learning: with Janice Colmar (MH)  
 3:00 Zumba Gold (MH)  
 7:00 Bingo (MH)  
 7:00 Movie (T)

20  
 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: Mother & Child (T)  
 3:00 ABTP: "Let's Talk" with Paul (MH)  
 7:15 Shabbat Services (C)  
 Candle Lighting : 7:55 PM 

21  
 9:30 Shabbat Services followed by Life Cycle Kiddush (C)  
 1:30 Trivia with Richard (MW)  
 2:00 Shabbat Study Group (MH)  
 7:00 Movie (T)  
 9:03 Havdalah Service (C)  
 Havdalah 9:03 PM 

22 **Movie & Dinner Outing**  
 10:00 Morning Stretch & Walking Club (MW)  
 1:00 Approximate Departure to Movie  
 1:30 Bingo (MH)  
 3:30 Chatham Band Performance (MH)  
 7:00 Movie (T)


23  
 10:00 Exercise (MH)  
 11:00 Word Games (MW)  
 1:30 ABTP: Songs & Songwriting with Alice (MW)  
 2:00 ABTP: Men's Club (T)  
 3:30 Lester Life Long Learning with Chaim Lauer (MH)  
 7:00 Movie (T)

24  
 10:00 Yoga (MH)  
 10:30 Tuesday Trivia (MW)  
 1:30 Bingo (MH)  
 3:15 Discussion with Dolly (MH)  
 7:00 Cultural Arts Series with Shirley Saland: "Naughty Marietta" 1935 Oscar Winner (MH)  
 7:00 Movie (T)

25  
 9:00 Blood Pressure Screening (CR)  
 10:00 Exercise (MH)  
 11:00 Crosswords (MW)  
 1:30 ABTP: Fine Arts Class with Cesar (CR)  
 2:00 Heller Food Meeting with Mitch (CR)  
 3:00 Birthday Bash with Hal Brewster (MH)  
 7:00 Lester Life Long Learning with Chaim Lauer (MH)  
 7:00 Movie (T)



26 **L'AG B'OMER**  
 10:00 Yoga (MH)  
 11:00 ABTP: Wearable Art with Emily (MW)  
 11:00 New Tenants Meeting in the Private Dining Rm.  
 1:30 Lester Life Long Learning: with Janice Colmar (MH)  
 3:00 Weston Residents Council Meeting (MW)  
 4:00 Piano Playing with Enid in the Heller Lobby  
 7:00 Bingo (MH)  
 7:00 Movie (T)

27  
 9:30 Morning Java: News & Schmooze (MW)  
 11:00 Shabbat Simcha (MW)  
 1:30 Sing along with Roberta (MW)  
 3:00 ABTP: Talkin' Art with Paul: Contemporary Art in Israel Today (T)  
 7:15 Shabbat Services (C)  
 Candle Lighting : 8:01 PM 

28  
 9:30 Shabbat Services (C)  
 1:30 Stories & Snack (MW)  
 2:00 Shabbat Study Group (MH)  
 7:00 Movie (T)  
 9:09 Havdalah Service (C)  
 Candle Lighting : 9:09 PM 

29  
 10:00 Morning Stretch & Walking Club (MW)  
 1:30 Bingo (MH)  
 2:45 Encore Movie Matinee (T)  
 7:00 Movie (T)

30 **MEMORIAL DAY**  
 10:00 Exercise (MH)  
 11:00 Memorial Day Trivia (MW)  
 1:30 ABTP: Songs & Songwriting with Alice (MW)  
 3:00 "Komediant" An Encore Presentation (MH)  
 7:00 Movie: Yankee Doodle Dandy (T)



31  
 10:00 Yoga (MH)  
 10:30 Tuesday Trivia with Jeff (MW)  
 2:00 \*Rick Heller, Author, Discusses His Book, "Secular Guided Meditation" (MH)  
 3:15 Discussion with Dolly (MH)  
 7:00 Movie (T)

\*Please note that Rick Heller is the son of Weston resident, Helen Heller

**REMINDER: ALL ACTIVITIES ARE OPEN TO ALL RESIDENTS OF LESTER (Heller & Weston)**  
**THIS CALENDAR IS SUBJECT TO CHANGES. PLEASE CHECK THE LESTER LIFE CHANNEL (Senior TV Ch. 6) and the DAILY SIGNS FOR ANY CHANGES**

**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)