



## Programs for August 5<sup>th</sup> – August 11<sup>th</sup>

### **Sunday, August 5**

2:00 "The Year My Parents Went on Vacation": Theater/Channel 918

7:00 "The Year My Parents Went on Vacation": Theater/Channel 918

### **Monday, August 6**

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

**9:00 Cancelled 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 "City of Gold": Theater/Channel 918

4:00 3rd Floor North Building Meeting

5:30 Birthday Night: Great Meadow Hall

7:30 "City of Gold": Theater/Channel 918

### **Tuesday, August 7**

8:30 Zumba Gold DVD: Aerobics Studio

10:00 Coffee Connection: Club Room

10:00 Bus Departs for Shalin Liu Performance Center and Lunch at Beauport (sign up at 4-9218)

10:30 Engaging with the Rashi School & Beyond: An Informational Forum for NewBridge

Resident Volunteers: Synagogue

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

1:00-2:00 Supervised Swim: Pool

2:00 "Keep the Change": Theater/Channel 918

3:30 Volunteer Outreach Committee: Library Reading Room

7:00 Tuesday Night Minyan: Interfaith Chapel

7:30 *The Rockin Chairs* Concert: Great Meadow Hall

7:30 "Keep the Change": Theater/Channel 918

### **Wednesday, August 8**

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

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

9:00 Mastering Balance: Aerobics Studio

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

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

1:15 Better Balance: Aerobics Studio

**1:15 Cancelled Yoga Fit with Meditation: Aerobics Studio**



## Programs for August 5<sup>th</sup> – August 11<sup>th</sup>

### **Wednesday, August 8, CONTINUED**

2:00 *A Life in Music Lost & Found: My Journey as a Musician with Hearing Loss*

Presented by Betty Hauck, Viola and Violin: Great Meadow Hall

7:30 "Keep the Change": Theater/Channel 918

### **Thursday, August 9**

9:00 Zumba Gold DVD: Aerobics Studio

10:00 Coffee Connection: Club Room

**10:00 Cancelled Water Aerobics: Pool**

10:30 Summer Course: *Origins of Writing: From Cuneiform to Modern English*

Presented by Alexander Nikolaev: Synagogue (Final Class)

11:30 NY Times Sunday Crossword Puzzle Group: Theater

1:00 Tai Chi: Aerobics Studio

2:00 NILMA Meeting: Great Meadow Hall

7:30 *Challenger: Soaring with Christa McAuliff*

Featuring Actress Judith Kalaora: Great Meadow Hall

7:30 "American Made": Theater/Channel 918

### **Friday, August 10**

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

9:15 Walk & Talk (Advanced): Meet at the Fitness Center

10:15 Current Events Discussion Group: Theater

11:00-12:45 Bus Departs for Shopping at the Dedham Plaza (Star Market, Whole Foods)

11:15 Fit and Flexible: Aerobics Studio (please note day change)

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

2:00 Better Balance: Aerobics Studio

2:00 "American Made": Theater/Channel 918

5:00 Friday Night Shabbat Service: Synagogue

7:30 "American Made": Theater/Channel 918

### **Saturday, August 11**

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

10:20 and 12:50 Bus Departs for Legacy Place

2:00 "A Farewell to Arms": Theater/Channel 918

7:30 "A Farewell to Arms": Theater/Channel 918