



## Programs for April 15<sup>th</sup> – April 21<sup>st</sup>

### **Sunday, April 15**

2:00 "Molly's Game": Theater/Channel 918

7:00 "Molly's Game": Theater/Channel 918

### **Monday, April 16**

8:30-12:00 Supervised Exercise: Fitness Center

9:00 Yoga Stretch: Aerobics Studio

11:00-12:45 Bus Departs for Shopping at the Dedham Mall (TJMAXX, S&S)

1:00-3:00 Supervised Exercise: Fitness Center

1:15 Fit and Flexible: Aerobics Studio

2:00 Topic of the Month with Larry Lowenthal: *Evangelicals: Who Are They, What Do They Believe and Why Do They Love Trump?*: GMH

7:00 Duplicate Bridge with David Aronson: Card Room

7:30 "Happy People: A Year in the Taiga": Theater/Channel 918

### **Tuesday, April 17**

8:30 Zumba Gold: Aerobics Studio

10:00 Coffee Connection: Club Room

11:00 Yoga Meditation and Gentle Stretch (Chair Yoga): Aerobics Studio

1:00-2:00 Supervised Swim: Pool

2:00 "City Slickers": Theater/Channel 918

2:15 Better Balance: Aerobics Studio

7:00 Tuesday Night Minyan: Interfaith Chapel

7:30 *The Rocking Chairs Band*: Great Meadow Hall

7:30 "City Slickers": Theater/Channel 918

### **Wednesday, April 18**

8:30-12:00 Supervised Exercise: Fitness Center

9:00 Mastering Balance: Aerobics Studio

10:30 *The History of Siberia and its People* Led by Gerry Berenholz: Theater (sign up required)

11:00 Torah Study Group with Rabbi Judi: Interfaith Chapel

1:00-3:00 Supervised Exercise: Fitness Center

NewsBridge  
*Upcoming* events  
NEWBRIDGE ON THE CHARLES

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**Programs for April 15<sup>th</sup> – April 21<sup>st</sup>**

**Wednesday, April 18**

1:15 Yoga Fit with Meditation: Aerobics Studio

2:00 *Theodor Roosevelt and the Progressive Era: 5 Part Series Presented by Gary Hylander: GMH*

2:00 "All the Money in the World Theater/Channel 918

7:30 "All the Money in the World Theater/Channel 918

**Thursday, April 19**

9:00 Zumba Gold: Aerobics Studio

10:00 Water Aerobics: Pool

10:00 Coffee Connection: Club Room

10:15 Photography Club Meeting: Admin Board Room

11:00 Fit and Flexible: Aerobics Studio

11:30 NY Times Sunday Crossword Puzzle Group: Theater

2:00 An Educational Session on Care Options Across the NBOC Campus with Tara  
(RSVP at 4-9404): Admin Board Room

2:00 "Best of Enemies": Theater/Channel 918

7:30 "Best of Enemies": Theater/Channel 918

**Friday, April 20**

8:00 Vacation Fun Day – *Come peek in or help out!:* GMH

8:30-12:00 Supervised Exercise: Fitness Center

10:15 Current Events Discussion Group: Theater

1:00-2:00 Supervised Exercise: Fitness Center

2:00 Better Balance: Aerobics Studio

2:00 "Phantom Thread": Theater/Channel 918

5:00 Friday Night Shabbat Service: Synagogue

6:00 Israel Independence Day Communal Dinner: GMH

7:30 "Phantom Thread": Theater/Channel 918

**Saturday, April 21**

10:00 Stretch and Strength with Fitness Instructor Pearl Pressman: AL Living Room, 2<sup>nd</sup> Floor

2:00 "The Wrestler": Theater/Channel 918

7:30 *Interplay Band:* Great Meadow Hall

7:30 "The Wrestler": Theater/Channel 918