

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2021

Palermo
Independent Living 2:00-5:00pm Bar Open Daily

						<p>Gift Shop Hours 10am-12pm 1</p> <p>9-1:00 Shopping Day: Please Sign-up 9:30 Strength Building 9:00 Water Aerobics: Pool 10:00 Energy Up Fitness: Gym 10:00 JFCS Salute to America 10:30 Health Chat: Team Select: M.S. 1:15 Training w/ Natasha : Act-R 2:00 1st Live Bingo: Main Street 3:15 2nd Live Bingo: Main Street</p> <p>Canada Day</p>		<p>2</p> <p>8:00 Immunity & Breath 10:00 Flamenco / Line Dancing 11:00 Taste of Shabbat, Cinema Rm 1:15 Training w/ Natasha : Act-R 1:30 Yoga For Daily Movement 2:00 Introduction to Billiards 2:30 Jeopardy: IL Act Rm.</p> <p>6:30 Poker Elevator #6</p>		<p>3</p> <p>9:00 Coffee & Friends : Bistro 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm 2:00 Bingo on Main Street 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie:Channel1960</p>			
<p>HAPPY 4TH of JULY 4</p> <p>10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 12:30 Rummikub: Activity RM 11:30 Patriotic Entertainment W/ Jared Howe: M.S. 4-6PM Line & Country Dancing 4:00 Weekend Word Puzzles Activity RM MOVIE TIMES:11am, 2:30pm, 4:30pm & 7:00pm</p>		<p>5</p> <p>9:00 Mat & Chair Pilates 9:30 Gentle /Stretch Yoga 10:00 Immunity Breath Movement 10:00 Beading: IL Act Rm. 11:00 Painting Drawing Class 1:00 Mindfulness Stress Reduction 1:15 Training w/ Natasha : Act-R 2:00 Popcorn Pick Up 2:00 Clay Crafting #1 IL Craft Rm. 2:00 Introduction to Billiards 2-4:00 Karaoke: Bar Area 3:30 Spanish: Craft Rm.</p>		<p>6</p> <p>Gift Shop Hours 10am-12pm 8:30 Yoga For Athletes:Ch-1960 9-1:00 Christown Mall: Sign-up 9:00 Water Aerobics w/ Vickie 9:30 Low Vision & Hearing: Act-Rm 9:30 Chair Yoga 10:00 Fitness W/ Vickie MS-Gym 10:30 Zen Flow 1:15 Training W/ Natasha: IL Act-R 1:30 Meditation & Mindfulness 2:30 Ice Cream Social M.S. 3:15 Board Games IL Act-R</p>		<p>7</p> <p>7:00 Brain Games 9:30 Walk Fit: Lobby 10:00 Gym Equipment Training 10:00 Qigong / Tai Chi Fusion 10:00 Resident Council: ACT RM. 10:00 Communion: IL Craft Rm. 11:00 Chair Yoga 11:00 Yiddish Club-Cinema Rm 11:30 Monthly Calendar Review 1:00 Virtual Bingo 1:15 Training W/ Natasha ACT-R 1:30 Yoga for Daily Life 2-4:00 Sip N Paint</p>		<p>8</p> <p>Gift Shop Hours 10am-12pm</p> <p>8:00 Tai Chi 9-1:00 Shopping Day: Please Sign-up 9:30 Strength Building 9:00 Water Aerobics: Pool 10:00 Energy Up Fitness: Gym 10:30 Chitchat w/ Rabbi Levi CR 1:15 Training w/ Natasha : Act-R 2:00 1st Live Bingo: Main Street 3:15 2nd Live Bingo: Main Street 2-5:00 Bar is open</p>		<p>9</p> <p>8:00 Immunity & Breath 10:00 Flamenco / Line Dancing 11:00 Taste of Shabbat, Cinema Rm 1:15 Training w/ Natasha : Act-R 1:30 Yoga For Daily Movement 2:00 Introduction to Billiards 2:30 Jeopardy: IL Act Rm. 3:30 HAPPY Hour: Bar 3:30-5 Senior Olympics: Bar Area 3:30 Spelling Bee</p>		<p>10</p> <p>9:00 Coffee & Friends : Bistro 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm 2:00 Bingo on Main Street 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie:Channel1960</p>	
<p>9:00 Coffee & Friends : Bistro 11 9:30 Head Space: Dealing w/ Stress 10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 12:30 Rummikub: Activity RM 1:00 Bingo #1 W/ Jo 2:00 Bingo #2 W/ Jo MOVIE TIMES:11am, 2:30pm, 4:30pm & 7:00pm</p>		<p>12</p> <p>9:00 Mat & Chair Pilates 9:30 Gentle /Stretch Yoga 10:00 Rummikub: IL Act-Rm 11:00 Painting Drawing Class 1:15 Training w/ Natasha : Act-Rm 2:00 Popcorn Pick Up 2:00 Clay Crafting #1 IL Craft Rm. 2:00 Introduction to Billiards 2:00 Classical & Modern Music W/ Keelan: Main Street 3:30 Spanish: Craft Rm. 6:30 Poker Elevator #6</p>		<p>13</p> <p>Gift Shop Hours 10am-12pm 8:30 Yoga For Athletes: CH-1960 9-1:00 Christown Mall Sign-Up 9:00 Water Aerobics w/ Vickie 9:30 Chair Yoga 10:00 Fitness W/ Vickie MS-Gym 10:30 Zen Flow 11:00 JFCS MIM: Jazz/Trivia Cin/Rm 1:15 Training W/ Natasha: IL Act-R 1:30 JFCS Live Entertainment MS 2:30 Ice Cream Social M.S. 3:15 Board Games IL Act-R</p>		<p>14</p> <p>7:00 Brain Games 9:30 Walk Fit: Lobby 10:00 Gym Equipment Training 10:00 Qigong / Tai Chi Fusion 10:00 Resident Council: ACT RM. 10:00 Communion: IL Craft Rm. 11-1:00 JFCS Hand Massages CR 11:00 Yiddish Club-Cinema Rm 1:00 Virtual Bingo 1:15 Training W/ Natasha ACT-R 1:30 Yoga for Daily Life 2-4:00 Sip N Paint</p>		<p>15</p> <p>Gift Shop Hours 10am-12pm</p> <p>8:00 Tai Chi: Channel 1960 9-1:00 Shopping Day: Please Sign-up 9:30 Strength Building 9:00 Water Aerobics: Pool 10:00 Energy Up Fitness: Gym 1:15 Training w/ Natasha : Act-R 2:00 1st Live Bingo: Main Street 3:15 2nd Live Bingo: Main Street 2-5:00 Bar is open</p>		<p>16</p> <p>8:00 Immunity & Breath 10:00 Flamenco / Line Dancing 11:00 Taste of Shabbat, Cinema Rm 1:15 Training w/ Natasha : Act-R 1:30 Yoga For Daily Movement 2:00 Introduction to Billiards 2:30 Jeopardy: IL Act Rm. 3:00 Book Club: The Kite Runner IL Craft Rm. 6:30 Poker Elevator #6</p>		<p>17</p> <p>9:00 Coffee & Friends : Bistro 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm 2:00 Bingo on Main Street 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie:Channel1960</p>	
<p>9:00 Coffee & Friends : Bistro 18 9:30 Head Space: Dealing w/ Stress 10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 12:30 Rummikub: Activity RM 1:00 Bingo #1 W/ Jo 2:00 Bingo #2 W/ Jo MOVIE TIMES:11am, 2:30pm, 4:30pm & 7:00pm</p>		<p>19</p> <p>9:00 Mat & Chair Pilates 9:30 Gentle /Stretch Yoga 10:00 Immunity Breath Movement 10:00 Beading: IL Act Rm. 11:00 Painting Drawing Class 1:15 Training w/ Natasha : Act-R 2:00 Popcorn Pick Up 2:00 Stenciled Canvas Bags: C-R 2:00 Introduction to Billiards 2-4:00 Karaoke: Bar Area 3:30 Spanish: Craft Rm. 6:30 Poker Elevator #6</p>		<p>20</p> <p>Gift Shop Hours 10am-12pm 8:30 Yoga For Athletes:Ch-1960 9-1:00 Christown Mall: Sign-Up 9:00 Water Aerobics w/ Vickie 9:30 Low Vision & Hearing: Act Rm 9:30 Chair Yoga 10:00 Fitness W/ Vickie MS-Gym 10:30 Zen Flow 1:15 Training W/ Natasha: IL Act-Rm 1:30 Meditation & Mindfulness 2:30 Ice Cream Social M.S. 3:15 Board Games IL Act-R</p>		<p>21</p> <p>9:30 Walk Fit: Lobby 10:00 Gym Equipment Training 10:00 Qigong / Tai Chi Fusion 10:00 Resident Council: ACT RM. 10:00 Communion: IL Craft Rm. 11:00 Chair Yoga 11:00 Yiddish Club-Cinema Rm 1:00 Virtual Bingo 1:15 Training W/ Natasha ACT-R 1:30 Yoga for Daily Life 2-4:00 Sip N Paint</p>		<p>22</p> <p>Gift Shop Hours 10am-12pm</p> <p>8:00 Tai Chi: Channel 1960 9-1:00 Shopping Day: Please Sign-up 9:30 Strength Building 9:00 Water Aerobics: Pool 10:00 Energy Up Fitness: Gym 1:15 Training w/ Natasha : Act-R 2:00 1st Live Bingo: Main Street 3:15 2nd Live Bingo: Main Street 2-5:00 Bar is Open</p>		<p>23</p> <p>8:00 Immunity & Breath 10:00 Flamenco / Line Dancing 10:30-2 Employee Appreciation 11:00 Taste of Shabbat, Cinema Rm 1:15 Training w/ Natasha : Act-R 1:30 Yoga For Daily Movement 2:00 Introduction to Billiards 2:30 Jeopardy: IL Act Rm. 3-4:00 Entertainment/ Valerie & Anthony: MS 3:30 HAPPY HOUR & B-Days Celebrating: March & April 6:30 Poker Elevator #6</p>		<p>24</p> <p>9:00 Coffee & Friends : Bistro 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm 2:00 Bingo on Main Street 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie:Channel1960</p>	
<p>9:00 Coffee & Friends : Bistro 25 9:30 Head Space: Dealing w/ Stress 10:00 Non-Denominational Church Service- 1960 11:00 The Daily Chronicles 12:30 Rummikub: Activity RM 1:00 Bingo #1 W/ Jo 2:00 Bingo #2 W/ Jo MOVIE TIMES:11am, 2:30pm, 4:30pm & 7:00pm</p>		<p>26</p> <p>9:30 Gentle /Stretch Yoga 10:00 Immunity Breath Movement 10:00 Rummikub: IL Act-Rm 11:00 Painting Drawing Class 1:15 Training w/ Natasha : Act-Rm 1:30 Chef Le: Bar Area 2:00 Popcorn Pick Up 2:00 Mini Deco Mesh Wreaths: C-R 2:00 Introduction to Billiards 2-5:00 Open Mike Night 3:30 Spanish: Craft Rm. 6:30 Poker Elevator #6</p>		<p>27</p> <p>Gift Shop Hours 10am-12pm 8:30 Yoga For Athletes:Ch-1960 9-1:00 Christown Mall: Sign-Up 9:00 Water Aerobics w/ Vickie 9:30 Chair Yoga 10:00 Fitness W/ Vickie MS-Gym 10:30 Zen Flow 1:15 Training W/ Natasha: IL Act-R 1:30 Meditation & Mindfulness 2:30 Ice Cream Social M.S. 3:15 Board Games IL Act-Rm</p>		<p>28</p> <p>9:30 Walk Fit: Lobby 10:00 Gym Equipment Training 10:00 Qigong / Tai Chi Fusion 10:00 Communion: IL Craft Room 11:00 Yiddish Club-Cinema Rm 11:00 Chair Yoga 12:30 Captains Table: Invitation Only 1:00 Virtual Bingo 1:15 Training W/ Natasha ACT-R 1:30 Yoga for Daily Life 2-4:00 Sip N Paint</p>		<p>29</p> <p>Gift Shop Hours 10am-12pm</p> <p>8:00 Tai Chi: Channel 1960 9-1:00 Shopping Day: Please Sign-up 9:30 Strength Building 9:00 Water Aerobics: Pool 10:00 Energy Up Fitness: Gym 1:15 Training w/ Natasha : Act-R 2:00 1st Live Bingo: Main Street 3:15 2nd Live Bingo: Main Street 3:00 Bar is open</p>		<p>30</p> <p>8:00 Immunity & Breath 10:00 Flamenco / Line Dancing 11:00 Taste of Shabbat, Cinema Rm 1:15 Training w/ Natasha : Act-R 1:30 Yoga For Daily Movement 2:00 Introduction to Billiards 2:30 Jeopardy: IL Act Rm. 3:30-5 Senior Olympics: Bar Area 6:30 Poker Elevator #6</p>		<p>31</p> <p>9:00 Coffee & Friends : Bistro 9:30 Shabbat Morning Service 12:30 Movie Time: 1960 1:00 Word Puzzles Activity Rm 2:00 Bingo on Main Street 2:30 Afternoon Movie: 1960 4:30 Movie: 1960 7:00 Movie:Channel1960</p>	