

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 11:00 Balance Class with Roz (MH) 2:00 Piano Performance by Golden Keys (MH) 4:00 Activity Packages (Café and Weston Security Desk)	20 Long Branch Boardwalk National Ice Cream Soda Day 10:00 Bus departs for trip 10:30 Functional Fitness with Tammy (MH) 11:15 Bellinis and Beading (MW) 1:30 Pet Therapy with Shari and Harmony (Heller Lobby) 2:00 Memoir Writing with Megan (MW) 3:00 Weston: Ice Cream Soda Social with (MW) 4:00 Oldies but Goodies in the Café with Chris	21 9:30 Trip: Parsippany Shopping 10:15 Tai Chi (MH) 11:15 Mental Aerobics: Brain Teasers (MW) 1:30 Bingo (MH) 3:00 This Week in History with Debbie Schapiro (MH) 7:00 Rummikub Game (CR)	22 Erev Tisha B'av 9:30 Beauty Salon 9:30 Trip: Cedar Knolls Shopping 10:15 Walk for Wellness Walking Club- (Meet in the Heller Lobby) 11:15 Mental Aerobics: Word Games (MW) 1:30 Trip: Livingston Shopping 2:00 JCHC Choir Rehearsals (MW) 3:00 Our Stories: Dance Performance by Kelly Guerrero. "Songs From the Great American Songbook" (MH) 4:00 Independent Reading (Café) 7:30 Tisha B'av Services (C)	23 Tisha B'av 9:30 Beauty Salon 10:15 Video: Move to the Groove (MH) 11:00 Docuseries: The American Experiment Pt. 3 (T) 2:00 Tisha B'Av Movie (T) 3:30 Piano Playing with Janet (Heller Lobby) 4:00 Independent Crosswords (Lester Café & Weston Desk) 7:30 Evening Bingo with Debie (MW)	24 Chit Chat Diner 9:30 Trip: Errands 11:00 Zumba with Tammy Resiknoff (Heller Lobby) 11:30 Bus Departs for Lunch 2:00 Music Mavens presents "Man of La Moncha" (Heller Lobby) 4:00 Daily Chronicles (Café) 7:30 Shabbat Services with Polansky (C) 8:03 Candle Lighting	25 9:30 Shabbat Services with (C) 11:00 Walking Club (Meet up in the Heller Lobby) 2:00 Torah Study Class (MH) 2:00 Canasta (Card Room) 3:30 You Be the Judge (MW) 7:00 Rummikub Game (Heller Lobby) 9:02 Havdalah
26 10:30 Sunday Church Service via Livestream (Mediaroom) 11:00 Balance Class with Roz (MH) 1:30 Bingo with Isabelle (MH) 2:30 Sunday Classics: "The Butler" (T) 4:00 Activity Packages (Café and Weston Security Desk)	27 Out to Lunch: Sweet Basil 9:30 Trip: Target 11:00 Scrabble Club (Café) 12:30 Bus Departs for Lunch 2:00 July Birthday Party with Francine & Joel (Heller Lobby) 3:00 Skit Reading (MW) 7:00 NEW: Whippany Groove- Open Mic at The Café Play an instrument? Enjoy live music? Like reading poetry? Come by and join the Whippany Groove Open Mic Night Great music and even better company! Sign up at the activities office.	28 Grab a friend and join the fun... It's Game Day at Lester! 9:30 Trip: Parsippany Shopping 10:15 Tai Chi (MH) 11:15 Mental Aerobics: State Trivia (MW) 1:30 Melds & MahJong, Shuffle & Deal: Game Day with Volunteers from The Jewish Federation of Metrowest (MH) 3:00 Weston Resident Council Meeting (T) 7:00 Rummikub Game (Heller Lobby)	29 9:30 Beauty Salon 9:30 Trip: Cedar Knolls Shopping 10:15 Walk for Wellness Walking Club- (Meet in the Heller Lobby) 11:15 Mental Aerobics: Word Games (MW) 1:30 Trip: Livingston Shopping 1:30 Weston Block Party (Weston Patio) 2:00 JCHC Choir Rehearsals (MW) 2:30 Movie: "Life List" (T) 4:00 Wine Wednesdays with Chris 7:30 The Great Debate with Ralph Cohen (MH)	30 9:30 Beauty Salon 10:15 Balance and Mindfulness with Tami Rager (Heller Patio) 11:00 Docuseries: The American Experiment Pt. 4 (T) 2:00 Short Stories with Jane Rosendorf (T) 3:30 Piano Playing with Janet (Heller Lobby) 7:30 Evening Bingo w/Debie (MW)	31 Essex County Safari Mini Golf 10:00 Bus Departs for Golf 11:00 Zumba with Tammy Resiknoff (Heller Lobby) 1:30 Trip: Hanover Shopping 1:30 Cultural Arts Series: "Romeo & Juliet- The Symphony" (T) 3:00 Happy Hour with Chris (Concession Stand) 4:00 Daily Chronicles (Café) 7:30 Shabbat Services C) 7:56 Candle Lighting	

KEY

Chapel (C)
Media Room (MR)
Heller Card Room (CR)
Heller Lobby (LH)
Heller Multi-Purpose Room (MH)
Theater (T)
Weston Lobby/Living Room (LW)
Weston Multi-Purpose Room (MW)

Errands- (Post Office, CVS & Wells Fargo, Library)
Hanover Shopping (Trader Joes, Bank of America, Chase, Walgreen's)
Morris Plains Shopping (Uncle Guiseppe's, Stop n Shop, Kohl's)
Cedar Knolls Shopping (WalMart, Dollar Store, Michaels, YMCA)
Livingston Shopping (Shoprite)
RT.10 Shopping- Amazing Savings, Dollar Tree, Michael
Parsippany Shopping (Wegmans, LA Fitness, Panera Bread
Parsippany- Troy Hills Shopping (Home Goods, ShopRite, Pretty Nails)

REMINDER:
ALL ACTIVITIES ARE OPEN TO ALL RESIDENTS OF LESTER (Heller & Weston)

THIS CALENDAR IS SUBJECT TO CHANGES. PLEASE CHECK DAILY POSTING FOR UPDATES