

**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  
 L - Library



**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!**

8:00 Daily Catholic Mass (Channel 135) **1**  
 8:30 Guided Meditation (Ch. 591)  
**8:30 Trip to Duke Island State Park (Sign up in mail room)**  
 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 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 Using Your Wits Series - Part 4 (A)**  
 3:30 Gentle Chair Yoga (Ch. 591)  
**6:00 Trip to see Retrospective with Reading Glasses Exhibit (Sign up in mail room)**  
 6:45 Duplicate Bridge (A)

8:00 Daily Catholic Mass (Channel 135) **2**  
 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)  
 7:00 Movie Night - "Charade" (A)

8:00 Daily Catholic Mass (Channel 135) **3**  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **4**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance with Miles (A)  
**11:30 Downtown Somerville Walking and Lunch trip (Sign up in mail room)**  
 11:45 Chair Volleyball (A)  
 1:15 Bridge (1L)  
 1:30 Walking Club with Miles (Meet in lobby)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)  
**3:00 Music Through Memories with Jeff Kampf (A)**

8:00 Daily Catholic Mass (Channel 135) **5**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Chair Dancing with Miles (A)  
**12:00 Pizza Party! (Auditorium - Sign up in mail room REQUIRED)**  
 1:00 Wii Bowling (CEC)  
 1:15 Rummikub (1L)  
 1:30 Art Class with Yvonne (AR)  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
**4:30 Happy Hour with Live Entertainment! (A)**  
 6:45 Duplicate Bridge (A)

8:00 Daily Catholic Mass (Channel 135) **6**  
 8:30 Guided Meditation (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 with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:00 Computer & iPad lessons (L)  
 1:30 Mah Jongg (GL)  
 2:00 Cardio & Core (Ch. 591)  
 3:00 Christian Hymn Sing (Ch. 591)  
**3:00 Yankee Batboy, From Little Italy to Yankee Stadium (A)**  
**7:30 A&E Presents: Hunterdon Harmonizers with Laurel Circle Resident, Ed Kunkel (A)**

8:00 Daily Catholic Mass (Channel 135) **7**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Cardio Drumming with Miles (A)  
 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)

8:00 Daily Catholic Mass (Channel 135) **8**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 10:00 Sharing Thoughts (3L)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
**1:00 Trip to Burlington Department Store (Sign up in mail room)**  
 1:30 Mah Jongg (1L)  
 2:00 Cardio & Core (Ch. 591)  
 2:00 Rummikub (GL)  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:45 Duplicate Bridge (A)

8:00 Daily Catholic Mass (Channel 135) **9**  
 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)  
 7:00 Movie Night "Odd Couple" (A)

8:00 Daily Catholic Mass (Channel 135) **10**  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **11**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:15 Bridge (1L)  
 1:30 Walking Club with Miles (Meet in lobby)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)  
**3:30 Torah Parsha Bible Study with Debbie Gerber, Jewish Family Service Ohr Tikvah Community Liaison (CEC)**  
 7:00 Book Club (CEC)

8:00 Daily Catholic Mass (Channel 135) **12**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Chair Dancing with Miles (A)  
**1:00 Movie Committee (3L)**  
 1:00 Wii Bowling (CEC)  
 1:15 Rummikub (1L)  
 1:30 Art Class with Yvonne (AR)  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
**3:00 Armchair Travel to Greece & the Greek Islands with Jeff Kampf (A)**  
 6:45 Duplicate Bridge (A)

8:00 Daily Catholic Mass (Channel 135) **13**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 9:30 AGing Quilters (2L)  
**10:00 Creative Writing Workshop (B)**  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:00 Computer & iPad lessons (L)  
 1:30 Mah Jongg (GL)  
**2:00 Baking with Vera (B)**  
 2:00 Cardio & Core (Ch. 591)  
 3:00 Christian Hymn Sing (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **14**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Cardio Drumming with Miles (A)  
**11:30 Lunch at Teaberry's (Sign up in mail room)**  
 1:00 Mah Jongg (GL)  
**1:30 New Jersey Symphony Orchestra - Beethoven & Saint-Georges (Prior ticket purchase required) (New Jersey Performing Arts Center in Newark)**  
 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)  
**2:00 Poetry Reading with Mary Elizabeth (CEC)**  
**3:00 Live Entertainment with the Silver Spotlight - Crazy for Gershwin (A)**  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

8:00 Daily Catholic Mass (Channel 135) **15**  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 10:00 Sharing Thoughts (3L)  
 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 Triskaidekaphobia presented by Museum of Early Trades & Crafts (A)**  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:45 Duplicate Bridge (A)

8:00 Daily Catholic Mass (Channel 135) **16**  
 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)  
 7:00 Movie Night "Carousel" (A)

# October 2021

## Lifestyle Programs

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

**SUN**

**MON**

**TUE**

**WED**

**THUR**

**FRI**

**SAT**

**17**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
**2:00 Afternoon Movie "Awakenings" (A)**  
 2:00 Deck of Fitness (Ch. 591)

**18**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
**10:30 Dining Services Meeting (CEC)**  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:15 Bridge (1L)  
 1:30 Walking Club with Miles (Meet in lobby)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)  
**4:30 Edgar Allan Poe: Readings by Virginia Poe - Presented by Alisa Dupuy from The Ladies of History (A)**

**19**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Chair Dancing with Miles (A)  
**11:00 Debate School of NJ with Ralph Cohen (CEC)**  
 1:00 Wii Bowling (CEC)  
 1:15 Rummikub (1L)  
**1:30 Health & Wellness Navigation Program (A)**  
 1:30 Art Class with Yvonne (AR)  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
**4:30 Happy Hour with Live Entertainment! (A)**  
 6:45 Duplicate Bridge (A)

**20**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 9:30 AGing Quilters (2L)  
 10:00 Posture & Power with Miles (A)  
**10:30 Library Meeting (L)**  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:00 Computer & iPad lessons (L)  
 1:30 Mah Jongg (GL)  
 2:00 Cardio & Core (Ch. 591)  
 3:00 Christian Hymn Sing (Ch. 591)  
**3:00 Lifelong Learning with Jeff Kampf - The Human Brain (A)**  
**7:30 A&E Presents: Piano Concert with Lois Buesser (A)**

**21**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
**9:30 Cardio & Core with Miles (A)**  
**10:30 Resident Gathering (A)**  
 1:00 Mah Jongg (GL)  
 1:30 Rummikub (1L)  
 2:00 Crochet & Knit Group (GL)  
 2:00 Deck of Fitness (Ch. 591)  
**3:00 Ecumenical Communion with Reverend Kathy Henry (A)**  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

**22**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 10:00 Sharing Thoughts (3L)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
**1:00 Autumn Ride to Melick's farm in Tewksbury (Sign up in mail room)**  
 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 - Tour of New York City? monuments, buildings, taverns, cool places (A)**  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:45 Duplicate Bridge (A)

**23**  
 8:00 Daily Catholic Mass (Channel 135)  
 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)  
 7:00 Movie Night "I Was a Male War Bride" (A)

**24**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)

**25**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:15 Bridge (1L)  
 1:30 Walking Club with Miles (Meet in lobby)  
 2:00 Cardio & Core (Ch. 591)  
 2:30 Mah Jongg (GL)  
 3:00 Christian Hymn Sing (Ch. 591)  
**3:00 Women and Tea in the Victorian Era with Judith Krall-Russo (A)**

**26**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
**9:30 Cardio & Core with Miles (A)**  
**10:30 Resident Association Meeting (A)**  
 1:00 Wii Bowling (CEC)  
 1:15 Rummikub (1L)  
 1:30 Art Class with Yvonne (AR)  
 2:00 Deck of Fitness (Ch. 591)  
 2:30 Mah Jongg (GL)  
**3:00 Live Entertainment with the Silver Spotlight - Broadway Then & Now (A)**  
 6:45 Duplicate Bridge (A)

**27**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 9:30 AGing Quilters (2L)  
**10:00 Creative Writing Workshop (B)**  
 10:00 Posture & Power with Miles (A)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
 1:00 Computer & iPad lessons (L)  
 1:30 Mah Jongg (GL)  
**2:00 Baking with Vera (B)**  
 2:00 Cardio & Core (Ch. 591)  
**3:00 Bingo! (A)**  
 3:00 Christian Hymn Sing (Ch. 591)

**28**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Rejuvenate Fitness with Miles (A)  
 10:00 Cardio & Core with Miles (A)  
 11:00 Cardio Drumming with Miles (A)  
**11:00 Grief Support Group w/ Hospice of NJ (CEC)**  
 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)  
**2:00 Monthly Short Story Book Club (CEC)**  
 3:15 Tai Chi For Beginners (Ch. 591)  
 4:00 Rosary (Ch. 591)

**29**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 9:00 Stretch & Strength with Miles (A)  
 10:00 Posture & Power with Miles (A)  
 10:00 Sharing Thoughts (3L)  
 11:00 Better Balance with Miles (A)  
 11:45 Chair Volleyball (A)  
 1:00 Meditation with Miles (A)  
**1:00 Trip to Wegmans (Sign up in mail room)**  
 1:30 Mah Jongg (1L)  
 2:00 Cardio & Core (Ch. 591)  
**2:00 Let's Learn and Discuss Frank O. Gehry (A)**  
 2:00 Rummikub (GL)  
 3:30 Gentle Chair Yoga (Ch. 591)  
 6:45 Duplicate Bridge (A)

**30**  
 8:00 Daily Catholic Mass (Channel 135)  
 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)  
 7:00 Movie Night "Maytime" (A)

Halloween  
**31**  
 8:00 Daily Catholic Mass (Channel 135)  
 8:30 Guided Meditation (Ch. 591)  
 10:00 Better Balance (Ch. 591)  
 1:00 Rummikub (GL)  
 2:00 Deck of Fitness (Ch. 591)



Emotional



Health Services



Vocational



Social



Environmental



Physical



Intellectual



Spiritual

**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  
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