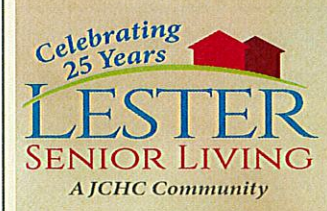


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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# May 2026

## JAHM

### JEWISH AMERICAN HERITAGE MONTH

1  
11:00 Zumba with Tammy Resiknoff (Heller Lobby)  
1:30 JAHM: The Jewish Americans Part 1: They Came to Stay  
4:00 Daily Chronicles (Café) Record Playing in the Weston Living Room  
7:30 Shabbat Services with Rabbi Kirsch (C)  
7:36 Candle Lighting

2  
9:30 Shabbat Services with (C)  
2:00 Torah Study Class (MH)  
8:37 Havdalah

3  
11:00 Balance Class with Roz (MH)  
12:00 Daily Chronicles (Café)  
2:00 Sunday Matinee: "The Dreamer" (MH)  
3:00 Activity Packages (Café and Weston Security Desk)

4 Resident Council Elections 10am-1PM  
9:30 Trip: BJs  
10:30 Functional Fitness with Tammy Resiknoff (MH)  
11:00 Mental Aerobics: Brainteasers (MW)  
1:30 Trip: Ledgewood Commons  
1:30 Weston Resident Council Meeting (MW)  
2:00 Music Mavens Performs- "Ode to New York" (Heller Lobby)  
2:00 Movie: Star Wars- "The Rise of Skywalker" (T)  
4:00 Motown Mondays with Chris (Cafe)

5 **AMC Theaters-**  
**"The Devil Wears Prada"**  
9:30 Trip: Rt. 10 Shopping  
10:15 Tai Chi (MH)  
11:15 Mental Aerobics: Word Games (MW)  
11:45 Bus Departs to Theater  
1:30 Bingo! (MH)  
2:00 JCHC Choir Rehearsals (MW)  
3:00 This Week in History with Debbie Schapiro (MH)  
4:00 Record Playing (Weston Card Room)  
7:30 Evening Cinema: (T)  
  
Suspense Tuesdays:  
"Rear Window" (T)

6 Lester Derby Day!  
9:30 Beauty Salon  
9:30 Trip: Parsippany Shopping  
11:15 Hold Your Horses! Horse Derby Race & Music Trivia (Heller Lobby)  
1:30 Trip: Livingston Shopping  
1:20 Derby Movie: "Ride Like a Girl" (T)  
3:00 Yoga with Kim (MH)  
4:00 Derby Wine Down with Chris (Heller Lobby)  
7:30 The Great Debate with Ralph Cohen (MH)

7 9:30 Beauty Salon  
10:15 Balance and Mindfulness with Tami Rager (Heller Patio)  
11-3pm Spring Bling Sale: Paparazzi Jewelry & Accessory Sales  
11:00 Art Class- "Everything Acrylic with Isabelle" (MW)  
1:30 "Changes" - Poems of Life. The Human & The Being— (Poems read by the author's wife, Sima Parisa and others) (T)  
3:00 You Be the Judge (MW)  
7:30 Evening Bingo w/Debie (MW)  
7:30 Lester Evening Cinema: "Akeelah and The Bee" (T)

8 **Morris Museum:**  
**Henri Matisse Exhibit – Beyond Color (..and more!)**  
9:30 Trip: Target  
11:00 Zumba with Tammy Resiknoff (Heller Lobby)  
12:30 Bus Departs for Museum  
1:30 JAHM: The Jewish Americans Part 2- A World of Their Own (T)  
4:00 Daily Chronicles (Café)  
7:30 Shabbat Services with Micael Jungreis (C)  
7:43 Candle Lighting

9  
9:30 Shabbat Services with (C)  
2:00 Torah Study Class (MH)  
2:00 Canasta (Card Room)  
7:00 Rummikub Game (Heller Lobby)  
8:44 Havdalah

10 **Happy Mother's Day!**  
11:00 Balance Class with Roz (MH)  
12:00 Daily Chronicles (Café)  
1:30 **Mother's Day Piano Treat: Piano Playing with Maggie, Jasmine (Heller Lobby)**  
2:30 Mother's Day Matinee: "Julie & Julia" (MH)  
4:00 Activity Packages (Café and Weston Security Desk)

11 **Mount Erie Casino Trip**  
10:00 Bus Departs for Casino  
10:15 Sit & Be Fit (MH)  
11:00 Spa Monday (Media Room)  
12:00 Weston: Mother's Day Brunch  
1:30 Trip: Cedar Knolls Shopping  
1:30 Monday Matinee: "Champagne Problems" (T)  
1:30 Weston: Tea Party (MH) Chris (Cafe)  
4:00 Motown Mondays with Chris (Cafe)  
7:30 Heller Tenants Association Meeting (MH)

12  
9:30 Trip: Rt. 10 Shopping  
10:15 Tai Chi (MH)  
11:15 Mental Aerobics: Trivia (MW)  
1:30 Trip: Errands  
1:30 Bingo and Bagels (MH)  
2:00 JCHC Choir Rehearsals (MW)  
3:00 Lecture: "Vietnam: It's turbulent Past Towards A Vibrant Future" (MH)  
4:00 Record Playing (Weston Card Room)  
7:30 Evening Cinema: (T)  
  
"Footloose"

13  
9:30 Trip: Parsippany Shopping  
9:30 Beauty Salon  
11:00 Mental Aerobics: Word Games (MH)  
1:30 Trip: Livingston Shopping  
2:00 Weston: Food Committee Mtg (MH)  
3:00 Heller: Food Committee Meeting (MH)  
3:00 Weston: Yoga with Kim (MW)  
4:00 Wine Wednesdays with Chris (Café)

14  
9:30 Beauty Salon  
10:15 Balance & Mindfulness with Tami Rager (MH)  
11:00 Spring Crafts: Pine Art (MW)  
1:30 JAHM: "Inside Einstein's Mind" (T)  
3:00 Current Events facilitated by the Nation Council of Jewish Women (MH)  
4:00 Independent Crosswords (Lester Café & Weston Desk)  
7:30 Evening Bingo with Debie (MW)  
7:30 Evening Cinema: (T)  
  
"A Bronx Tale"

15 **Out to Lunch- Verona Park Boat House**  
9:30 Trip: Errands  
10:15 Morning Java: News & Schmooze (MW)  
11:00 Zumba with Tammy Resiknoff (Heller Lobby)  
11:30 Bus Departs for Lunch  
1:30 JAHM: The Jewish Americans Part 3-The Best of Times, The Worst of Times (T)  
4:00 Daily Chronicles (Café)  
7:30 Shabbat Services with Rabbi Kirsch (C)  
7:50 Candle Lighting

16  
9:30 Shabbat Services (C)  
2:00 Torah Study Class (MH)  
2:00 Canasta (Card Room)  
3:00 Chicken Soup for the Soul (MW)  
7:00 Rummikub Game (Heller Lobby)  
8:51 Havdalah