

The Kretzmer Center has the best views on the large screen. Note: where programming indicates; either watch in Kretzmer or on Channels 3, 4 or 5. We socially distance and we mask. Seating is to capacity on a first come first basis. No holding of seats.



Kobernick

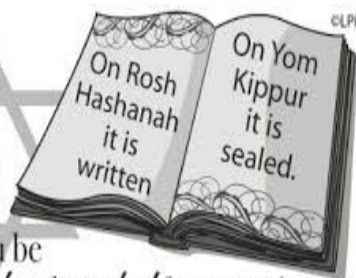
Independent Living



Abounds Within

Days of Awe

May you be inscribed and sealed for a good year.



EVENTS & ACTIVITIES
Sept. 12-18, 2021

LOCATION & ABBREVIATION KEY

- (SU) Sign-Up Required in (LE) (DR) Dining Room
 - (C) C102-Card Room (L) Library
 - (R) Rotunda (BR) Board Room B-110
 - (FC) Fitness Center (A) A Wing Lanai Outside
 - (LE) Life Enrichment Center (KC) Kretzmer Center
- Trips out of the building will be underlined

Sunday
12

- 10:00am Chair Exercise Program (Channel 3)
- 10:30am Musical Mania Sundays on the Big Screen– “All That Jazz” Roy Scheider and Jessica Lange (KC or Channel 5)
- 2:00pm Encore Showing of Morning Musical (KC or Channel 5)
- 7:00pm Classical Music Program-Frederic Chopin-Piano Concerto-No. 1 in e-minor-Olga Scheps-Tonhalle, Dusseldorf with the Chamber Orchestra of Polish Radio-Conductor Agnieszka Duczmal (Channel 3)

Monday

13

- 10:00am Healthy Spine Class (Channel 3)
- 10:00am Balance Class (KC)
- 10:30am Range of Motion Class (Channel 3)
- 10:30am Weights & Bands (KC)
- 11:00am Abbott and Costello Show-Season 1, Episode 9 Pots and Pans (Channel 3)
- 1:30pm Shakespeare Reading Group (KC)
- 2:00pm Chair Chi (Channel 3)
- 3:00pm 2021 Yoga with Margie (Channel 3)
- 3:30pm Travel to your hometown or favorite destination around the world with Garrett-aerial views from Google Earth (KC or Channel 5)



Tuesday

14

- 8:45am Walking Club (Meets in front of Kobernick)
- 9:30am Stretch & Refresh (Channel 3)
- 10:00am Core Stability (Channel 3)
- 10:00am Range of Motion (KC)
- 11:00am IMAX-Mysteries of Egypt-Omar Sharif Narrates breathtaking aerial views of the Pyramids (KC or Channel 5)
- Library Open-10-12noon & 1:30-3:30pm**
- 1:30pm Joe Newman’s Socrates Café with Rich (KC)
- 3:00pm Yoga LIVE with Margie (KC)
- 3:00pm 2021 Yoga with Margie (Channel 3)
- 3:30pm Game Day with Youthful Aging Gals (C)
- 7:00pm Aviva Classical Concert Series– Presenting Jane Hoffman on Flute and Thomas Koch-Classical Guitarist (we will fill to capacity or Channel 5)



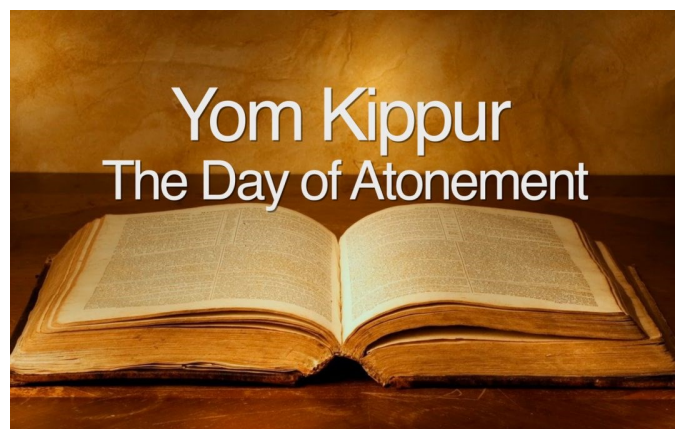


Wednesday
15

10:00am Healthy Spine (**Channel 3**)
10:00am Balance Class (KC)
10:30am Weights and Bands (KC)
11:00am Activity Planning Meeting (KC we will fill to capacity)
2:00pm Chair Chi (**Channel 3**)
3:00pm 2021 Yoga Series with Margie (**Channel 3**)
3:00pm Weight Exercise Machine with Margie (FC)
3:30pm Wild China-Uncover some exotic and uncharted natural habitats hidden within the topography of China (**Channel 5** or Kretzmer)
7:00pm Kol Nidre- (Only Reserved Residents to Kretzmer or **Channel 5**)

Thursday
16

8:45am Walking Club meets in front of Kobernick
9:30am Stretch & Refresh (**Channel 3**)
10:00am Range of Motion (**Channel 3**)
10:30am Yom Kippur Service (Only Reserved Residents to Kretzmer or **Channel 5**)
3:00pm Yoga with Margie-New Series for 2021 (**Channel 3**)
4:00pm Yizkor & Neilah (Only Reserved Residents to Kretzmer or Channel 5)
Library Open-10-12noon & 1:30-3:30pm



Friday
17

10:00am Balance Class (KC)
10:30am Weights & Bands (KC)
11:00am Meet a positive person, share a nice story and get fresh air
2:00pm Mat Yoga with Margie (KC)
3:00pm Weight Exercise Machine with Margie (FC)
3:30pm Share Shabbat with Rabbi Rachel Dulin
Live from Anchin Chapel (**Channel 4**)

שבת שלום

S h a b b a t S h a l o m !

Saturday
18

10:30am Torah Shabbat Service-Rabbi Rachel Dulin
(**Channel 4**)