

SEPTEMBER 2021

September Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 3:00 Current Events w/ Randy Mayeaux (TH) 4:00 Movie Committee (F4 CFL) 7:15 Movie- TBA (SR)	2 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 1:00 Bistro Games (B) 1:00 Library Committee- (4th Floor CFL) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Carolyn Jones (GR) 7:15 Movie- TBA (SR)	3 9:30 Core & Stability (TH) 1:00 Bistro Games (B) 2:00 Stretch w/ Heidi (TH) 3:00 Device Tutoring (F4 CFL) 4:00 Rosary Prayers (PL) 6:00 Temple Emanu-El Online Shabbat Service (SR) 7:15 Movie- TBA (SR)	4 10:00 AquaFit (P) 1:00 Bistro Games (B) 5:00 Live Music with Dinner (5-7 PM) 7:15 Movie- TBA (SR)
5 9:00 All Saints Catholic Mass (SR) 11:00 First Baptist (SR) 1:00 Bistro Games (B) 3:00 Bingo (TH) 7:15 Movie- TBA (SR)	6 Labor Day LABOR DAY 10:30 Mental Aerobics w/Kay (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 3:00 Ladies' Bridge Games (F7) 7:15 "Labor Day" 2013 PG-13 (SR)	7 Rosh Hashanah Rosh Hashanah 9:30 Muscle Matters (TH) 10:30 Online Rosh Hashanah Service (TH) 10:30 Catholic Communion (F7 PL) 12:00 Seder (TH) 2:00 Boot Camp w/ Tom (TH) 7:15 Movie- TBA (SR)	8 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 7:15 Movie- TBA (SR)	9 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 10:30 Grief Support Group (7th Floor Pool Lounge) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour-Marty Ruiz (GR) 7:15 Movie- TBA (SR)	10 9:30 Core & Stability (TH) 1:00 Bistro Games (B) 2:00 Stretch w/ Heidi (TH) 3:00 Device Tutoring (F4 CFL) 6:00 Temple Emanu-El Online Shabbat Service (SR) 7:15 Movie- TBA (SR)	11 10:00 AquaFit (P) 1:00 Bistro Games (B) 5:00 Live Music with Dinner (5-7 PM) 7:15 Movie- TBA (SR)
12 Grandparent's Day Grandparents' Day 9:00 All Saints Catholic Mass (SR) 11:00 First Baptist (SR) 2:00 Banana Splits (B) 3:00 Bingo (TH) 4:00 Live Worship Service- PCBC (GR) 7:15 Movie- TBA (SR)	13 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 3:00 Healthpro Heritage Presents... (TH) 3:00 Ladies' Bridge Games (F7) 7:15 Movie- TBA (SR)	14 9:30 Muscle Matters (TH) 10:30 Discussion with Rabbi Wolk (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Men's Bridge Games (F7) 7:15 Movie- TBA (SR)	15 Yom Kippur Begins 9:30 Sixth Floor Museum & Lunch (RSVP) 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 3:00 Current Events w/ Randy Mayeaux (TH) 7:15 Movie- TBA (SR)	16 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Laurie Gabriel (GR) 7:15 Movie- TBA (SR)	17 9:30 Core & Stability (TH) 11:00 Big Beats with Carolyn Dobson (TH) 1:00 Senior Follies (RSVP) 2:00 Stretch w/ Heidi (TH) 6:00 Temple Emanu-El Online Shabbat Service (SR) 7:15 Movie- TBA (SR)	18 10:00 AquaFit (P) 1:00 Bistro Games (B) 5:00 Live Music with Dinner (5-7 PM) 7:15 Movie- TBA (SR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 9:00 All Saints Catholic Mass (SR) 11:00 First Baptist (SR) 12:00 Rangers Game! (RSVP) 1:00 Bistro Games (B) 3:00 Bingo (TH) 7:15 Movie- TBA (SR)	20 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 3:00 Ladies' Bridge Games (F7) 4:00 New Resident Orientation (TH) 7:15 Movie- TBA (SR)	21 9:30 Muscle Matters (TH) 10:30 Book Club (F4- CFL) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Men's Bridge Games (F7) 7:15 Movie- TBA (SR)	22 Fall Begins 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 4:00 Chef Chat (TH) 7:15 Movie- TBA (SR)	23 State Fair Day 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Norris Perry (GR) 7:15 Movie- TBA (SR)	24 September Birthday Lunch -RSVP (B) 9:30 Core & Stability (TH) 1:00 Bistro Games (B) 2:00 Stretch w/ Heidi (TH) 3:00 Device Tutoring (F4 CFL) 6:00 Temple Emanu-El Online Shabbat Service (SR) 7:15 Movie- TBA (SR)	25 10:00 AquaFit (P) 1:00 Bistro Games (B) 5:00 Live Music with Dinner (5-7 PM) 7:15 Movie- TBA (SR)
26 9:00 All Saints Catholic Mass (SR) 11:00 First Baptist (SR) 1:00 Bistro Games (B) 3:00 Bingo (TH) 7:15 Movie- TBA (SR)	27 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 3:00 Ladies' Bridge Games (F7) 7:15 Movie- TBA (SR)	28 9:30 Muscle Matters (TH) 10:00 Harris Jewelry & Repair (B) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Men's Bridge Games (F7) 4:00 Resident Council (TH) 7:15 Movie- TBA (SR)	29 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 1:00 Bistro Games (B) 2:00 Yoga w/ Heidi (TH) 4:00 Fall Roundup (JK) 7:15 Movie- TBA (SR)	30 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Sherry Hamilton (GR) 7:15 Movie- TBA (SR)		