

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 11:00 Balance Class with Roz (MH) 2:30 Piano Performance by Golden Keys (MH) 4:00 Activity Packages (Café and Weston Security Desk)	17 10:30 Functional Fitness with Tammy (MH) 11:15 Bellinis and Beading MW 1:30 Pet Therapy with Shari and Harmony (Lobby) 2:00 Memoir Writing with Paul Rabinowitz (MH) 2:15 JCHC Choir Rehearsals (MW) 3:00 Music Bingo (MW) 4:00 Mocktail Monday– (Lobby) Playing Big Band Music from the David Aaron Band	18 Long Branch Boardwalk 10:00 Bus Departs for Boardwalk 10:15 Tai Chi (MH) 11:15 Mental Aerobics: Brain Teasers (MW) 1:00 Heller New Tenants Meeting (MH) 1:30 Bingo (MW) 3:00 This Week in History with Debbie Schapiro (MH) 7:00 Rummikub Game (CR)	19 National Photo Day 9:30 Beauty Salon 9:30 Trip: Cedar Knolls Shopping 10:15 Walk for Wellness Walking Club– Lobby Meet Up 11:00 Glamor Shot Photo Shoot (MH) 1:30 Trip: Errands 1:30 “CoCo Chanel: Unbuttoned” (T) 3:00 Yoga with Kim (MH) 4:00 Independent Crosswords (Copies at both security desks) 7:30 Wednesday Book Nook with Jaquelynn Radcliff (MH)	20 9:30 Beauty Salon 10:15 Balance and Mindfulness with Tami Rager (Heller Patio) 12:00 Daily Chronicles (Copies at both security desks) 1:15 Movie & Mimosas: “The Devil Wears Prada 2 (T) 3:15 Weston Resident Council Meeting (MW) 4:00 Oldies but Goodies in the Café 7:30 Evening Bingo with Debie (MH)	21 National Senior Citizens Day 9:30 Trip: Errands 11:00 Zumba with Tammy (Heller Patio) 1:30 Bloom Bar at the Café w/ Flute Playing with Maya (Heller Lobby) 2:00 Mix & Mingle Luau Style Music by Danny (Heller Lobby) 4:00 Daily Chronicles (Café) 7:29 Candle Lighting 7:30 Shabbat Services with Michael Jungreis (C)	22 9:30 Shabbat Services with Michael Jungreis (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) 9:00 Havdalah
23 10:30 Sunday Church Service via Livestream (Mediaroom) 10:30 Sit & Be Fit (MH) 1:30 Bingo with Isabelle (MH) 2:30 Movie and Mimosas: “The Wedding Date” (T)	24 National Waffle Day 9:30 Trip: Target 10:15 Walk for Wellness Walking Club– (Meet in the Heller Lobby) 11:00 Beauty & the Beads— Jewelry Making 2:00 WESTON: Waffles and Ice Cream Social (MW) 2:15 JCHC Choir Rehearsals (MH) 3:00 Celebrity Spotlight: “Danny Kaye– A Legacy of Laughter” 4:00 Butter Me Up! Grab & Go Popcorn (Concession Stand)	25 Picnic Lunch- The Waterfront at South Mountain 9:30 Trip: Parsippany Shopping 10:15 Tai Chi (MH) 11:30 Bus Departs for Waterfront 2:00 “1893”- The Chicago World's Fair where Modern America really starts. Cracker Jack, Aunt Jemima's Pancakes. Wrigley Juicy Fruit, Cream of Wheat, electricity and Ferris Wheel 2:00 The Men's Social Club: “Skyfall 007” (T) 7:00 Rummikub Game (Heller Lobby)	26 National Dog Day 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 Lester Dog Parade (Heller Patio) 3:00 Our Stories: “The world we live in, what is on your mind today?” presented by Paul Rabinowitz (MH) 4:00 Independent Crosswords (Copies at both security desks) (Heller Lobby)	27 9:30 Beauty Salon 11:00 Trivia (Heller Patio) 12:00 Daily Chronicles (Copies at both security desks) 1:30 Golden Broadway Fitness with Candy Boyd (Heller Lobby) 2:30 Docuseries: “The New Yorker at 100” (T) 7:30 Evening Bingo w/Debie (MH)	28 9:30 Trip: Errands 11:00 News & Schmooze MW 12:00 Scam Stopper Presentation: How to Protect Yourself from Scams, Fraud and Identity Theft. Presented by Communities First Initiative/Santander Bank MUST RSVP WITH ACTIVITIES 12:00 Trip: Uncle Giuseppe's 2:00 "The Music Mavens performs songs by Richard Rodgers. The opening act: The Lester choir! 4:00 Happy Hour with Chris (Heller Lobby) 7:18 Candle Lighting 7:30 Shabbat Services with Rabbi Polansky C)	29 9:30 Shabbat Services Rabbi Polansky (C) 2:00 Torah Study Class (MH) 8:19 Havdalah
30 11:00 Balance Class with Roz (MH) 2:00 Independent Reading “Remember When” (Copies are located at Lester Café & Weston Desk) 4:00 Activity Packages (Café and Weston Security Desk)	31 Out to Lunch: Cracker Barrel 9:30 Trip: BJs 10:30 Mini Golf (Heller Patio) 12:30 Bus Departs for Lunch 1:45 Monday Matinee: “Fries Green Tomatoes” (T) 2:15 JCHC Choir Rehearsals (MW) 4:00 Mocktail Monday- Sip and Schmooze (Heller Lobby)	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 Giuseppe'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)				