

SUNDAY, JANUARY 16

10:00-10:45 AM

2:00-3:50 PM

7:30-9:35 PM

GET FIT WHILE YOU SIT 2.0

SUNDAY TV SERIES: *THE FORSYTE SAGA*

(SEASON 2, EPISODES 3 & 4)

AN EPIC DRAMA SPANNING THREE GENERATIONS OF THE POWERFUL FORSYTE FAMILY AT THE TURN OF THE 20TH CENTURY

FOREIGN MASTERPIECE MOVIE NIGHT: *PLAYTIME*

JACQUES TATI'S GLORIOUSLY CHOREOGRAPHED, NEARLY

WORDLESS COMEDIES ABOUT CONFUSION IN AN AGE

OF TECHNOLOGY REACHED THEIR PEAK IN THIS FILM.

WITH EVERY INCH OF ITS FRAME CRAMMED WITH HILARITY

AND INVENTIVENESS, *PLAYTIME* IS A TESTAMENT TO

A MODERN ERA TIPTOEING ON THE EDGE OF OBLIVION.

CH. 918

SOBEL THEATER/CH. 918

SOBEL THEATER/CH. 918

MONDAY, JANUARY 17

8:30-12:00 PM

9:00-10:00 AM

10:00-10:45 AM

11:00 AM

1:00-3:00 PM

2:00-3:00 PM

3:30-4:15 PM

3:30-4:30 PM

7:30-9:30 PM

SUPERVISED EXERCISE

YOGA FITNESS CLASS

BOOTCAMP 2.0

BUS DEPARTS FOR TJ MAXX, STOP & SHOP, AND JOB LOT

SUPERVISED EXERCISE

LIVE ZOOM BROADCAST: *POUSSIN AND THE DANCE*

PRESENTED BY ART HISTORIAN RUTH EZRA, PH.D.

FIT AND FLEXIBLE

LIVING WITH LOSS SUPPORT GROUP

REMEMBERING MARTIN LUTHER KING, JR: *MLK/FBI* (2021)

BASED ON RECENTLY DECLASSIFIED FILES, OSCAR-NOMINATED

FILMMAKER SAM POLLARD EXPLORES THE US GOVERNMENT'S

SURVEILLANCE & HARASSMENT OF MARTIN LUTHER KING, JR.

FITNESS CENTER

AEROBICS STUDIO

CH. 918

FITNESS CENTER

ZOOM/CH.918

CH.918

BEAL FAMILY CHAPEL

SOBEL THEATER/CH. 918

TUESDAY, JAN. 18

9:00-9:45 AM

10:00-10:45 AM

12:45-2:00 PM

1:15-1:45 PM

2:00-4:00 PM

BOOTCAMP FITNESS CLASS

YOGA FIT 2.0

TUESDAY MEN'S LUNCH GROUP

BETTER BALANCE FITNESS CLASS

FEATURE DOCUMENTARY: *PRESERVING DEMOCRACY –*

PURSUING A MORE PERFECT UNION

FOLLOW THE PURSUIT OF DEMOCRACY FROM THE REVOLUTIONARY WAR THROUGH RECURRING CYCLES OF CIVIL RIGHTS PROGRESS AND BACKLASH, THE 2021 CAPITOL RIOT AND BEYOND. EXPLORE THE IMPACT OF VOTER RIGHTS AND A CIVICS CURRICULUM ON ENGAGED AND INFORMED CITIZENS.

JEWISH LIFE COMMITTEE

NEW RELEASE MOVIE NIGHT: *THE TENDER BAR*

FROM DIRECTOR GEORGE CLOONEY AND BASED ON THE BEST-SELLING MEMOIR, THE FILM FOLLOWS AN ASPIRING WRITER

PURSUING HIS ROMANTIC & PROFESSIONAL DREAMS.

STARRING BEN AFFLECT AND TYE SHERIDAN.

AEROBICS STUDIO

CH. 918

NOSH

AEROBICS STUDIO

CH.918

ZOOM

SOBEL THEATER/CH. 918

WEDNESDAY, JAN. 19

8:30-12:00 PM	SUPERVISED EXERCISE	FITNESS CENTER
9:00-10:15 AM	BUS DEPARTS FOR SUDBURY FARMS, TRADER JOE'S & CVS	
10:00-10:45 AM	CHAIR ZUMBA GOLD 2.0	CH. 918
10:00-11:00 AM	CANCELLED COFFEE CONNECTION	TERRACE ROOM
10:00-11:00 AM	CANCELLED LINE DANCING	AEROBICS STUDIO
11:00-12:00 PM	TORAH STUDY WITH RABBI JUDI EHRlich	ZOOM/CH.918
1:00-3:00 PM	SUPERVISED EXERCISE	FITNESS CENTER
1:15-1:45 PM	BETTER BALANCE FITNESS CLASS	AEROBICS STUDIO
2:00-3:00 PM	<i>AFFORDABLE HEALTH CARE FOR ALL –THE EASIEST PROBLEM TO FIX IN THE UNITED STATES</i> PRESENTED BY ALAN SAGER, PH.D., BOSTON UNIVERSITY SCHOOL OF PUBLIC HEALTH	GMH/CH. 918
3:30-4:15 PM	FLEX & STRETCHED 2.0	CH.918
3:30-4:30 PM	<i>A STITCH IN TIME</i> – KNITTING GROUP WITH TARA	CENTRO FIREPLACE
4:00-4:30 PM	3 RD FLOOR NORTH	
7:30-9:15 PM	FROM BROADWAY ARCHIVE: <i>ZIEGFELD FOLLIES</i> (1946) THE GREATEST SHOWMAN ON EARTH IS NOW THE GREATEST SHOWMAN IN HEAVEN AS FLO ZIEGFELD LOOKS DOWN FROM PARADISE ON A REVUE OF MUSICAL AND COMEDY ACTS, LIKE NO OTHER EVER BEFORE, WHEN THE WORLD FAMOUS ZIEGFELD GIRLS STAR WITH THE BIGGEST STARS OF THE TIME. DIRECTOR VINCENTE MINNELLI, STARRING FRED ASTAIRE, LUCILLE BALL, JUDY GARLAND AND FANNIE BRICE.	SOBEL THEATER/CH. 918

THURSDAY, JAN. 20

10:00-10:45 AM	KEEPIN' IT LOOSE 2.0	CH. 918
10:00-10:45 AM	ADVANCED EXERCISE & SELF DEFENSE CLASS	AEROBICS STUDIO
11:30-12:30 PM	NY TIMES CROSSWORD PUZZLE GROUP	ZOOM/THEATER
1:00-2:00 PM	ADVANCED TAI CHI	ZOOM
2:00-3:00 PM	FEATURE DOCUMENTARY: <i>EXTINCTION - THE FACTS</i> NATURAL HISTORIAN SIR DAVID ATTENBOROUGH EXPLORES THE EXTINCTION CRISIS AND HOW IT DRIVES PANDEMIC DISEASES.	CH. 918
2:00-3:00 PM	BEGINNERS TAI CHI	ZOOM
2:00-3:00 PM	NBOC 101: AN EDUCATIONAL SESSION ON CARE OPTIONS ACROSS THE NBOC CAMPUS WITH TARA (RSVP AT 4-9404)	ZOOM
3:30-4:30 PM	RESIDENTS' CHAT HOSTED BY JERRY WYNER	ZOOM/CH. 918
7:30-9:00 PM	MOVIE NIGHT: <i>ONE SPECIAL NIGHT</i> (1999) JULIE ANDREWS AND JAMES GARNER PORTRAY TWO STRANGERS WHO TAKE REFUGE IN A SMALL CABIN DURING A STORMY WINTER NIGHT AND, DESPITE THEIR DIFFERENCES, OR PERHAPS BECAUSE OF THEM, THEY ARE UNDENIABLY DRAWN TO ONE ANOTHER.	SOBEL THEATER/CH. 918
8:00-9:00 PM	WOLVERINE JAZZ BAND LIVE IN CONCERT	GMH

FRIDAY, JAN. 21

8:30-12:00 PM

10:00-10:45 PM

10:20 AM & 12:50 PM

11:00-12:00 PM

11:15 AM

1:00-3:00 PM

1:15-1:45 PM

2:00-3:30 PM

SUPERVISED EXERCISE

FIT & FLEXIBLE 2.0

BUS DEPARTS FOR LEGACY PLACE SHOPPING

CURRENT EVENTS DISCUSSION GROUP

BUS DEPARTS FOR BSO PERFORMANCE

SUPERVISED EXERCISE

BETTER BALANCE FITNESS CLASS

GREAT PERFORMANCES SERIES

FROM VIENNA – THE NEW YEAR'S CELEBRATION 2022

UNDER THE BATON OF GRAMMY-WINNING GUEST

CONDUCTOR DANIEL BARENBOIM, THE VIENNA

PHILHARMONIC PERFORMS A SELECTION OF FAVORITE

STRAUSS WALTZES. THE CONCERT ALSO FEATURES DANCES

FROM THE VIENNA STATE BALLET PERFORMED AT

SCHÖNBRUNN PALACE AND ITS PARK GROUNDS,

AS WELL AS A PERFORMANCE BY THE WORLD-FAMOUS

LIPIZZANER HORSES FROM THE SPANISH RIDING SCHOOL.

FRIDAY SHABBAT SERVICE LED BY RABBI JUDI EHRLICH

TIMELESS CLASSICS MOVIE NIGHT: *THE QUIET MAN*

A RETIRED AMERICAN BOXER RETURNS TO THE VILLAGE

OF HIS BIRTH IN IRELAND, WHERE HE FALLS FOR A SPIRITED

REDHEAD WHOSE BROTHER IS CONTEMPTUOUS OF THEIR

UNION. DIRECTOR JOHN FORD; STARRING JOHN WAYNE,

AND MAUREEN O'HARA.

FITNESS CENTER

CH. 918

ZOOM

FITNESS CENTER

AEROBICS STUDIO

CH. 918

5:00-6:00 PM

7:30-9:45 PM

SYNAGOGUE/CH.918

SOBEL THEATER/CH. 918

SATURDAY, JAN. 22

10:00-10:45 AM

11:00-11:45 AM

12:00 PM

2:00-4:30 PM

SATURDAY SHABBAT SERVICE LED BY RABBI KAREN LANDY

FLEX & STRETCHED 2.0

RESIDENTS' CHAT HOSTED BY JERRY WYNER

RECORDED ON JANUARY 1.20.22

MET @ HOME: *VERDI NABUCCO*

LEGENDARY SUPERSTAR PLACIDO DOMINGO AND MET MUSIC

DIRECTOR EMERITUS JAMES LEVINE CONTINUE THEIR HISTORIC

PARTNERSHIP IN THIS PERFORMANCE OF THE OPERA THAT MADE

VERDI FAMOUS. ALSO STARS LIUDMYLA MONASTYRSKA AS THE

CRUEL & TREACHEROUS ABIGAIL.

7:30-9:15 PM

NEW RELEASE MOVIE NIGHT: *THE FRENCH DISPATCH*

WES ANDERSON'S NEW FILM BRINGS TO LIFE A COLLECTION

OF STORIES FROM THE FINAL ISSUE OF AN AMERICAN

MAGAZINE PUBLISHED IN A FICTIONAL 20TH-CENTURY

FRENCH CITY. IT STARS BENICIO DEL TORO, ADRIEN BRODY,

TILDA SWINTON, FRANCES MCDORMAND, TIMOTHEE

CHALEMET, BILL MURRAY AND OWEN WILSON.

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CH. 918

SOBEL THEATER/CH. 918