



## Programs for February 11th – February 17th

### **Sunday, February 11**

2:00 “The Bridge on the River Kwai”: Theater/Channel 918

7:00 “The Bridge on the River Kwai”: Theater/Channel 918

### **Monday, February 12**

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

9:10 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: *Churchill's Wartime Speeches:*

*The Historical Background and Tapes of the Speeches Themselves:* Great Meadow Hall

7:00 Duplicate Bridge with David Aronson: Card Room (open to all)

7:30 “The Settlers”: For David Ariel’s Film Discussion: Great Meadow Hall (note location)

### **Tuesday, February 13**

8:30 Zumba Gold: Aerobics Studio

10:00 Coffee Connection: Club Room

10:30 Winter Course: *Wilderness Gas Station: An Environmental History of Alaska*

Led by Phillip Wight: Theater (prior registration required)

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

1:00-2:00 Supervised Swim: Pool

2:00 “The Glass Castle”: Theater/Channel 918

2:15 Better Balance: Aerobics Studio

3:00-4:30 *Building NewBridges: A Multigenerational Community Café* (All residents are welcome): GMH

7:00 Tuesday Night Minyan: Interfaith Chapel

7:30 “The Glass Castle”: Theater/Channel 918

### **Wednesday, February 14**

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

9:00-10:45 Bus Departs for Shopping at the Needham Plaza

9:10 Mastering Balance: Aerobics Studio

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

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

1:15 Yoga Fit with Meditation: Aerobics Studio

2:00 “The Settlers”: For David Ariel’s Film Discussion: Great Meadow Hall (note location)

3:30 Winter Course: *Orchestral Works throughout the Ages* Led by Dr. Elizabeth Seitz:

Theater (prior registration required)

7:30 *Happy Valentine’s Day* Featuring The Geoff Hicks Quartet: Great Meadow Hall

7:30 “Lost in Paris”: Theater/Channel 918



## Programs for February 11th – February 17th

### **Thursday, February 15**

9:00 Zumba Gold: Aerobics Studio  
10:00 Aqua Aerobics: Swimming Pool  
10:00 Coffee Connection: Club Room  
10:15 Winter Course: *Still Life Study Hall* with Damon Lehrer:  
Art Studio (prior registration required)  
11:00 Fit and Flexible: Aerobics Studio  
11:30 NY Times Sunday Crossword Puzzle Group: Theater  
2:00 Film Discussion with David Ariel: "The Settlers": Great Meadow Hall  
2:00 An Educational Session on Care Options Across the NBOC Campus  
with Tara (RSVP at 4-9404): Admin Board Room  
4:00 Conversations about Tough Stuff with Rabbi Judi: Interfaith Chapel  
7:30 *Galileo, the Telescope and Trial*  
Presented by Astronomer Bruce Ward: Great Meadow Hall  
7:30 "Going In Style": Theater/Channel 918

### **Friday, February 16**

8:30-12:00 Supervised Exercise: Fitness Center  
10:15 Current Events Discussion Group: Theater  
11:00 Tai Chi: Aerobics Studio  
11:15 Bus Departs for Symphony Hall (previous sign up required)  
11:35 Reiki Meditation: Aerobics Studio  
1:00-2:00 Supervised Exercise: Fitness Center  
2:00 Better Balance: Aerobics Studio  
2:00 Open Studio: Art Studio  
2:00 "Muscle Shoals": Theater/Channel 918  
5:00 Friday Night Service: Synagogue  
7:30 "Muscle Shoals": Theater/Channel 918

### **Saturday, February 17**

10:00 Shabbat Morning Service led by Rabbi Judi Ehrlich: Long Term Care, 2<sup>nd</sup> Floor  
10:00 Stretch and Strength with Fitness Instructor Pearl Pressman:  
AL Living Room, 2<sup>nd</sup> Floor (open to all)  
10:15 Meditation with Diana Bronner: Interfaith Chapel (open to all levels)  
10:20 and 12:50 Bus Departs for Legacy Place  
2:00 "Hello Dolly": Theater/Channel 918  
7:30 *The Beauty of Bel Canto* Featuring Opera on Tap: Great Meadow Hall  
7:30 "Hello Dolly": Theater/Channel 918