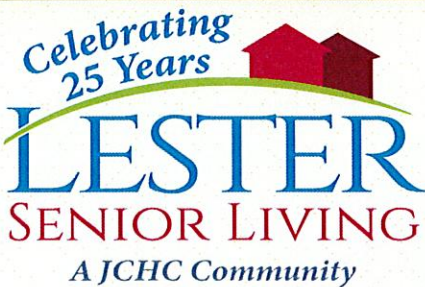


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrating 25 Years  Lester Senior Living 903-905 ROUTE 10 EAST WHIPPANY NJ 07981 						1 9:30 Shabbat Services with Rabbi Kirsch (C) 2:00 Torah Study Class (MH) 8:55 Havdalah
2 11:00 Balance Class with Roz (MH) 12:00 Daily Chronicles (Café) 2:00 Movie: "Goldfinger" (T) 3:00 Activity Packages (Café and Weston Security Desk)	3 9:30 Trip: Hanover Shopping 10:30 Functional Fitness with Tammy Resiknoff (MH) 1:30 Trip: Livingston Shopping 2:00 Monday Matinee: "Summertime" (T) 2:15 JCHC Choir Rehearsals (MW) 4:00 Butter Me Up! Grab & Go Popcorn (Concession Stand)	4 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) 4:00 Record Playing (Weston Card Room) 7:00 Rummikub Game (Heller Lobby)	5 Mount Airy Casino Trip 9:30 Beauty Salon 10:00 Bus Departs for Casino 10:15 Walk for Wellness Walking Club– Lobby Meet Up 11:15 Mental Aerobics: Word Games (MW) 2:00 Short Story Book Club with Jane Rosendorf (MH) 3:00 You Be The Judge (MW) 4:00 Independent Crosswords (Copies at both security desks) (Heller Lobby) 7:30 Sounds of The Violin with Tom Aalfs (Heller Lobby)	6 9:30 Beauty Salon 10:15 Video: Move to The Groove (MH) 12:00 Daily Chronicles (Copies at both security desks) 1:30 Meet The Author: "Puerto Rico 1965-1995" Presented by Robert Freidman (MH) 3:00 Skit Reading: Series: Fibber McGee and Molly (MW) 4:00 Frank Sinatra Mondays (Café) 7:30 Evening Bingo w/Debie (MH)	7 9:30 Trip: Rt. 10 Farmer's Market, Lidl's 10:15 Morning Java: News & Schmooze (MW) 11:00 Zumba with Tammy Resiknoff (Heller Patio) 1:30 Trip: DSW, Norstrom Rack, World Market. Barnes & Noble 2:00 Movie: "The Apartment" (T) 4:00 Daily Chronicles (Café) 7:30 Shabbat Services with Rabbi Kirsch (C) 7:48 Candle Lighting	8 9:30 Shabbat Services with Rabbi Kirsch (C) 2:00 Torah Study Class (MH) 2:00 The Canasta Connection (Card Room) 7:00 Rummikub Game (Heller Lobby) 8:47 Havdalah
9 11:00 Balance Class with Roz (MH) 12:00 Daily Chronicles (Café) 4:00 Activity Packages (Café and Weston Security Desk)	10 Out to Lunch: Whippany Diner 10:00 Trip: Errands 10:15 Sit & Be Fit (MH) 11:00 Spa Monday (Media Room) 12:00 Bus Departs for Lunch 1:30 Yoga with Kim (MH) 2:15 JCHC Choir Rehearsals (MW) 2:30 Monday Matinee: "As Young as You Feel" (T) 7:30 Heller Tenants Association Meeting (MH)	11 Aging Gracefully– A Whole Body Workshop, JCC West Orange 10:15 Tai Chi (MH) 11:15 Mental Aerobics: Brain Teasers (MW) 1:30 Bingo! (MH) 1:30 "Pretty Woman" 12:30 Bus departs for the JCC 3:00 Travel Lecture: "The Art and Culture of Paris" presented by Paul Rabinowitz (MH) 4:00 Record Playing (Weston Card Room) 7:00 Rummikub Game (Heller Lobby)	12 National Vinyl Record Day Record Playing in Café Spin your favorite classic albums on the turntable. 9:30 Beauty Salon 9:30 Trip: Parsippany Shopping 10:15 Music Appreciation (Weston Living Room) 11:15 Mental Aerobics: Word Games (MH) 1:30 Weston Food Committee Mtg (MH) 1:30 Trip: Rt. 10 Shopping 3:00 Heller: Food Committee Mtg (MH) 4:00 Record Playing in Weston Living Room 7:30 The Great Debate with Ralph Cohen (MH)	13 9:30 Beauty Salon 10:15 Balance & Mindfulness with Tami Rager (MH) 11:00 Horse Races (Heller Lobby) 12:00 Daily Chronicles (Copies at both security desks) 2:00 August Birthday Bash with Neil Dankman (Heller Patio) 4:00 Swing Thursdays (Cafe) 7:30 Evening Bingo with Debie (MH)	14 9:30 Trip: Errands 11:00 Zumba with Tammy Resiknoff (Heller Patio) 1:30 Trip: Livingston Shopping 2:00 Art Class- "Everything Acrylic with Isabelle" (Heller Patio) 4:00 4:00 Mocktail Monday- Playing Big Band Music from the David Aaron Band (Heller Lobby) 4:00 Daily Chronicles (Café) 7:30 Shabbat Services with Rabbi Kirsch (C) 7:39 Candle Lighting	15 National Relaxation Day 9:30 Shabbat Services with Rabbi Kirsch (C) 2:00 Torah Study Class (MH) 2:00 Canasta (Card Room) 3:00 Chicken Soup for the Soul with Iced Tea (Gazebo– Heller Patio) 7:00 Rummikub Game (Heller Lobby) 8:38 Havdalah