



Programs for November 18th – November 24th

Sunday, November 18

2:00 "1945": Theater/Channel 918

7:00 "1945": Theater/Channel 918

Monday, November 19

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

9:00 Yoga Stretch: Aerobics Studio

10:30 Fall Courses: *A History of Our World in Six Chapters*

Led by Professor Igor Lukes: Synagogue (prior registration required)

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

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

1:05 Fit and Flexible: Aerobics Studio (**please note time change**)

2:00 *Attorney General Maura Healey Speaks*: Great Meadow Hall

7:30 *Eleanor Roosevelt One Woman Show* Presented by Actress Sheryl Faye: GMH

7:30 "Harold and Maude": Theater/Channel 918

Tuesday, November 20

8:30 Zumba Gold: Aerobics Studio

10:00 Coffee Connection: Club Room

10:30 Fall Courses: *Introduction to the Gospels*

Led by Professor Nathaniel DesRosiers: Synagogue (prior registration required)

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

1:00-2:00 Supervised Swim: Pool

2:00 "Harold and Maude": Theater/Channel 918

2:15 Better Balance: Aerobics Studio

7:00 Tuesday Night Minyan: Interfaith Chapel

7:30 *Five Faces of Impressionism* Presented by Professor James Johnson: GMH

7:30 "Harold and Maude": Theater/Channel 918

Wednesday, November 21

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

10:00 One-on-One Technology Support with Needham High Students: NOSH (sign up at 4-9218)

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

1:00-2:20 Supervised Exercise: Fitness Center

1:00 Bus Departs for American Repertory Theater (previous sign up required)

1:15 Cancelled Yoga Fit with Meditation: Aerobics Studio



Programs for November 18th – November 24th

Wednesday, November 21, Continued

2:00 "Scotty and the Secret History of Hollywood": Theater/Channel 918

7:30 "Scotty and the Secret History of Hollywood": Theater/Channel 918

Thursday, November 22

9:00 Cancelled Zumba Gold: Aerobics Studio

10:00 Coffee Connection: Club Room

10:00 Cancelled Aqua Aerobics: Pool

11:00 Cancelled Fit and Flexible: Aerobics Studio

11:30 Cancelled NY Times Sunday Crossword Puzzle Group: Theater

1:00 Cancelled Tai Chi: Aerobics Studio

2:00 "Pieces of April": Theater/Channel 918

7:30 "Pieces of April": Theater/Channel 918

Friday, November 23

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

10:15 Cancelled Current Events Discussion Group: Theater

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

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

2:00 Better Balance: Aerobics Studio

2:00 "Judy Garland: The Concert Years": Theater/Channel 918

5:00 Friday Night Shabbat Service: Synagogue

7:30 "Judy Garland: The Concert Years": Theater/Channel 918

Saturday, November 24

10:00 Stretch & Strength with Fitness Instructor Pearl Pressman: AL Living Room, 2nd Floor

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

2:00 "Puzzle": Theater/Channel 918

7:30 "Puzzle": Theater/Channel 918