

SUN

MON

TUE

WED

THUR

FRI

SAT

**LOCATION KEY**

- 1L - 1st Floor Lounge
- 2L - 2nd Floor Lounge
- 3L - 3rd Floor Lounge
- AR - Art Room
- A - Auditorium
- B - Bistro
- Ch. 591 - Channel 591
- CEC - Community Education Center
- GL - Gallery Lounge
- HDR - Hickory Dining Room
- L - Library



Emotional



Health Services



Vocational



Social



Environmental



Physical



Intellectual



Spiritual

- 8:30 Guided Meditation (Ch. 591) **1**
- 9:00 Stretch & Strength (A)
- 9:00 Walk in the Park (Sign up in mail room)**
- 10:00 Posture & Power (A)
- 11:00 Better Balance (A)
- 11:00 Sharing Thoughts with Francesca (3L)**
- 11:45 Chair Volleyball (A)
- 1:00 Corn Hole (A)
- 1:30 Mah Jongg (1L)
- 2:00 Rummikub (GL)
- 2:30 Mindful Meditation (A)
- 3:30 Gentle Chair Yoga (Ch. 591)
- 6:45 Duplicate Bridge (A)

- 8:30 Guided Meditation (Ch. 591) **2**
- 9:30 Shabbat Morning Services (Channel 138)
- 11:00 Chair Dancing Around the World (Ch. 591)
- 3:00 Rejuvenate Fitness (Ch. 591)
- 4:00 Classic Love Songs 50's, 60's & 70's (Ch. 591)
- 7:00 Movie Night "Notting Hill" (A)

- 8:30 Guided Meditation (Ch. 591) **3**
- 10:00 Better Balance (Ch. 591)
- 1:00 Rummikub (GL)
- 1:30 Rummikub (1L)
- 2:00 Deck of Fitness (Ch. 591)
- 3:30 1940s & 50s classical musical sing-along (Ch. 591)

- 8:30 Guided Meditation (Ch. 591) **4**
- 1:15 Bridge (1L)
- 2:30 4th of July Entertainment (A)**
- 2:30 Mah Jongg (GL)

- 8:30 Guided Meditation (Ch. 591) **5**
- 9:00 Rejuvenate Fitness (A)
- 10:00 Cardio & Core (A)
- 11:00 Chair Dancing (A)
- 1:00 Wii Bowling (CEC)
- 1:15 Rummikub (1L)
- 1:30 Art Class with Yvonne (AR)
- 2:30 Mah Jongg (GL)
- 3:00 Bocce Ball (Meet in lobby)
- 4:00 Happy Hour with Live Entertainment! (A)**
- 6:45 Duplicate Bridge (A)

- 8:30 Guided Meditation (Ch. 591) **6**
- 9:00 Stretch & Strength (A)
- 9:30 Quilters (2L)
- 10:00 Posture & Power (A)
- 11:00 Better Balance (A)
- 11:45 Chair Volleyball (A)
- 1:00 Easy Does It Fitness (A)
- 1:00 Computer & iPad lessons (L)
- 1:30 Mah Jongg (GL)
- 2:30 Photography Workshop (CEC)**
- 3:00 Christian Hymn Sing (Ch. 591)

- 8:30 Guided Meditation (Ch. 591) **7**
- 9:00 Rejuvenate Fitness (A)
- 10:00 Cardio & Core (A)
- 10:00 Catholic Communion with Jim Flynn (HDR)**
- 11:00 Cardio Drumming (A)
- 1:00 Mah Jongg (GL)
- 1:30 Rummikub (1L)
- 1:30 Walking Club (Meet in lobby)
- 2:00 Crochet & Knit Group (GL)
- 3:00 Music History with Maestro Robert Butts - Hard Traveling: The 1930s (A)**
- 3:15 Tai Chi For Beginners (Ch. 591)
- 4:00 Rosary (Ch. 591)

- 8:30 Guided Meditation (Ch. 591) **8**
- 9:00 Stretch & Strength (A)
- 10:00 Posture & Power (A)
- 11:00 Better Balance (A)
- 11:00 Sharing Thoughts (3L)
- 11:45 Chair Volleyball (A)
- 12:00 Trip to Bridgewater Mall (Sign up in mail room)**
- 1:00 Corn Hole (A)
- 1:30 Mah Jongg (1L)
- 2:00 Rummikub (GL)
- 2:30 Mindful Meditation (A)
- 3:00 Country Music Classics with Mark Miklos (A)**
- 3:30 Gentle Chair Yoga (Ch. 591)
- 6:45 Duplicate Bridge (A)

- 8:30 Guided Meditation (Ch. 591) **9**
- 9:30 Shabbat Morning Services (Channel 138)
- 11:00 Chair Dancing Around the World (Ch. 591)
- 3:00 Rejuvenate Fitness (Ch. 591)
- 4:00 Classic Love Songs 50's, 60's & 70's (Ch. 591)
- 7:00 Movie Night "Top Gun" (A)

- 8:30 Guided Meditation (Ch. 591) **10**
- 10:00 Better Balance (Ch. 591)
- 1:00 Rummikub (GL)
- 1:30 Rummikub (1L)
- 2:00 Deck of Fitness (Ch. 591)
- 3:30 1940s & 50s classical musical sing-along (Ch. 591)

- 8:30 Guided Meditation (Ch. 591) **11**
- 9:00 Stretch & Strength (A)
- 10:00 Posture & Power (A)
- 11:00 Better Balance (A)
- 11:45 Chair Volleyball (A)
- 1:15 Bridge (1L)
- 1:30 Advanced Balance (A)
- 2:30 Mah Jongg (GL)
- 3:00 Horseshoes (Meet in lobby)
- 7:00 Book Club (CEC)**

- 8:30 Guided Meditation (Ch. 591) **12**
- 9:00 Rejuvenate Fitness (A)
- 10:00 Cardio & Core (A)
- 11:00 Chair Dancing (A)
- 12:00 Pizza Party! (A)**
- 1:00 Wii Bowling (CEC)
- 1:15 Rummikub (1L)
- 1:30 Art Class with Yvonne (AR)
- 2:30 Mah Jongg (GL)
- 3:00 Bocce Ball (Meet in lobby)
- 6:45 Duplicate Bridge (A)

- 8:30 Guided Meditation (Ch. 591) **13**
- 9:00 Stretch & Strength (A)
- 9:30 Quilters (2L)
- 10:00 Creative Writing Workshop (B)**
- 10:00 Posture & Power (A)
- 11:00 Better Balance (A)
- 11:45 Chair Volleyball (A)
- 1:00 Easy Does It Fitness (A)
- 1:00 Computer & iPad lessons (L)
- 1:30 Mah Jongg (GL)
- 2:00 Baking with Vera (B)**
- 2:00 Movie Committee (3L)**
- 3:00 Christian Hymn Sing (Ch. 591)
- 3:30 Floral Arts Workshop with Megan (Auditorium - Sign up in mail room REQUIRED)**
- 7:30 A&E Presents: The Heart of New Jersey Chorus (A)**

- 8:30 Guided Meditation (Ch. 591) **14**
- 9:00 Rejuvenate Fitness (A)
- 10:00 Cardio & Core (A)
- 11:00 Cardio Drumming (A)
- 11:00 Caregivers Support Group (CEC)**
- 11:30 Trip to Beneduce Vineyards (Sign up in mail room)**
- 1:00 Mah Jongg (GL)
- 1:30 Rummikub (1L)
- 1:30 Walking Club (Meet in lobby)
- 2:00 Crochet & Knit Group (GL)
- 3:00 Jewelry Making with Sue (A)**
- 4:00 Rosary (Ch. 591)

- 8:30 Guided Meditation (Ch. 591) **15**
- 9:00 Stretch & Strength (A)
- 10:00 Posture & Power (A)
- 11:00 Better Balance (A)
- 11:00 Sharing Thoughts (3L)
- 11:45 Chair Volleyball (A)
- 1:00 Corn Hole (A)
- 1:30 Mah Jongg (1L)
- 2:00 Rummikub (GL)
- 2:30 Mindful Meditation (A)
- 3:30 Gentle Chair Yoga (Ch. 591)
- 4:00 The Baroque Orchestra of New Jersey Performance with Maestro Robert Butts (A)**
- 6:45 Duplicate Bridge (A)

- 8:30 Guided Meditation (Ch. 591) **16**
- 9:30 Shabbat Morning Services (Channel 138)
- 11:00 Chair Dancing Around the World (Ch. 591)
- 3:00 Rejuvenate Fitness (Ch. 591)
- 4:00 Classic Love Songs 50's, 60's & 70's (Ch. 591)
- 7:00 Movie Night "Notorious" (A)

# July 2022

## Laurel Circle Lifestyle Programs

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

**SUN MON TUE WED THUR FRI SAT**

**17**  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
 1:30 Rummikub (1L)  
**2:00 Afternoon Movie "American in Paris" (A)**  
 2:00 Deck of Fitness (Ch. 591)  
 3:30 1940s & 50s classical musical sing-along (Ch. 591)

**18**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength (A)  
 10:00 Posture & Power (A)  
**10:30 Dining Services Meeting (CEC)**  
 11:00 Better Balance (A)  
 11:45 Chair Volleyball (A)  
 1:15 Bridge (1L)  
 1:30 Advanced Balance (A)  
**2:00 The Great Debate with Ralph Cohen (CEC)**  
 2:30 Mah Jongg (GL)  
 3:00 Horseshoes (Meet in lobby)

**19**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness (A)  
 10:00 Cardio & Core (A)  
 11:00 Chair Dancing (A)  
 1:00 Wii Bowling (CEC)  
**1:00 Paint and Sip with Yvonne (Sign up in mail room) (CEC)**  
 1:15 Rummikub (1L)  
**1:30 Health & Wellness Navigation Program (A)**  
 2:30 Mah Jongg (GL)  
 3:00 Bocce Ball (Meet in lobby)  
**4:00 Happy Hour with Live Entertainment! (A)**  
 6:45 Duplicate Bridge (A)

**20**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength (A)  
 9:30 Quilters (2L)  
 10:00 Posture & Power (A)  
 11:00 Better Balance (A)  
 11:45 Chair Volleyball (A)  
 1:00 Easy Does It Fitness (A)  
 1:00 Computer & iPad lessons (L)  
 1:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)  
**3:00 Lifelong Learning with Jeff Kampf - The Richie Boys (A)**

**21**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness (A)  
**10:00 Catholic Communion with Jim Flynn (HDR)**  
**10:30 Resident Gathering (A)**  
**12:00 Bus Workshop with TMC (Sign up in mail room) (Front Lot)**  
 1:00 Mah Jongg (GL)  
 1:30 Rummikub (1L)  
 1:30 Walking Club (Meet in lobby)  
 2:00 Crochet & Knit Group (GL)  
**3:00 Ecumenical Communion with Pastor Glenn Hurt (A)**  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

**22**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength (A)  
 10:00 Posture & Power (A)  
 11:00 Better Balance (A)  
 11:00 Sharing Thoughts (3L)  
 11:45 Chair Volleyball (A)  
 1:00 Corn Hole (A)  
 1:30 Mah Jongg (1L)  
 2:00 Rummikub (GL)  
 2:30 Mindful Meditation (A)  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:45 Duplicate Bridge (A)

**23**  
 8:30 Guided Meditation (Ch. 591)  
 9:30 Shabbat Morning Services (Channel 138)  
 11:00 Chair Dancing Around the World (Ch. 591)  
 3:00 Rejuvenate Fitness (Ch. 591)  
 4:00 Classic Love Songs 50's, 60's & 70's (Ch. 591)  
 7:00 Movie Night "Quartet" (A)

**24**  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
 1:30 Rummikub (1L)  
 2:00 Deck of Fitness (Ch. 591)  
 3:30 1940s & 50s classical musical sing-along (Ch. 591)

**25**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength (A)  
 10:00 Posture & Power (A)  
 11:00 Better Balance (A)  
 11:45 Chair Volleyball (A)  
 1:15 Bridge (1L)  
 1:30 Advanced Balance (A)  
**2:00 Introduction to Lamp Shade Making with Sue (A)**  
 2:30 Mah Jongg (GL)  
 3:00 Horseshoes (Meet in lobby)

**26**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness (A)  
**10:30 Resident Association Meeting (A)**  
 1:00 Wii Bowling (CEC)  
 1:15 Rummikub (1L)  
 1:30 Art Class with Yvonne (AR)  
 2:30 Mah Jongg (GL)  
 3:00 Bocce Ball (Meet in lobby)  
**3:00 The History of Art Song with Steve Pollack - Topic : English ? Delius, Vaughn Williams, Quilter, Britten and Finzi (A)**  
 6:45 Duplicate Bridge (A)

**27**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength (A)  
 9:30 Quilters (2L)  
**10:00 Creative Writing Workshop (B)**  
 10:00 Posture & Power (A)  
 11:00 Better Balance (A)  
 11:45 Chair Volleyball (A)  
 1:00 Easy Does It Fitness (A)  
 1:00 Computer & iPad lessons (L)  
 1:30 Mah Jongg (GL)  
**2:00 Baking with Vera (B)**  
 3:00 Christian Hymn Sing (Ch. 591)

**28**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness (A)  
 10:00 Cardio & Core (A)  
 11:00 Cardio Drumming (A)  
**11:00 Grief Support Group w/ Hospice of NJ (CEC)**  
 1:00 Mah Jongg (GL)  
 1:30 Rummikub (1L)  
 1:30 Walking Club (Meet in lobby)  
 2:00 Crochet & Knit Group (GL)  
**2:00 Monthly Short Story Book Club (CEC)**  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

**29**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength (A)  
 10:00 Posture & Power (A)  
 11:00 Better Balance (A)  
 11:00 Sharing Thoughts (3L)  
 11:45 Chair Volleyball (A)  
 1:00 Corn Hole (A)  
 1:30 Mah Jongg (1L)  
 2:00 Rummikub (GL)  
 2:30 Mindful Meditation (A)  
**3:00 Lifelong Learning with Paul White - The New York Yankees (A)**  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:45 Duplicate Bridge (A)

**30**  
 8:30 Guided Meditation (Ch. 591)  
 9:30 Shabbat Morning Services (Channel 138)  
 11:00 Chair Dancing Around the World (Ch. 591)  
 3:00 Rejuvenate Fitness (Ch. 591)  
 4:00 Classic Love Songs 50's, 60's & 70's (Ch. 591)  
 7:00 Movie Night "Bridges of Madison County" (A)

**31**  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
 1:30 Rummikub (1L)  
 2:00 Deck of Fitness (Ch. 591)  
 3:30 1940s & 50s classical musical sing-along (Ch. 591)

**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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