


SUN	MON	TUE	WED	THUR	FRI	SAT
<p>2:00 Rummikub (B) 3:00 Bingo (B) 3:00 Wii Bowling (CEC) 3:30 Mostly Music (sign up in mailroom)</p>	<p>1</p> <p>8:45 Early Bird Fitness (A) 10:00 Stretch with Sophie (HL) 10:00 Bible Study (3L) 10:30 Balance Exercise Circuit (A) 10:30 Monday Meet Up with Sophie (HL) 11:00 Better Balance (A) 11:00 Relaxation Coloring (HL) 11:45 Chair Volleyball (A) 1:00 Rummikub (GL) 1:15 Bridge (1L) 2:00 Music Through Memories with Jeff Kampf (A) 2:00 Watercolor Painting (HAR) 2:30 Mah Jongg (1L) 3:00 Group Game with Sophie (HL) 3:00 Bingo with Joe (CL) 7:00 Book Club (CEC)</p>	<p>2</p> <p>9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Sophie (HL) 10:30 Kitchen Club (HAR) 11:30 Rejuvenate Fitness (A) 1:00 Trip Meeting with Yvonne (HAR) 1:30 Movie Committee Meeting (3L) 2:00 Balance Challenge Kick-Off (A) 2:30 Mah Jongg (1L) 3:00 Brain Fitness: Crosswords w/ Tracy (A) 3:00 Ecumenical Services (CDR) 3:00 Nail Time with Tawana (HL) 3:30 Brain Game with Tracy (HL) 4:30 Happy Hour (A) 6:45 Duplicate Bridge (A)</p>	<p>3</p> <p>8:45 Early Bird Fitness (A) 9:30 Quilting Group (2L) 10:00 Stretch with Tawana (HL) 10:30 Cardio & Core (A) 10:30 Group Rosary (CL) 10:30 Trip To Trader Joes (sign up in mail room) 11:00 Better Balance (A) 11:45 Darts with Mark (A) 1:00 Computer & iPad Lessons (L) 1:30 Mah Jongg (GL) 1:30 Torah Study with Deborah Gerber, Jewish Family Service Ohr Tikvah Community Liaison (HAR) 2:00 Bible Study (CDR) 3:00 Zumbal (A) 7:00 Rummikub (1L) 7:30 A&E Presents: The Carrie Jackson Trio (A)</p>	<p>4</p> <p>9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Tracy (HL) 10:30 Trivia with Tawana (HL) 11:00 Rejuvenate Fitness (A) 1:00 Mah Jongg (1L) 1:30 Navigating Your Health & Wellness Series - Topic: Hearing & Cognition Presentation (CEC) 2:00 Happy Hour with Entertainment (HDR) 2:00 Crochet & Knit Group (GL) 2:00 Kitchen Tour (Sign up in mail room) (MDR) 3:00 Movie Matinee: Gentlemen Prefer Blondes (HL) 3:00 Tai Chi (CEC) 4:00 Rosary for Peace (1L)</p>	<p>5</p> <p>8:45 Early Bird Fitness (A) 9:30 Dan the Piano Man (CDR) 10:00 Stretch with Tracy (HL) 10:00 Sharing Thoughts with Francesca (3L) 10:30 Catholic Communion (CDR) 11:00 Better Balance (A) 11:00 Word Game with Tawana (HL) 11:45 Chair Volleyball (A) 1:30 Mah Jongg (1L) 1:30 Richard Shillman Entertains: The Irish Balladeer (CL) 2:00 Yoga with Amate Society (A) 3:00 Refreshment Social 3:30 Chair Yoga with Jenn (CL) 6:45 Duplicate Bridge (A) 7:00 Rummikub (1L)</p>	<p>6</p> <p>1:00 Rummikub (1L) 1:30 Mah Jongg (GL) 2:00 Cupcake Social (B) 3:00 Bingo (B) 7:00 Movie Night "I can only imagine" (A)</p>
<p>Daylight Saving Time starts 2:00 Rummikub (B) 3:00 Bingo (B) 3:00 Wii Bowling (CEC)</p>	<p>8</p> <p>Purim 8:45 Early Bird Fitness (A) 10:00 Stretch with Sophie (HL) 10:00 Bible Study (3L) 10:30 Balance Exercise Circuit (A) 10:30 Dining Services Committee (CEC) 10:30 Monday Meet Up with Sophie (HL) 11:00 Better Balance (A) 11:00 Trivia (HL) 11:45 Chair Volleyball (A) 1:00 Rummikub (GL) 1:15 Bridge (1L) 1:30 Wild Birds Unlimited Scotch Plains Presents: "Welcome to the Neighborhood" (CL) 2:30 Mah Jongg (1L) 3:00 Group Game with Sophie (HL) 3:00 Bingo with Joe (CL)</p>	<p>9</p> <p>9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Sophie (HL) 10:30 Kitchen Club (HAR) 10:30 Rejuvenate Fitness (A) 12:00 Pizaa Party for Birthdays! (Sign up in mail room or app) (A) 1:00 Art Classes with Yvonne (previous sign up required) (AR) 1:30 Gentlemen's Forum (CEC) 2:00 Arbor Monthly Birthday Party (CDR) 2:30 Mah Jongg (1L) 3:00 Brain Fitness: Word Mining w/ Leah (A) 3:00 Ecumenical Services (Evergreen Dining Room) 3:00 Nail Time (HL) 3:30 Brain Game with Sophie (HL) 5:00 Dinner with Yvonne (sign up in mail room) (Private Dining Room) 6:45 Duplicate Bridge (A)</p>	<p>10</p> <p>8:45 Early Bird Fitness (A) 9:30 Quilting Group (2L) 10:00 Stretch with Sophie (HL) 10:00 Creative Writing Workshop (CEC) 10:30 Cardio & Core (A) 10:30 Crafty Corner with Sophie & Tawana (HAR) 10:30 Group Rosary (CL) 11:00 Better Balance (A) 11:00 Trivia with Sophie 11:45 Darts with Mark (A) 1:00 Computer & iPad Lessons (L) 1:30 Mah Jongg (GL) 2:00 Bible Study (CDR) 2:00 NIFS Meet & Greet (CEC) 3:00 Lifestyle Program Meeting w/Leah (CEC) 3:00 Trivia with Sophie (HL) 3:30 Card Game with Sophie 3:30 Zumbal (A) 7:00 Rummikub (1L)</p>	<p>11</p> <p>9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Tracy (HL) 10:00 Fall Prevention Presentation (A) 10:30 Trivia with Tawana (HL) 11:00 Debate School of NJ with Ralph Cohen (CEC) 1:00 Rejuvenate Fitness (A) 1:00 Mah Jongg (1L) 2:00 Baking with Vera: Irish Soda Bread (B) 2:00 Crochet & Knit Group (GL) 2:00 Sealed Tai Chi with Beverly (CL) 3:00 Movie Matinee (HL) 3:00 Tai Chi (CEC) 4:00 Rosary for Peace (1L) 4:30 Birthday Celebration (MDR)</p>	<p>12</p> <p>8:45 Early Bird Fitness (A) 10:00 Stretch with Tracy (HL) 10:00 Sharing Thoughts (3L) 10:30 Catholic Communion (CDR) 11:00 Better Balance (A) 11:00 Word Game with Tawana (HL) 11:45 Chair Volleyball (A) 12:00 Out to lunch at Mannion's Irish Pub (sign up in mailroom) 1:30 Mah Jongg (1L) 2:00 Yoga with Amate Society (A) 3:00 Refreshment Social 3:00 Shabbat (HAR) 6:45 Duplicate Bridge (A) 7:00 Rummikub (1L)</p>	<p>13</p> <p>11:30 Met LIVE HD - Der Fliegende Hollander (Previous Ticket Fee Applies) 1:00 Rummikub (1L) 1:30 Mah Jongg (GL) 2:00 Shamrock Shake Social (B) 3:00 Bingo (B) 7:00 Movie Night "Harriet" (A)</p>
<p>11:00 Wick-Hegarty School of Irish Dance Performance (A) 2:00 Afternoon Movie "Crossing Delancy" (A) 2:00 Rummikub (B) 3:00 Bingo (B) 3:00 Wii Bowling (CEC) 4:00 Dinner at Bridgewater Diner (sign up in mailroom)</p>	<p>15</p> <p>8:45 Early Bird Fitness (A) 10:00 Stretch with Sophie (HL) 10:00 Bible Study (3L) 10:30 Balance Exercise Circuit (A) 10:30 Monday Meet Up with Sophie (HL) 11:00 Better Balance (A) 11:00 Whiteboard Game (HL) 11:45 Chair Volleyball (A) 1:00 Rummikub (GL) 1:15 Bridge (1L) 2:00 Lifelong Learning with Jeff Kampf (A) 2:00 Watercolor Painting (HAR) 2:30 Mah Jongg (1L) 3:00 Group Game with Sophie (HL) 3:00 Bingo with Joe (CL)</p>	<p>16</p> <p>St. Patrick's Day 9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Sophie (HL) 10:30 Kitchen Club (HAR) 10:30 Rejuvenate Fitness (A) 1:00 Art Classes with Yvonne (previous sign up required) (AR) 1:30 Armchair Travel with Jeff Kampf (A) 1:30 Let's Talk/Support Caregivers (3L) 2:00 Arbor Men's Club (HAR) 2:00 Coffee in the Bistro (B) 2:30 Mah Jongg (1L) 3:00 Ecumenical Services (CDR) 3:00 Nail Time (HL) 3:30 Brain Game with Sophie (HL) 4:30 Happy Hour (A) 6:45 Duplicate Bridge (A)</p>	<p>17</p> <p>8:45 Early Bird Fitness (A) 9:30 Quilting Group (2L) 10:00 Stretch with Tawana (HL) 10:30 Cardio & Core (A) 10:30 Group Rosary (CL) 10:30 Library Meeting (L) 11:00 Better Balance (A) 11:45 Darts with Mark (A) 1:00 Computer & iPad Lessons (L) 1:30 Mah Jongg (GL) 1:30 Torah Study with Deborah Gerber, Jewish Family Service Ohr Tikvah Community Liaison (HAR) 2:00 Beyond Fitness Kick-Off (A) 2:00 St. Patrick's Party (CDR) 2:00 Zumbal (A) 7:00 Rummikub (1L) 7:30 A&E Presents: The Dan Crisci Trio (A)</p>	<p>18</p> <p>Spring Equinox 9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Arbor Resident Council (HAR) 11:00 Trivia with Sophie (HL) 1:00 Rejuvenate Fitness (A) 1:00 Mah Jongg (1L) 2:00 Happy Hour with Entertainment (HDR) 2:00 Crochet & Knit Group (GL) 3:00 Movie Matinee (HL) 3:00 Tai Chi (CEC) 4:00 Rosary for Peace (1L)</p>	<p>19</p> <p>8:45 Early Bird Fitness (A) 10:00 Stretch with Tracy (HL) 10:00 Sharing Thoughts (3L) 11:00 Better Balance (A) 11:00 Clay Art with Tracy (HAR) 11:00 Word Game with Tawana (HL) 11:45 Chair Volleyball (A) 1:30 Mah Jongg (1L) 2:00 Jewelry Making Workshop with Annette (Sign up in mail room or app) (CEC) 2:00 Yoga with Amate Society (A) 3:00 Refreshment Social 3:00 Catholic Mass (CDR) 6:45 Duplicate Bridge (A) 7:00 Rummikub (1L)</p>	<p>20</p> <p>1:00 Rummikub (1L) 1:30 Mah Jongg (GL) 2:00 Tea & Scone Social (B) 3:00 Bingo (B) 7:00 Movie Night "Instant Family" (A)</p>
<p>2:00 Rummikub (B) 3:00 Bingo (B) 3:00 Wii Bowling (CEC) 4:00 Monthly Ecumenical Service (A)</p>	<p>22</p> <p>8:45 Early Bird Fitness (A) 10:00 Stretch with Sophie (HL) 10:00 Bible Study (3L) 10:30 Balance Exercise Circuit (A) 10:30 Monday Meet Up with Sophie (HL) 11:00 Better Balance (A) 11:00 Scrapbook Club (HL) 11:45 Chair Volleyball (A) 1:00 Rummikub (GL) 1:15 Bridge (1L) 1:30 Fitness Evaluation Workshop (A) 2:00 Watercolor Painting (HAR) 2:30 Mah Jongg (1L) 3:00 Group Game with Sophie (HL) 3:00 Bingo with Joe (CL) 5:00 Elm 3rd Floor Dinner (DR)</p>	<p>23</p> <p>9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Sophie (HL) 10:30 Kitchen Club (HAR) 10:30 Rejuvenate Fitness (A) 1:00 Art Classes with Yvonne (previous sign up required) (AR) 1:30 Gentlemen's Forum (CEC) 1:30 Ukulele Sing Along with Roberta (CL) 2:00 Getting Up From A Fall Workshop (A) 2:30 Mah Jongg (1L) 3:00 Brain Fitness: Word Mining w/ Leah (A) 3:00 Ecumenical Services (CDR) 3:00 Nail Time (HL) 3:30 Brain Game with Sophie (HL) 6:45 Duplicate Bridge (A)</p>	<p>24</p> <p>8:45 Early Bird Fitness (A) 9:30 Quilting Group (2L) 10:00 Stretch with Sophie (HL) 10:00 Creative Writing Workshop (CEC) 10:30 Cardio & Core (A) 10:30 Crafty Corner with Sophie & Tawana (HAR) 10:30 Group Rosary (CL) 11:00 Better Balance (A) 11:45 Darts with Mark (A) 1:00 Computer & iPad Lessons (L) 1:30 Mah Jongg (GL) 2:00 Bible Study (CDR) 2:00 Lifelong Learning with Paul White (A) 3:30 Zumbal (A) 7:00 Rummikub (1L)</p>	<p>25</p> <p>9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Tracy (HL) 10:30 Trivia with Tawana (HL) 11:00 Rejuvenate Fitness (A) 11:00 The Arbor: Lifelong Learning with Jeff Kampf (CL) 12:00 New Jersey Symphony Orchestra (Prior ticket purchase required) 1:00 Mah Jongg (1L) 1:30 Kaffee Klatsch/Resident Gathering (A) 2:00 Crochet & Knit Group (GL) 3:00 Movie Matinee (HL) 3:00 Tai Chi (CEC) 4:00 Rosary for Peace (1L)</p>	<p>26</p> <p>8:45 Early Bird Fitness (A) 10:00 Stretch with Tracy (HL) 10:00 Sharing Thoughts (3L) 10:30 Catholic Communion (CDR) 11:00 Better Balance (A) 11:00 Word Game with Tawana (HL) 11:45 Chair Volleyball (A) 1:30 Mah Jongg (1L) 2:00 Yoga with Amate Society (A) 3:00 Refreshment Social 3:00 Shabbat (HAR) 6:45 Duplicate Bridge (A) 7:00 Rummikub (1L)</p>	<p>27</p> <p>1:00 Rummikub (1L) 1:30 Janice Wiggins Entertains (CL) 1:30 Mah Jongg (GL) 2:00 Bavarian Pretzel Social (B) 3:00 Bingo (B) 7:00 Trivia Night fundraiser to benefit the Giving Network (SIGN UP REQUIRED) (A)</p>
<p>National Vietnam War Veterans Day 2:00 Afternoon Movie "Mustang" (A) 2:00 Rummikub (B) 3:00 Bingo (B) 3:00 Wii Bowling (CEC)</p>	<p>29</p> <p>8:45 Early Bird Fitness (A) 10:00 Stretch with Sophie (HL) 10:00 Bible Study (3L) 10:30 Balance Exercise Circuit (A) 10:30 Monday Meet Up with Sophie (HL) 11:00 Better Balance (A) 11:45 Chair Volleyball (A) 1:00 Rummikub (GL) 1:15 Bridge (1L) 2:00 Creative Arts with Tracy (HAR) 2:00 Watercolor Painting (HAR) 2:30 Mah Jongg (1L) 3:00 Group Game with Sophie (HL) 3:00 Bingo with Joe (CL)</p>	<p>30</p> <p>9:00 Stretch & Strength (A) 9:30 Meditation (A) 10:00 Stretch with Sophie (HL) 10:00 Dining Meeting with Management (HAR) 10:00 Trip To Bridgewater Mall (sign up in mailroom) 10:30 Kitchen Club (HAR) 11:00 Rejuvenate Fitness (A) 1:00 Art Classes with Yvonne (previous sign up required) (AR) 2:00 Baking with Vera: Baking with Guinness (B) 2:00 Bingo with Sophie (HL) 2:30 Mah Jongg (1L) 3:00 Brain Fitness: Crosswords w/ Tracy (A) 3:00 Ecumenical Services (CDR) 3:00 Nail Time (HL) 3:30 Brain Game with Sophie (HL) 6:45 Duplicate Bridge (A)</p>	<p>31</p> <p>ROOM KEY 1L - 1st Floor Lounge 2L - 2nd Floor Lounge 3L - 3rd Floor Lounge AR - Art Room A - Auditorium B - Bistro CDR - Cherry Dining Room CL - Cherry Lounge CEC - Community Education Center DR - Dining Room GL - Gallery Lounge HAR - Hickory Activity Room HDR - Hickory Dining Room HL - Hickory Lounge L - Library MDR - Main Dining Room</p>	<p>Please note programs are subject to change. Please see the Daily Sheets for most up to date information.</p>		 <p>Intellectual</p>

March 2020

Hickory Lifestyle Programs

Tracy Brady, Community Life Manager bradytracy@laurelcirclelcs.com 908-595-6566



**LAUREL
CIRCLE**
your life embraced