

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2019

## The Massry Residence

<p>10:00am Exercise Video (AR) <b>3</b></p> <p>11:00 Sunday Schmooze with Rabbi Ornstein and Students(AR)</p> <p>2:30pm Leon Halpert and Friends (L)</p>	<p>9:30am Exercise Video (AR) <b>4</b></p> <p>9:30am Literacy Volunteers (L)</p> <p><b>11:00am Resident Meeting (AR)</b></p> <p><b>2:00pm Rabbi Eligberg on "Medical Ethics" (AR)</b></p> <p><b>3:00pm Trip to Dollar Tree</b></p> <p>6:30pm Movie (AR)</p>	<p><b>Tom is Here Today</b> <b>5</b></p> <p>10:00am Exercise (AR)</p> <p><b>10:30am Walgreen's Outing</b></p> <p>11:00am Maimonides Students (AR)</p> <p><b>2:00pm Chinese New Year Party Bingo (AR)</b></p> <p><b>5:00pm Chinese New Year's Dinner (DR)</b></p> <p>6:30pm Roger and Marilyn Held (L)</p> <p><small>Chinese New Year</small></p>	<p>10:00pm Gentle Chair Yoga with Noreen (AR) <b>6</b></p> <p>10:45am Reading Group (FFEL)</p> <p>2:30pm Current Events with (AR)</p> <p>3:45pm Crosswords on the Big Screen (AR)</p> <p>6:30pm Arnie Adler: Jews in the News (AR)</p>	<p>10:00am Exercise (AR) <b>7</b></p> <p><b>10:35am Library Outing</b></p> <p>11:00am TED Talks with Abby (AR)</p> <p><b>1:30pm Art Appreciation with Joanne Pagano-Webber (AR)</b></p> <p><b>2:30pm Teaching Kitchen (AR)</b></p> <p>6:30pm Alyssa Yeager (L)</p>	<p>10:00am Exercise (AR) <b>1</b></p> <p><b>10:45am The Marvelous Mrs. Maisel (AR)</b></p> <p>1:30pm Parsha with Dr. Ann (FFEL)</p> <p>2:00pm Men's Group with Dr. William Rockwood (AR)</p> <p><b>2:30pm Shul at DOS</b></p> <p><b>3:00pm Knitting for a Purpose (FFEL)</b></p> <p>4:00pm Crossword Puzzle Group (AR)</p>	<p><b>10:00am Synagogue at DOS</b> <b>2</b></p> <p>2:00pm Saturday Matinee' (AR)</p> <p><small>Groundhog Day</small></p>
<p>10:00am Exercise Video (AR) <b>10</b></p> <p>2:30pm Lost Radio Rounders; Lincoln and Liberty (L)</p>	<p>9:30am Exercise Video (AR) <b>11</b></p> <p>9:30am Literacy Volunteers (L)</p> <p>10:30am Art with Amy and Judy (AR)</p> <p><b>2:00pm Rabbi Eligberg on "Medical Ethics" (AR)</b></p> <p>3:45pm Kickin' it with Kassie (L)</p> <p>6:30pm Jews and the Supreme Court with David Weinstein (AR)</p>	<p><b>Tom is Here Today</b> <b>12</b></p> <p>10:00am Exercise (AR)</p> <p>11:00am Maimonides Students (AR)</p> <p><b>1:30pm Ice Cream Sodas and Egg Cream in the Lobby</b></p> <p>2:45pm Bingo (AR)</p> <p>6:30pm Squeeze Play (L)</p>	<p>9:45am Tai Chi with Steve (AR) <b>13</b></p> <p>10:45am Reading Group (FFEL)</p> <p>2:30pm Current Events with (AR)</p> <p><b>5:00pm Cruising into Paris With Brian Mooney on Cello (DR)</b></p> <p><b>6:30pm Travelogue: Paris (AR)</b></p> <p><small>Valentine's Day</small></p>	<p>10:00am Exercise (AR) <b>14</b></p> <p><b>10:30am Manicures (BP)</b></p> <p><b>2:00pm Rensselaer Historical Society's Kathy Sheehan "Couples" (AR)</b></p> <p>3:30pm TED Talks with Abby (AR)</p> <p>6:30pm Movie (AR)</p>	<p>10:00am Exercise (AR) <b>8</b></p> <p><b>11:00pm Lunch Outing to Capital City Diner</b></p> <p>1:30pm Parsha with Dr. Ann (FFEL)</p> <p>2:00pm 1:1s with Robin and Miss Ella</p> <p><b>2:30pm Shul at DOS</b></p> <p><b>3:00pm Knitting with Christine S. (FFEL)</b></p> <p>4:00pm Crossword Puzzle Group (AR)</p>	<p><b>10:00am Synagogue at DOS</b> <b>9</b></p> <p>2:00pm Saturday Matinee' (AR)</p>
<p>10:00am Exercise Video (AR) <b>17</b></p> <p>2:30pm Melanie Chirignin (L)</p>	<p>10:00am Exercise (AR) <b>18</b></p> <p><b>11:00am Lunch Outing to Ben &amp; Bills</b></p> <p><b>2:00pm Rabbi Eligberg on "Medical Ethics" (AR)</b></p> <p>3:45pm Sunshine Committee (FFEL)</p> <p>6:30pm WOW: Women of Wisdom (AR)</p> <p><small>Presidents' Day (US)</small></p>	<p><b>Tom is Here Today</b> <b>19</b></p> <p>10:00am Exercise (AR)</p> <p>10:45am Dining Services Meeting (PDR)</p> <p>11:00am Maimonides Students (AR)</p> <p><b>2:30pm "The Making of the Hudson River School," with Patrick Stetson (AR)</b></p> <p>6:30pm Odie Goldie (L)</p>	<p>10:00pm Gentle Chair Yoga with Noreen (AR) <b>20</b></p> <p>10:45am Reading Group (FFEL)</p> <p>2:30pm Current Events with (AR)</p> <p>3:45pm Crosswords on the Big Screen (AR)</p> <p>6:30pm Arnie Adler: Jews in the News (AR)</p>	<p>10:00am Exercise (AR) <b>21</b></p> <p>11:00am TED Talks with Abby (AR)</p> <p><b>1:30pm Art Appreciation with Joanne Pagano-Webber (AR)</b></p> <p>3:00pm Bingo (AR)</p> <p><b>5:00pm Chef's Table (PDR)</b></p> <p>6:30pm The Millman Trio (L)</p>	<p>10:00am Exercise (AR) <b>15</b></p> <p><b>HAPPY BIRTHDAY TOM</b></p> <p><b>10:45am The Marvelous Mrs. Maisel (AR)</b></p> <p>1:30pm Parsha with Dr. Ann (FFEL)</p> <p>2:00pm 1:1s with Robin and Miss Ella</p> <p>2:00pm Men's Group with Dr. William Rockwood (AR)</p> <p><b>2:30pm Shul at DOS</b></p> <p><b>3:00pm Knitting with Robin B. and Christine S. (FFEL)</b></p>	<p><b>10:00am Synagogue at DOS</b> <b>16</b></p> <p>2:00pm Saturday Matinee' (AR)</p>
<p>10:00am Exercise Video (AR) <b>24</b></p> <p>1:00pm <b>"The Samuel Project" at NJCC</b></p> <p>2:30pm Banjo Bert and Friends (L)</p>	<p><b>HAPPY BIRTHDAY ALLEN</b> <b>25</b></p> <p>9:30am Exercise Video (AR)</p> <p>9:30am Literacy Volunteers (L)</p> <p>10:30am Art with Amy and Judy (AR)</p> <p><b>2:00pm "The Women of Exodus" with Rabbi Rena Kieval (AR)</b></p> <p>3:45pm Conversations with Rabbi Bev (L)</p> <p>6:30pm Movie (AR)</p>	<p><b>Tom is Here Today</b> <b>26</b></p> <p>10:00am Exercise (AR)</p> <p>11:00am Maimonides Students (AR)</p> <p><b>2:30 Monthly Birthday Party with Randy Rosette (L)</b></p> <p>3:45pm Allison's Corner: The What-A-Shame Game (AR)</p>	<p><b>HAPPY BIRTHDAY ROZ M.</b> <b>27</b></p> <p>9:45am Tai Chi with Steve (AR)</p> <p>10:45am Reading Group (FFEL)</p> <p>2:30pm Current Events with (AR)</p> <p><b>5:00pm Dinner and A Movie "Our Souls at Night" (AR)</b></p>	<p>10:00am Exercise with Christine (AR) <b>28</b></p> <p><b>10:30 Manicures (BP)</b></p> <p>11:00am TED Talks with Abby (AR)</p> <p>2:00pm The Albany JCC Senior Chorale (L)</p> <p>3:15pm Bingo (AR)</p> <p>6:30pm Laura M. Collins (L)</p>	<p>10:00am Exercise (AR) <b>22</b></p> <p><b>10:45am The Marvelous Mrs. Maisel (AR)</b></p> <p>1:30pm Parsha with Dr. Ann (FFEL)</p> <p>2:00pm 1:1s with Robin and Miss Ella</p> <p><b>2:30pm Shul at DOS</b></p> <p><b>3:00pm Knitting with Robin B. and Christine S. (FFEL)</b></p> <p>4:00pm Crossword Puzzle Group (AR)</p>	<p><b>10:00am Synagogue at DOS</b> <b>23</b></p> <p>2:00pm Saturday Matinee' (AR)</p>
<p><b>Programs subject to change without prior notice. Check at the front desk daily for changes.</b></p> <p>Key: FFEL= First Floor East Lounge, (AR)= Activities Room (CK)= Country Kitchen, (BP) = Beauty Parlor (PDR)= Private Dining Room, (FP)= Front Patio, (L)= Lobby, (DOS)= Daughters of Sarah, (BTS)= Behind the Shul</p> <p><b>ACTIVITIES IN RED REQUIRE YOU TO SIGN-UP</b></p>						