



Programs for February 23rd – February 29th

Sunday, February 23

1:00 Bus Departs for Huntington Theater (prior registration required)
2:00 “Grace & Frankie” – TV Series (Season 2, Episodes 4, 5 & 6): Theater/Channel 918
7:00 “Waves”: Theater/Channel 918

Monday, February 24

8:30-3:00 Supervised Exercise: Fitness Center (by appointment only)
9:00 Fall Prevention: Strength and Balance (Advanced): Aerobics Studio
10:00 Conversational Hebrew with Yona Rosenman: Community Life Conference Room
11:00-12:45 Bus Departs for Shopping at the Dedham Mall
11:00 Fit and Flexible: Aerobics Studio **(please note time change)**
2:00 *The Life and Music of Leonard Bernstein*
Presented by Music Educator Richard Travers: Synagogue
5:00 Wine Down Monday: Terrace Room
7:00 Duplicate Bridge with David Aronson: Card Room (All are welcome!)
7:30 “Heartburn”: Theater/Channel 918

Tuesday, February 25

8:30 Zumba Gold: Aerobics Studio
10:30 *The West End Museum Tour and Lunch @ Alcove*: (sign up at 4-9218)
10:00 Coffee Connection: Club Room
10:30-12:00 Winter Course: *The Talmud Tales* Led by Rabbi Sonia Saltzman:
Synagogue **(Last Class)**
11:00 Yoga Meditation and Gentle Stretch (Chair Yoga): Aerobics Studio
1:00-2:00 Supervised Swim: Pool
2:00 “The Secret Life of Walter Mitty”: Theater/Channel 918
3:00 NBOC 101: An Educational Session on Care Options Across the NBOC Campus with Tara
(RSVP at 4-9404): Admin Board Room
2:15 Better Balance: Aerobics Studio
7:30 – 9:00 Queen Mab Micro-Theater Company Presents
Shakespeare's A Midsummer Night's Dream Featuring Actor Benjamin Evett
7:30 “The Secret Life of Walter Mitty”: Theater/Channel 918

Wednesday, February 26

8:30-3:00 Supervised Exercise: Fitness Center (by appointment only)
9:00 Yoga Stretch: Aerobics Studio
9:00-10:45 Shopping at the Needham Plaza
11:00 Torah Study Group with Rabbi Judi: Beal Family Chapel
1:15 Fit and Flexible: Aerobics Studio



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Wednesday, February 26, CONTINUED

2:00 “Menashe”: Theater/Channel 918

3:30 Facing Forward: The Art of Aging with Rabbi Judi

“Death, Duck and the Tulip” – A Conversation About Mortality: Beal Family Chapel

7:30 *Impeachments, Past & Present* Presented by Professor Dan Urman,
Northeastern University’s School of Law and School of Public Policy: GMH

7:30 “Menashe”: Theater/Channel 918

Thursday, February 27

9:00 Fall Prevention: Strength and Balance (Advanced): Aerobics Studio

10:00 Coffee Connection: Club Room

11:30 NY Times Sunday Crossword Puzzle Group: Theater

1:00 Tai Chi: Aerobics Studio

2:00 *Florida in February Celebration*, Hosted by Community Life Team: Copper Beech
(no reservation required)

2:00 “Some Like It Hot”: Theater/Channel 918

7:30 *Jewish Radical Feminism* Presented by Joyce Antler, Prof. Emerita of American Jewish
History & Culture, and Women's Gender & Sexuality Studies, Brandeis University: GMH

7:30 “Some Like It Hot”: Theater/Channel 918

Friday, February 28

8:30-2:00 Supervised Exercise: Fitness Center (by appointment only)

10:00 Current Events Discussion Group: Theater

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

1:00 Better Balance: Aerobics Studio (**please note time change**)

2:00 Residents Present: *Meet Your Neighbors* Presented by NBOC Resident Michael Ross: GMH

5:00 Friday Night Shabbat Service: Synagogue

7:30 “Troop Zero”: Theater/Channel 918

Saturday, February 29

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

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

10:30 Bus departs for Met Opera Simulcast at Legacy Place (prior registration required)

11:00 Brain Boosters with Bonnie Edes: Assisted Living, Art Room

2:00-3:30 *Of Stars and Shamrocks. Boston’s Jews and Irish* – Film Screening

Followed by Discussion Presented by Bonnie Lundquist-Edes: Assisted Living

2:00 “Ryan’s Daughter”: Theater/Channel 918

7:30 *The 11th Finger: A Brief (and Modern) History of Piano Etudes*

Featuring Steinway Artist, Pianist Jenny Lin: GMH

7:30 “Ryan’s Daughter”: Theater/Channel 918