

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2017

## The Massry Residence

					10:00am Synagogue at DOS		1						
					2:00pm Saturday Matinee' (AR)								
					Canada Day								
10:00am Exercise Video (AR) 11:00am Protestant Service DOS-BTS 2:30pm Jim Burton (L)	2	10:00am Chair Dancing with Shirley (AR)  3:30pm Joshua Wein (L)	3	10:00am Exercise Video (AR)  2:30pm Movie (AR)  5:00pm 4 <sup>th</sup> of July BBQ on the Patio <small>Independence Day</small>	4	8:00am Breakfast on the Patio 10:00am Gentle Chair Yoga with Noreen (AR) <b>10:45am Library Outing</b> 1:30pm Pet Visits with Abigail (L) 2:30pm Current Events (AR) 4:00pm Lemonade (FP) 6:30pm Rafi Cohen (L)	5	10:00am Exercise (AR) 10:30am Art with Amy & Judy (AR) 2:00pm Julia Fletcher Ventriloquist 3:30pm Bingo (AR) 6:30pm Arnie Adler: Jews in the News (AR)	6	10:00am Exercise (AR) <b>11:30am Lunch Outing to Pizzeria Uno</b> 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Trivia (L)	7	10:00am Synagogue at DOS  2:00pm Saturday Matinee' (AR)	8
10:00am Exercise Video (AR) 11:00am Communion Service DOS-BTS 2:30pm Ryc Ward : Americana Songs (L)	9	10:00am Chair Dancing with Shirley (AR) 10:45am Resident Meeting (AR) 2:30pm Luke McNamee on the Saxophone (L) 3:45pm Word Game (L) 6:30pm Monday Movie: Documentary (AR)	10	10:00am Exercise Video (AR) 10:45am Reading Group (FFEL) 2:30 Fruit Smoothies on the Front Patio  <b>7:00pm Ragtime at Washington Park</b>	11	10:00am Gentle Chair Yoga with Noreen (AR) 10:45am Sunshine Committee (FFEL) 2:30pm Current Events (AR) 3:45pm Lemonade (FP) 6:30pm Guy Tonno (L)	12	10:00am Exercise (AR) 10:30am Art with Amy & Judy (AR) 2:00pm Bingo (AR) 2:30 Catholic Mass – DOS-BTS 3:30pm Discussion with Rabbi Bev (AR) 6:30pm Throwback Thursday: A Blast From the Past Movie	13	10:00am Exercise (AR) 10:30am Yiddish Club (AR) 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Where in the World? (L)	14	10:00am Synagogue at DOS  2:00pm Saturday Matinee' (AR)	15
10:00am Exercise Video (AR) 11:00am Rosary DOS-BTS 2:30pm Squeeze Play Accordions (L)	16	10:00am Chair Dancing with Shirley (AR) 10:45am Chit-Chat with Allison (AR) <b>1:30pm Robert Cohen Lecture (AR)</b> 6:30pm Arnie Seim (L)	17	<b>9:30am Fun with Camp Givah</b> 11:00am Reading Group (FFEL) <b>1:30pm Shopping Trip to Christmas Tree Shop</b> 3:30pm Balloon Volleyball (L) 6:30pm Delaney Trio (L)	18	8:00am Breakfast on the Patio 10:00am Gentle Chair Yoga with Noreen (AR) <b>Fun with The Zone Camp</b> 1:30pm Pet Visits with Abigail 2:30pm Current Events (AR) 6:30pm Arnie Adler: Jews in the News (AR)	19	10:00 Exercise Video (AR) <b>10:15am Live and Learn Lunch at AJCC</b> 10:30am Art with Amy & Judy (AR) 2:00pm Bingo (AR) 3:30pm Toss Across (L) 6:30pm Young At Heart with Bob Marcello	20	10:00am Exercise (AR) 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Words in a Word (L)	21	10:00am Synagogue at DOS  2:00pm Saturday Matinee' (AR)	22
10:00am Exercise Video (AR) 11:00am Protestant Service DOS-BTS 2:30pm 2 Bit Cowboys With Jeff Gonzales (L)	23	10:00am Chair Dancing with Shirley (AR) 10:45am Dining Committee (PDR) 2:30pm Birthday Party with Bev Oudt 4:00pm Reminisce (P) 6:30pm Dino Cimino and Roger (L)	24	10:00am Exercise (AR) 10:45am Reading Group (FFEL) <b>1:30pm Emack &amp; Bolio's Ice Cream Outing</b> 4:00pm Short Stories (L) 6:30pm Tony Schettino & Alex (L)	25	10:00am Gentle Chair Yoga with Noreen (AR) 11:00am Activities Meeting(AR) 2:30pm Current Events (AR) 3:45pm Lemonade (FP) 6:30pm Randy Rosette(L)	26	10:00am Exercise (AR) 10:30am Art with Amy & Judy (AR) 10:30am Communion DOS-BTS 2:00pm Bingo (AR) <b>5:00pm Dinner and a Movie (AR)</b>	27	10:00am Exercise (AR) 10:30am Yiddish Club (AR) 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Trivia (L)	28	10:00am Synagogue at DOS  2:00pm Saturday Matinee' (AR)	29
10:00am Exercise Video (AR)  2:30pm "Skyline" A Cappella Singing Group featuring our very own Allison (L)	30	10:00am Chair Dancing with Shirley (AR) <b>11:15am Lunch Outing to Texas Road House</b> 3:00pm Paint and Sip with Christine (AR) 6:30pm Monday Movie: Documentary (AR)	31	<p>HAPPY JULY BIRTHDAY TO: HELEN B. 7/5, ANN H. 7/17, JUNE K. 7/17, BERT W. 7/21, AND LAURA T. 7/23</p> <p><b>The Massry Residence, 182 Washington Ave. Ext., Albany, NY 12203 Activities Director; Christine Camp 724-3406</b>  <b>P= Back Patio, FFEL= First Floor East Lounge, L= Lobby, AR= Activities Room</b>  <b>CK= Country Kitchen, PDR= Private Dining Room, FP= Front Patio</b>  <b>DOS= Daughters of Sarah, BTS= Behind the Shul</b></p>									