

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Lester Senior Living 903-905 ROUTE 10 EAST WHIPPANY NJ 07981 Celebrating 25 Years LESTER SENIOR LIVING A JCHC Community			1 9:30 Trip: Cedar Knolls Shopping 9:30 Beauty Salon 10:15 Walk for Wellness Walking Club- 11:15 Mental Aerobics: Word Games (MW) 1:30 Trip: Livingston Shopping 1:30 Yoga with Kim (MH) 2:00 JCHC Choir Rehearsals (MW) 2:30 Movie-"Stars and Stripe Forever" (T) 4:00 Independent Crosswords (Copies at both security desks)	2 <u>Wear Red, White and Blue</u> 9:30 Beauty Salon 10:15 Balance and Mindfulness with Tami Rager (Heller Patio) 2:00 America 250 Jeopardy (MH) 4:00 Independent Crosswords (Lester Café & Weston Desk) **Dinner will be "BBQ Styled" served in each dining room.	3 11:00 Zumba with Tammy Resiknoff (Heller Lobby) ★ 2:00 "We Are The Fireworks" Entertainment with Chris Brune (Heller Lobby) ★ 4:00 Daily Chronicles (Café) 7:30 Shabbat Services with Rabbi Kirsch (C) 8:14 Candle Lighting ★	4 Happy 4th of July! 9:30 Shabbat Services (C) 2:00 Torah Study Class (MH) 9:15 Havdalah ★ ★ ★
5 11:00 Balance Class with Roz (MH) 12:00 Daily Chronicles (Café) 2:00 Movie: "The Quiet Man" (T) 3:00 Activity Packages (Café and Weston Security Desk)	6 <u>Jewish Community & The American Identity Exhibit, Jewish Federation</u> 9:30 Trip: BJ's/Chick Fila 10:30 Functional Fitness with Tammy Resiknoff (MH) 10:45 Bus Departs for Exhibit 1:00 Heller New Tenants Meeting (MH) 1:30 Trip: Hanover Shopping 2:00 Heller: Tea With the Administrator (MH) 3:00 NEW: Writer's Circle- A structured, supportive writing workshop (MW) 3:00 Mah Jong Mondays (Media Room) 4:00 Frank Sinatra Mondays (Cafe)	7 <u>Mount Airy Casino Trip</u> 10:00 Bus Departs for Casino 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) 4:00 Record Playing (Weston Card Room) 7:00 Rummikub Game (Heller Lobby)	8 9:30 Beauty Salon 9:30 Trip: Cedar Knolls Shopping 10:15 Walk for Wellness Walking Club- Lobby Meet Up 11:15 Mental Aerobics: Word Games (MW) 1:00 Heller: Food Committee Mtg (MH) 1:30 Trip: Errands 2:00 "Ancient Rome and Other Hot Spots in Italy" presented by Evan Weiner (MH) 3:00 Weston Food Committee Mtg 4:00 Wine Wednesdays Chris (Heller Lobby) 7:00 <u>Rhythm & Roses Summer Concert: "Party Like it's 1776" with Van Martin (Heller Patio)</u>	9 9:30 Beauty Salon 10:15 Video: Move to The Groove (MH) 11:00 Docuseries: The American Experiment Pt. 1 (T) 1:30 Art Class- "Everything Acrylic with Isabelle" (MW) 3:00 Skit Reading (MW) 7:30 Evening Bingo w/Debie (MW)	10 9:30 Trip: Rt. 10 Farmer's Market, Lidl's 10:15 Morning Java: News & Schmooze (MW) 11:00 Zumba with Tammy Resiknoff (Heller Lobby) 1:30 Trip: Livingston Shopping 2:00 Heller: "The Benny Goodman Story" (T) 4:00 Daily Chronicles (Café) 7:30 Shabbat Services with Micael Jungreis (C) 8:12 Candle Lighting	11 9:30 Shabbat Services with (C) 2:00 Torah Study Class (MH) 2:00 Canasta (Card Room) 7:00 Rummikub Game (Heller Lobby) 9:12 Havdalah
12 <u>Hamlet in the Park</u> 10:30 Sunday Church Service via Livestream (Mediaroom) 11:00 Balance Class with Roz (MH) 12:00 Daily Chronicles (Café) 1:30 Bingo with Isabelle (MH) 2:30 Movie: "Auntie Mame" (T) 4:00 Activity Packages (Café and Weston Security Desk) 6:00 Bus Departs for Play	13 <u>National French Fries Day</u> 9:30 Trip: Errands/Starbucks 10:15 Sit & Be Fit (MH) 11:00 Spa Monday (Media Room) 1:15 Movie: "The Patriot" (T) 1:30 Trip: Morris Plains Shopping 1:30 Mah Jong Monday (Media Room) 2:30 Weston Residents: French Fry Festival (MW) 4:00 Swing Mondays (Cafe) 7:30 Heller Tenants Association Meeting (MH)	14 9:30 Trip: Parsippany Shopping 10:15 Tai Chi (MH) 11:15 Summer Crafts (MW) 1:30 Trip: Target/Costco 1:30 Movie & Discussion: "Wicked for Good" (T) 4:00 Record Playing (Weston Card Room) 7:00 Rummikub Game (Heller Lobby) ** Discussion for "Wicked for Good" will be held the following day	15 9:30 Beauty Salon 9:30 Trip: Cedar Knolls Shopping 10:00 Replay: "Wicked for Good" (T) 10:15 Walk for Wellness Walking Club- (Meet in the Heller Lobby) 11:15 Mental Aerobics: Word Games (MH) 1:30 Trip: Livingston Shopping 1:30 Yoga with Kim (MW) 3:00 Movie Discussion (MH) 4:00 Independent Crosswords (Copies at both security desks) 7:30 NEW: Wednesday Book Nook with Jaquelynn Radcliff (MH) (Story will be distributed a week prior to class)	16 9:30 Beauty Salon 10:15 Balance & Mindfulness with Tami Rager (MH) 11:00 Docuseries: The American Experiment Pt. 2 (T) 1:30 NEW: Ladies & Lychee: Women's Club (MW) 3:00 Current Events facilitated by the Nation Council of Jewish Women (MH) 3:30 <u>Piano Playing with Janet Billig (Heller Lobby)</u> 4:00 Heller Residents Neighborhood Party (Heller Lobby) 7:30 Evening Bingo with Debie (MW)	17 9:30 Trip: Errands 11:00 Zumba with Tammy Resiknoff (Heller Lobby) 1:30 Art Appreciation: "Marc Chagall" (T) 4:00 Motown Mondays 4:00 Daily Chronicles (Café) 7:30 Shabbat Services with Rabbi Kirsch (C) 8:08 Candle Lighting	18 9:30 Shabbat Services (C) 2:00 Torah Study Class (MH) 2:00 Canasta (Card Room) 7:00 Rummikub Game (Heller Lobby) 9:08 Havdalah