



## Programs for September 22<sup>nd</sup> – September 28<sup>th</sup>

### Sunday, September 22

- 1:00 Bus Departs for Huntington Theater
- 2:00 “Grace & Frankie” Season 1, Episodes 4, 5, & 6: Theater/Channel 918
- 3:00 Annual Memorial Service: Great Meadow Hall **(Please note start time)**
- 7:00 “B.B. King: The Life of Riley”: Theater/Channel 918

### Monday, September 23

- 8:30-12:00 Supervised Exercise: Fitness Center
- 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
- 1:00-3:00 Supervised Exercise: Fitness Center
- 1:15 Fit and Flexible: Aerobics Studio
- 2:00 Topic of the Month with Larry Lowenthal: *The Immigration Debate – Separating Facts from Fantasies*: Great Meadow Hall
- 2:00-3:30 *Pick Up Your New NewBridge Library Card*: Library Reading Room
- 5:00 Wine Down Monday: Terrace Room
- 7:00 Duplicate Bridge with David Aronson: Card Room (All are welcome!)
- 7:30 “Menashe”: Theater/Channel 918

### Tuesday, September 24

- 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 Pulitzer Prize Winning Musicals* Presented by Music Educator Richard Travers: Synagogue
- 2:15 Better Balance: Aerobics Studio
- 4:00 First Floor South Meeting
- 7:30 “Oh, Hello On Broadway”: Theater/Channel 918”: Theater/Channel 918

### Wednesday, September 25

- 8:30-12:00 Supervised Exercise: Fitness Center
- 9:00 Yoga Stretch: Aerobics Studio
- 9:00-10:45 Bus Departs for Shopping at the Needham Plaza
- 10:30 Bus Departs for MFA Boston (sign up at 4-9218)
- 11:00 Torah Study Group with Rabbi Judi Ehrlich: Interfaith Chapel
- 1:00-3:00 Supervised Exercise: Fitness Center
- 1:15 Fit and Flexible: Aerobics Studio
- 2:00 “The Highway Men”: Theater/Channel 918
- 4:00 **CANCELLED** From “We” to “Me”: Discussion Group for residents who have lost a partner with Shana Sklar



## Programs for September 22nd – September 28th

### **Wednesday, September 25, Continued**

7:30 *Medieval and Renaissance Song* Presented by Dr. Elizabeth Seitz,  
Boston Conservatory @ Berklee: GMH  
7:30 “The Highway Men”: Theater/Channel 918

### **Thursday, September 26**

9:00 Fall Prevention: Strength and Balance (Advanced): Aerobics Studio  
10:00 Coffee Connection: Club Room  
10:30-12:00 Course: *Gypsies: The Hidden Americans*  
Presented by Gerry Berenholz: Theater (full class)  
10:30-12:00 *Pick Up Your New NewBridge Library Card*: Library Reading Room  
11:30 NY Times Sunday Crossword Puzzle Group: Synagogue (**please note location**)  
1:00 Tai Chi: Aerobics Studio  
2:00 “Saawan”: Theater/Channel 918  
7:30 *The Winiker Band*: Great Meadow Hall  
7:30 “Saawan”: Theater/Channel 918

### **Friday, September 27**

8:30-12:00 Supervised Exercise: Fitness Center  
10:15 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 Supervised Exercise: Fitness Center  
2:00 Better Balance: Aerobics Studio  
2:00 *The Latest Advances in Geriatrics and the Impact on Quality of Life*  
Featuring Dr. Lewis Lipsitz: Great Meadow Hall  
2:00 *Around the World in 88 Keys* Featuring Janice Weber, Piano: Assisted Living, Living Room  
5:00 Friday Night Service: Synagogue  
7:30 “Rocky”: Theater/Channel 918

### **Saturday, September 28**

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 “Aladdin”: Theater/Channel 918  
2:00 *Coffee, Conversation and...Chocolate*  
Hosted by Barbara Naditch, Shana Sklar & Tara Fleming-Caruso: Synagogue  
7:30 “Aladdin”: Theater/Channel 918