



## Programs for December 1<sup>st</sup> – December 7<sup>th</sup>

### **Sunday, December 1**

1:00 Bus Departs for Huntington Theater  
2:00 "Servant of the People," Episodes 3, 4, & 5: Theater/Channel 918  
7:00 "One of Us": Theater/Channel 918

### **Monday, December 2**

8:30-12:00 Supervised Exercise: Fitness Center  
9:00 Fall Prevention: Strength and Balance (Advanced): Aerobics Studio  
10:00 Hebrew Literature w/Yona Rosenman: Community Life Conference Room  
10:30-12:00 *The World After Armageddon: Great Power Relations from 1945 into the 21st Century*  
Led by Professor Igor Lukes: **Synagogue** (prior registration required) – **LAST CLASS**  
11:00-12:45 Bus Departs for Shopping at the Dedham Mall  
1:00-3:00 Supervised Exercise: Fitness Center  
1:15 Fit and Flexible: Aerobics Studio  
2:00 "Everything You Ever Wanted to Know About Sex But Were Afraid to Ask":  
Theater/Channel 918  
5:30 Birthday Night: Great Meadow Hall  
7:30 "Everything You Ever Wanted to Know About Sex But Were Afraid to Ask":  
Theater/Channel 918

### **Tuesday, December 3**

8:30 Zumba: Aerobics Studio  
9:30 Cardio Mix Aerobics: Aerobics Studio  
10:00 Coffee Connection: Club Room  
11:00 Yoga Meditation and Gentle Stretch (Chair Yoga): Aerobics Studio  
1:00-2:00 Supervised Swim: Pool  
2:00 *The 1991 Beating of Rodney King* Presented by Bernard Shuster: Synagogue  
2:15 Better Balance: Aerobics Studio  
3:30 Volunteer Outreach Committee Meeting: Library Reading Room  
7:30 *The Titillating and the Exotic: Seeing Diaghilev's Ballets Russes*  
Presented by Matthew Heck, Musicologist PhD Candidate, Brandeis University: GMH  
7:30 "Dillinger": Theater/Channel 918

### **Wednesday, December 4**

8:30-12:00 Supervised Exercise: Fitness Center  
9:00 Yoga Stretch: Aerobics Studio  
9:00-12:00 *Second Time Around Boutique*: Synagogue  
9:00-10:45 Bus Departs for Shopping at the Needham Plaza  
11:00 Caregiver Support Group with Shana Sklar: **Library Reading Room (note location)**  
11:00 Torah Study Group with Rabbi Judi Ehrlich: Interfaith Chapel



## Programs for December 1<sup>st</sup> – December 7<sup>th</sup>

### **Wednesday, December 4, CONTINUED**

1:15 Fit and Flexible: Aerobics Studio

**2:00-3:00 Supervised Exercise: Fitness Center (note time change)**

2:00 “Ruby Sparks”: Theater/Channel 918

4:00 3<sup>rd</sup> Floor North Meeting

7:30 *American Cathedrals: Baseball, Ball Parks, and the Changing Shape of America’s Cities*

Presented by Historian Paolo DiGregorio: Synagogue

7:30 “Ruby Sparks”: Theater/Channel 918

### **Thursday, December 5**

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

**10:00 CANCELLED Coffee Connection: Club Room**

10:00-11:30 Flu Clinic: Synagogue (All are welcome!)

10:15 Photography Club Meeting: Admin Board Room

11:30 NY Times Sunday Crossword Puzzle Group: Theater

1:00 Tai Chi: Aerobics Studio

2:00 Community Meeting: Great Meadow Hall

7:30 *Colour of Music Virtuosi*

Featuring Violinist James Buswell, Cellist Carol Ou Buswell, & Pianist Joy Cline Phinney: GMH

7:30 “Marriage Story”: Theater/Channel 918

### **Friday, December 6**

**8:30-10:00 & 11:00-12:00 Supervised Exercise: Fitness Center (note time changes)**

9:30 Bus Departs for “It’s a Beautiful Day in the Neighborhood” & Lunch at Bamboo  
(sign up at 4-9218)

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 *Extending Your Driving Career*: Tips from AAA with John Paul (The Car Doctor): Theater

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

2:00 Better Balance: Aerobics Studio

2:30 “Marriage Story”: Theater/Channel 918 (Note Time)

5:00 Friday Night Service: Synagogue

7:30 “Marriage Story”: Theater/Channel 918

### **Saturday, December 7**

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

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

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

2:00 “My Happy Family”: Theater/Channel 918

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

7:30 “My Happy Family”: Theater/Channel 918