

SUN

MON

TUE

WED

THUR

FRI

SAT

**LOCATION KEY**  
 1L - 1st Floor Lounge  
 2L - 2nd Floor Lounge  
 A - Auditorium  
 Ch. 591 - Channel 591  
 CEC - Community Education Center  
 GL - Gallery Lounge



Emotional



Environmental



Health Services



Physical



Vocational



Intellectual



Social



Spiritual

8:00 Daily Catholic Mass (Channel 135) **1**  
 8:30 Guided Meditation (Ch. 591)  
 9:30 Shabbat Morning Services (Channel 138)  
 10:00 Old Fashioned Singalong with Dale Allen Jarrett (Ch. 591)  
 11:00 Chair Dancing Around the World (Ch. 591)  
 2:00 Hollywood Collection - Mae West (Ch. 591)  
 3:00 Sit & Chat (CEC)  
 7:00 **Movie Night "The Second Best Exotic Marigold Hotel" (A)**

Orthodox Easter **2**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 11:00 Chair Yoga Dance Class (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:00 Symphony Orchestra (Ch. 591)

**3**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 **Stretch & Strength with Miles (A)**  
 10:00 **Posture & Power with Miles (A)**  
 11:00 Better Balance (Ch. 591)  
 11:00 **Better Balance with Miles (A)**  
 11:45 **Chair Volleyball (A)**  
 1:00 **Meditation with Miles (A)**  
 1:15 Bridge (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 **Music Through Memories with Jeff Kampf (A)**  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)

**4**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 **Rejuvenate Fitness with Miles (A)**  
 9:00 Stretch & Strength (Ch. 591)  
 10:00 **Cardio & Core with Miles (A)**  
 11:00 **Chair Dancing with Miles (A)**  
 11:00 Rejuvenate Fitness (Ch. 591)  
 1:00 **Wii Bowling (CEC)**  
 1:15 Rummikub (1L)  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 **Brain Fitness (A)**  
 3:00 Travel with Rick Steves (Ch. 591)  
 4:30 **Happy Hour with Live Entertainment! (A)**  
 6:30 Duplicate Bridge (A)

Cinco de Mayo **5**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 **Stretch & Strength with Miles (A)**  
 9:30 AGing Quilters (2L)  
 10:00 **Posture & Power with Miles (A)**  
 11:00 Better Balance (Ch. 591)  
 11:00 **Better Balance with Miles (A)**  
 11:45 **Chair Volleyball (A)**  
 1:00 Mah Jongg (1L)  
 1:00 **Meditation with Miles (A)**  
 1:30 Mah Jongg (GL)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Bridge (CEC)  
 3:00 Christian Hymn Sing (Ch. 591)  
 3:30 **Bingo! (A)**

**6**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 **Rejuvenate Fitness with Miles (A)**  
 9:00 Stretch & Strength (Ch. 591)  
 10:00 **Cardio & Core with Miles (A)**  
 11:00 **Cardio Drumming with Miles (A)**  
 11:00 Rejuvenate Fitness (Ch. 591)  
 1:00 Mah Jongg (GL)  
 1:30 **Afternoon Orchestra with Maestro Robert Butts (A)**  
 1:30 Rummikub (1L)  
 2:00 Crochet & Knit Group (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

**7**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 **Stretch & Strength with Miles (A)**  
 10:00 **Posture & Power with Miles (A)**  
 10:00 **Sharing Thoughts with Francesca CEC**  
 11:00 Better Balance (Ch. 591)  
 11:00 **Better Balance with Miles (A)**  
 11:45 **Chair Volleyball (A)**  
 1:00 **Meditation with Miles (A)**  
 1:30 Mah Jongg (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Rummikub (GL)  
 2:00 **Self Care Series - Beauty (A)**  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:30 Duplicate Bridge (A)  
 7:00 On a Positive Note (Channel 12)

**8**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:30 Shabbat Morning Services (Channel 138)  
 10:00 30's & 40's Singalong with Dale Allen Jarrett (Ch. 591)  
 11:00 Chair Dancing Around the World (Ch. 591)  
 2:00 Hollywood Collection - Grace Kelly (Ch. 591)  
 3:00 Sit & Chat (CEC)  
 7:00 **Movie Night "Deepwater Horizon" (A)**

Mother's Day **9**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 11:00 Chair Yoga Dance Class (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:00 Symphony Orchestra (Ch. 591)

**10**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 **Stretch & Strength with Miles (A)**  
 10:00 **Posture & Power with Miles (A)**  
 11:00 Better Balance (Ch. 591)  
 11:00 **Better Balance with Miles (A)**  
 11:45 **Chair Volleyball (A)**  
 1:00 **Meditation with Miles (A)**  
 1:15 Bridge (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)

**11**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 **Rejuvenate Fitness with Miles (A)**  
 9:00 Stretch & Strength (Ch. 591)  
 10:00 **Cardio & Core with Miles (A)**  
 11:00 **Chair Dancing with Miles (A)**  
 11:00 Rejuvenate Fitness (Ch. 591)  
 12:00 **Pizza Party for Birthdays! (Auditorium - Sign up in mail room REQUIRED)**  
 1:00 **Wii Bowling (CEC)**  
 1:15 Rummikub (1L)  
 2:00 **Armchair Travel with Jeff Kampf (A)**  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Travel with Rick Steves (Ch. 591)  
 6:30 Duplicate Bridge (A)

Eid al-Fitr **12**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 **Stretch & Strength with Miles (A)**  
 9:30 AGing Quilters (2L)  
 10:00 **Creative Writing Workshop (CEC)**  
 10:00 **Posture & Power with Miles (A)**  
 11:00 Better Balance (Ch. 591)  
 11:00 **Better Balance with Miles (A)**  
 11:45 **Chair Volleyball (A)**  
 1:00 Mah Jongg (1L)  
 1:00 **Meditation with Miles (A)**  
 1:30 Mah Jongg (GL)  
 2:00 **Baking with Vera (A)**  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Bridge (CEC)  
 3:00 Christian Hymn Sing (Ch. 591)  
 3:30 **Bingo! (A)**

**13**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 **Rejuvenate Fitness with Miles (A)**  
 9:00 Stretch & Strength (Ch. 591)  
 10:00 **Cardio & Core with Miles (A)**  
 11:00 **Cardio Drumming with Miles (A)**  
 11:00 Rejuvenate Fitness (Ch. 591)  
 1:00 Mah Jongg (GL)  
 1:30 Rummikub (1L)  
 1:30 **Walking Club with Miles (Meet in lobby)**  
 2:00 Crochet & Knit Group (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)  
 7:00 Hava Nagila - How a Song Defines a People (Ch. 591)

**14**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 **Stretch & Strength with Miles (A)**  
 10:00 **Posture & Power with Miles (A)**  
 10:00 **Sharing Thoughts (CEC)**  
 11:00 Better Balance (Ch. 591)  
 11:00 **Better Balance with Miles (A)**  
 11:45 **Chair Volleyball (A)**  
 1:00 **Meditation with Miles (A)**  
 1:30 Mah Jongg (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Rummikub (GL)  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:30 Duplicate Bridge (A)  
 7:00 On a Positive Note (Channel 12)

**15**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:30 Shabbat Morning Services (Channel 138)  
 10:00 A Broadway Singalong with Dale Allen Jarrett (Ch. 591)  
 11:00 Chair Dancing Around the World (Ch. 591)  
 2:00 Hollywood Collection - Clint Eastwood (Ch. 591)  
 3:00 Sit & Chat (CEC)  
 7:00 **Movie Night "9 to 5" (A)**

May 2021

Laurel Circle Lifestyle Programs

Please contact Leah Jennings, Community Life Services Director at (908) 595-6528

**SUN**

**MON**

**TUE**

**WED**

**THUR**

**FRI**

**SAT**

8:00 Daily Catholic Mass (Channel 135) **16**  
 8:30 Guided Meditation (Ch. 591)  
 11:00 Chair Yoga Dance Class (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Afternoon Movie "Trumbo" (A)  
 2:00 Deck of Fitness (Ch. 591)  
 3:00 Symphony Orchestra (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **17**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 10:30 Dining Committee (CEC)  
 11:00 Better Balance (Ch. 591)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:15 Bridge (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)  
 7:00 Lifelong Learning Music Program with Jeff Kampf (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **18**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 9:00 Stretch & Strength (Ch. 591)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Chair Dancing with Miles (A)  
 11:00 Debate School of NJ with Ralph Cohen (CEC)  
 11:00 Rejuvenate Fitness (Ch. 591)  
 1:00 Wii Bowling (CEC)  
 1:15 Rummikub (1L)  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Brain Fitness (A)  
 3:00 Travel with Rick Steves (Ch. 591)  
 4:30 Happy Hour with Live Entertainment! (A)  
 6:30 Duplicate Bridge (A)

8:00 Daily Catholic Mass (Channel 135) **19**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 9:30 AGing Quilters (2L)  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance (Ch. 591)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Mah Jongg (1L)  
 1:00 Meditation with Miles (A)  
 1:30 Mah Jongg (GL)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Lifelong Learning with Jeff Kampf (A)  
 2:00 Bridge (CEC)  
 3:00 Christian Hymn Sing (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **20**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 9:00 Stretch & Strength (Ch. 591)  
 9:30 Cardio & Core with Miles (Auditorium - Sign up in mail room REQUIRED)  
 10:30 Resident Gathering (A)  
 11:00 Rejuvenate Fitness (Ch. 591)  
 1:00 Mah Jongg (GL)  
 1:30 Cardio Drumming with Miles (Auditorium - Sign up in mail room REQUIRED)  
 1:30 Rummikub (1L)  
 2:00 Crochet & Knit Group (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:00 Communion with Reverend Kathy Henry (A)  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **21**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 10:00 Sharing Thoughts (CEC)  
 11:00 Better Balance (Ch. 591)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:30 Mah Jongg (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Craft Workshop with Annette (Auditorium - Sign up in mail room REQUIRED)  
 2:00 Rummikub (GL)  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:30 Duplicate Bridge (A)  
 7:00 On a Positive Note (Channel 12)

8:00 Daily Catholic Mass (Channel 135) **22**  
 8:30 Guided Meditation (Ch. 591)  
 9:30 Shabbat Morning Services (Channel 138)  
 10:00 A Country Song Singalong with Dale Allen Jarrett (Ch. 591)  
 11:00 Chair Dancing Around the World (Ch. 591)  
 2:00 Hollywood Collection - Harry Connick Jr. (Ch. 591)  
 3:00 Sit & Chat (CEC)  
 7:00 Movie Night - "Seabiscuit" (A)

8:00 Daily Catholic Mass (Channel 135) **23**  
 8:30 Guided Meditation (Ch. 591)  
 11:00 Chair Yoga Dance Class (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:00 Symphony Orchestra (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **24**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance (Ch. 591)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:15 Bridge (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **25**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 9:00 Stretch & Strength (Ch. 591)  
 9:30 Cardio & Core with Miles (A)  
 10:30 Resident Association Meeting (A)  
 11:00 Rejuvenate Fitness (Ch. 591)  
 1:00 Wii Bowling (CEC)  
 1:15 Rummikub (1L)  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Brain Fitness (A)  
 3:00 Travel with Rick Steves (Ch. 591)  
 6:30 Duplicate Bridge (A)

8:00 Daily Catholic Mass (Channel 135) **26**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 9:30 AGing Quilters (2L)  
 10:00 Creative Writing Workshop (CEC)  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance (Ch. 591)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Mah Jongg (1L)  
 1:00 Meditation with Miles (A)  
 1:30 Mah Jongg (GL)  
 2:00 Baking with Vera (A)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Bridge (CEC)  
 3:00 Christian Hymn Sing (Ch. 591)  
 3:30 Bingo! (A)

8:00 Daily Catholic Mass (Channel 135) **27**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 9:00 Stretch & Strength (Ch. 591)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Cardio Drumming with Miles (A)  
 11:00 Rejuvenate Fitness (Ch. 591)  
 1:00 Mah Jongg (GL)  
 1:30 Rummikub (1L)  
 1:30 Walking Club with Miles (Meet in lobby)  
 2:00 Crochet & Knit Group (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **28**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 10:00 Sharing Thoughts (CEC)  
 11:00 Better Balance (Ch. 591)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:30 Mah Jongg (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Rummikub (GL)  
 3:00 Lifelong Learning with Paul White - The Art and artistry of Norman Rockwell (Auditorium - Sign up in mail room REQUIRED)  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:30 Duplicate Bridge (A)  
 7:00 On a Positive Note (Channel 12)

8:00 Daily Catholic Mass (Channel 135) **29**  
 8:30 Guided Meditation (Ch. 591)  
 9:30 Shabbat Morning Services (Channel 138)  
 10:00 Crooners Classic Singalong with Dale Allen Jarrett (Ch. 591)  
 11:00 Chair Dancing Around the World (Ch. 591)  
 2:00 Hollywood Collection - Anthony Quinn (Ch. 591)  
 3:00 Sit & Chat (CEC)  
 7:00 Movie Night "The Lady in the Van" (A)

8:00 Daily Catholic Mass (Channel 135) **30**  
 8:30 Guided Meditation (Ch. 591)  
 11:00 Chair Yoga Dance Class (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)  
 3:00 Symphony Orchestra (Ch. 591)  
 4:00 Memorial Day Entertainment & Cocktail Hour (A)

Memorial Day **31**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Early Bird Fitness (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance (Ch. 591)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:15 Bridge (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)  
 6:00 Looking Back: National Memorial Day Concert 2020 (Ch. 591)

**LOCATION KEY**  
 1L - 1st Floor Lounge  
 2L - 2nd Floor Lounge  
 A - Auditorium  
 Ch. 591 - Channel 591  
 CEC - Community Education Center  
 GL - Gallery Lounge



**Did you know that you could access the Dining Menus, Activities and much more on our community app?**  
 Get started by: Downloading "Touchtown" on your smart phone or tablet or by going to [www.communityapps.us](http://www.communityapps.us) on your computer. Enter your username & password provided by Laurel Circle. Need help? Call Leah at X6528

All Lifestyle Programs are subject to change. Please see latest updates on channel 591, bulletin boards or by logging on to our community app or by asking Alexa!



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