

NewsBridge Upcoming events



NEWBRIDGE ON THE CHARLES

Programs for December 1st – December 7th

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

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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 3rd 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, 2nd 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