



Programs for August 28th – September 3rd

Sunday, August 28

2:00 "To Rome with Love": Theater/Channel 918

7:00 "To Rome with Love": Theater/Channel 918

Monday, August 29

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

9:00 Aqua Aerobics: Swimming Pool

9:10 Zumba Gold: Aerobic Studio

11:00-12:45: Bus Departs for Shopping at the Dedham Mall (TJMAXX, Stop & Shop, Job Lot)

11:30 Bus Departs for Orchard Cove Bridge Match

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

1:15 Fit and Flexible: Aerobics Studio

2:00 *Three Dangerous Women Part III* Presented by Gary Hylander: Great Meadow Hall

7:30 "To Rome With Love": Theater/Channel 918

Tuesday, August 30

8:30 Zumba Gold: Aerobics Studio

10:00-11:30 Coffee Connection: Club Room

10:00 11:00 Yoga Meditation and Gentle Stretch (Chair Yoga): Aerobics Studio

10:00 – 12:00 One on One Sessions with WizeGuides: Library Reading Room (sign up at 4-9218)

11:30 Bus Departs for Lunch at *The Inn at Bay Point* (sign up at 4-9218)

1:00 Supervised Swim: Pool

1:00 NewBridge Chorus: Gallery

2:00 "Difret": Theater

2:15 Better Balance: Aerobics Studio

7:00 Minyan: Interfaith Chapel

7:30 *Compose with Percussion!* Presented by Musician Leo Ciaramitaro: Great Meadow Hall

7:30 "Difret": Theater/Channel 918

Wednesday, August 31

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

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

9:10 Yoga Stretch: Aerobics Studio

11:00 Torah Study with Rabbi Judi: Interfaith Chapel

11:15 Tai Chi: Aerobics Studio



Programs for August 28th – September 3rd

Wednesday, August 31

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

1:15 Tai Chi: Aerobics Studio

2:00 "At Middleton": Theater/Channel 918

7:15-8:15 *Jazz Standards and Classical Music* Featuring Pianist Sunny Lee: Piano outside Centro

7:30 "At Middleton": Theater/Channel 918

Thursday, September 1

9:00 Zumba Gold: Aerobics Studio

11:00 Fit and Flexible: Aerobics Studio

11:30 New York Times Crossword Puzzle: Theater (open to all)

2:00 Community Meeting: Great Meadow Hall

4:00 Conversations about Aging and Loss with Rabbi Judi: Interfaith Chapel

7:30 *Manifest Destiny and the Conquest of a Continent*

Presented by Historian Paolo Di Gregorio: Great Meadow Hall

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

Friday, September 2

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

9:15 Walking Group: Meet at the Fitness Center

10:15 Current Events Discussion Group: Great Meadow Hall

10:30 Aqua Aerobics: Swimming Pool

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

1:00 Intermediate Bridge: Card Room

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

2:00 Matter of Balance - Fit for Your Life: Aerobics Studio

2:00 "The Concert": Theater

5:00 Shabbat Service: Synagogue

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

Saturday, September 3

10:00-11:30 Shabbat Morning Service: Long Term Care 2nd Floor South Lounge

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

2:00 "Being Flynn": Theater/Channel 918

7:30 "Being Flynn": Theater/Channel 918

7:30 Wolverine Jazz Group with Clarinetist John Clark: Great Meadow Hall