

JULY 2021



GROCERY SHOPPING

Tuesdays – Owings Mills North

Bus Departs: 10:00am
Giant Mill Station - Wegmans – Dollar Store – Aldi
Returns: approximately 12:00pm

Wednesday – Pikesville South

Bus departs: 10:00am
Target – Trader Joe's – 7-Mile Market & Old Court Giant
Returns: approximately 11:15am

Wednesday – Bank Runs

Bus Departs at 10:00am
M&T, Farmer's, PNC, Wells Fargo, & Bank of America

KEY

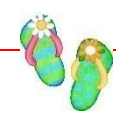
Channel 970 – CH 970 - 970 Move-in Entrance – 2nd Fl. Dining Room - DR
Top of the Oaks 7th Floor – 7th fl. Wilson Hall - WH Club Room- CR
Fitness Center - FC

Synagogue Shuttle – Saturdays Church Shuttle - Sundays
Sign up required in the Trips Book

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
<p>July Birthdays</p> <table border="0"> <tr> <td>Chuck Donen 7/4</td> <td>Alvin Diamond 7/24</td> </tr> <tr> <td>Sandra Ehrlich 7/12</td> <td>Seymour Baida 7/26</td> </tr> <tr> <td>Gladys Novey 7/12</td> <td>Hyman Cohen 7/26</td> </tr> <tr> <td>Myrian Diamond 7/18</td> <td>Ronnie Kleiman 7/28</td> </tr> <tr> <td>Lisa Nigrin 7/19</td> <td>Bobbie Nachman 7/28</td> </tr> <tr> <td>Judy Michelson 7/21</td> <td>Evelyn Silberg 7/30</td> </tr> </table>	Chuck Donen 7/4	Alvin Diamond 7/24	Sandra Ehrlich 7/12	Seymour Baida 7/26	Gladys Novey 7/12	Hyman Cohen 7/26	Myrian Diamond 7/18	Ronnie Kleiman 7/28	Lisa Nigrin 7/19	Bobbie Nachman 7/28	Judy Michelson 7/21	Evelyn Silberg 7/30		<p>FITNESS CENTER Open Daily 6:45am-10:00pm Manager on Duty Monday – Friday 7:30am – 4:00pm 1st floor</p> <hr/> <p>LIFEBRIDGE HEALTH & FITNESS Every Thursday Bus Departs 9:30am</p>	<p>For In-House Doctors Appointments Call Diane Witles at: 410-602-0341</p> <p>BLOOD PRESSURE CLINIC Every Wednesday 1:30-3:30pm – Apt. 226</p>	<p>1</p> <p>10:00 Jewish History and Historians (970) 11:00 Chair Dance (970) 11:30 Bingo (Wilson Hall) 1:00 Howard's Cardio Fit Class (970) 2:00 Discussion Group with Les Mandell (WH) 7:30 Birth of Flight - A History of Civil Aviation (970)</p>	<p>2</p> <p>11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 2:00 Music & You with Sharette Kern (WH) 3:30 Shabbat in Song (970) 8:00 Friday Night Movie - The American President (WH & CH 970)</p>	<p>3</p> <p>10:00 Sabbath Service (970) 11:00 Chair Dance (CH 970) 1:00 Timeline World History Documentary Series (CH 970) 3:00 Health Talks (CH 970) 7:30 Saturday Night Movie - Gifted (WH & CH 970)</p>
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<p>4</p> <p>10:00 Full Body Flexibility (Channel 970) 10:30 Posture Balance and Stretch (CH 970) 1:00 Great Courses Lecture (Channel 970) 3:00 A Capitol 4th - PBS Broadcast (WH & CH 970) 7:30 Sunday Night Movie - 1776 (WH & CH 970)</p> <p>Independence Day</p>	<p>5</p> <p>11:00 Fit for Life (CH 970) 11:30 Sit & Fit (CH 970) 1:00 Sit & Fit (CH 970) 3:30 Fave Film Fashion (CH 970) 7:30 Celine Dion - A New Day (WH and CH 970)</p> <p>Independence Day Celebrated</p>	<p>6</p> <p>10:00 Drawing & Painting w/ Marcia Bornfriend (7th floor) 10:30 Balance Class (WH) 11:00 Qi Gong Exercise (970) 11:30 Bingo (WH) 1:30 Wii Bowling (Fitness Center) 3:00 Biography - Cary Grant (CH 970) 7:30 True Story Tuesday – The Forgotten Refugees (WH & CH 970)</p>	<p>7</p> <p>11:30 Sit & Fit (WH & 970) 1:00 Sit & Fit (Channel 970) 2:00 Pets on Wheels (Lobby) 3:00 Executive Committee Meeting (Wilson Hall) 4:00 Health Talks (CH 970) 7:30 Wacky Wednesday - The Jeff Dunham Show (WH & CH 970)</p>	<p>8</p> <p>10:00 Jewish History and Historians (CH 970) 10:00 Bagel Breakfast (7th Floor) 11:00 Chair Dance (CH 970) 11:30 Bingo (WH) 1:00 Howard's Cardio Fit Class (CH 970) 2:00 Discussion Group with Les Mandell (WH) 7:30 Birth of Flight - A History of Civil Aviation (970)</p>	<p>9</p> <p>10:45 Trip - Severn River Cruise 11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 2:00 Music & You w/ Sharette Kern (WH) 3:30 Shabbat in Song (970) 8:00 Friday Night Movie - Monsieur Lazhar (WH & CH 970)</p>	<p>10</p> <p>10:00 Sabbath Service (970) 11:00 Chair Dance (CH 970) 1:00 Timeline World History Documentary Series (CH 970) 3:00 Health Talks (CH 970) 7:30 Saturday Night Movie - Septembers of Shiraz (WH & CH 970)</p>												

HOT LINE PHONE – 443-738-9700

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 10:00 Full Body Flexibility (CH 970) 10:30 Posture Balance and Stretch (CH 970) 11:00 Torah and Yoga (CR) 1:00 Great Courses Lecture (CH 970) 3:00 Dry Bar Comedy (CH 970) 7:30 Sunday Night Movie – On the Town (WH & CH 970)	12 11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 2:00 CCBC: Jewish Folklore w/ Chip Hanna (WH) 3:30 Fave Film Fashion (970) 4:30 Resident Social Hour (7th Floor) 7:30 Dennis Prager - "Happiness is Not a Feeling: It's a Moral Obligation" (CH 970)	13 10:00 Drawing & Painting w/ Marcia Bornfriend (7th floor) 10:30 Balance Class (WH) 11:00 Qi Gong Exercise (970) 11:30 Bingo (WH) 1:30 Wii Bowling (FC) 2:00 Resident Meeting (WH) 3:00 Biography - Yvonne De Carlo (CH 970) 7:30 True Story Tuesday - Been Rich All My Life (WH & CH 970)	14 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 1:00 Bookmobile (2nd Fl.) 1:30 Speaker - Daniel Golfeiz The History of Persian Jews (WH) 2:00 Pets on Wheels (Lobby) 4:00 Health Talks (CH 970) 7:30 From Babylon to Beverly Hills: the Exodus of Iran's Jews (WH & CH 970) 8:00 Jews of Iran (WH & 970)	15 Dr. Alan Oshinsky (By Appointment) 10:00 Jewish History and Historians (CH 970) 10:00 Coffee with Felicia (WH) 11:00 Chair Dance (CH 970) 11:30 Bingo (WH) 1:00 Howard's Cardio Fit (970) 1:00 Summer Snowballs (7th Floor) 2:00 Discussion Group with Les Mandell (WH) 7:30 Birth of Flight (CH 970)	16 10:00 Trip - Baugher's for Produce & Lunch Out 11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & 970) 1:00 Sit & Fit (CH 970) 2:00 Music & You w/ Sharette Kern (WH) 3:30 Shabbat in Song (970) 8:00 Friday Night Movie – The Garden of the Finzi Continis (WH & CH 970)	17 11:00 Chair Dance (CH 970) 11:00 Sabbath Services w/ the Silbergs (WH) 1:00 Timeline World History Documentary Series (Channel 970) 3:00 Health Talks (CH 970) 7:30 Saturday Night Movie - Senior Moment (WH & CH 970)
18 10:00 Full Body Flexibility (CH 970) 10:30 Posture Balance and Stretch (CH 970) 11:00 Chair Yoga (CR) 1:00 Great Courses Lecture (CH 970) 2:00 Trivial Pursuit (WH) 3:00 Dry Bar Comedy (970) 7:30 Sunday Night Movie - Mamma Mia (WH & CH 970)	19 The Podiatrist (By Appointment) 11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 2:00 CCBC: Jewish Folklore w/ Chip Hanna (WH) 3:30 Fave Film Fashion (CH 970) 7:30 Monday Night Movie - Buddy (WH & CH 970)	20 10:00 Drawing & Painting w/ Marcia Bornfriend (7th floor) 10:30 Balance Class (WH) 11:00 Qi Gong Exercise (970) 11:30 Bingo (WH) 1:30 Wii Bowling (FC) 3:00 One Day University - Who Wrote the Bible (CH 970) 7:30 Speaker Samuel Spinner "What is Yiddish" (WH)	21 OnSite Dermatology (By Appointment) 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 1:00 NIFS Olympics (WH) 2:00 Pets on Wheels (Lobby) 3:00 Top of the Oaks Happy Hour (7th Fl.) 4:00 Health Talks (CH 970) 7:30 Yonina in Concert (CH 970)	22 10:00 Jewish History and Historians (CH 970) 11:00 Chair Dance (CH 970) 11:30 Bingo (WH) 12:00 July Birthday Lunch (DR) 1:00 Howard's Cardio Fit Class (CH 970) 2:00 Discussion Group with Les Mandell (WH) 7:30 Birth of Flight - A History of Civil Aviation (CH 970)	23 9:00 Trip - Whatever Day 11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & 970) 1:00 Sit & Fit (CH 970) 2:00 Music & You with Sharette Kern (WH) 3:30 Shabbat in Song (970) 8:00 2021 Summer Olympics Opening Ceremony (WH)	24 10:00 Sabbath Services (970) 11:00 Chair Dance (CH 970) 1:00 Timeline World History Documentary Series (Channel 970) 3:00 Health Talks (CH 970) 7:30 Live Concert - Pianist, Solomon Eichner (WH)
25 10:00 Full Body Flexibility (CH 970) 10:30 Posture Balance & Stretch (CH 970) 11:00 Torah and Yoga (CR) 1:00 Great Courses Lecture (CH 970) 3:00 Dry Bar Comedy (CH 970) 7:30 Sunday Movie - The Umbrellas of Cherbourg (WH & CH 970)	26 11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 2:00 CCBC: Jewish Folklore w/ Chip Hanna (WH) 3:30 Fave Film Fashion (CH 970) 4:30 Resident Social Hour (7th Floor)	27 10:00 Drawing & Painting w/ Marcia Bornfriend (7th floor) 10:30 Balance Class (WH) 11:00 Qi Gong Exercise (970) 11:30 Bingo - <i>Cancelled</i> 1:30 Wii Bowling (FC) 3:00 Biography - Katharine Hepburn (CH 970) 3:00 Crafting w/ D'asia (7th Floor) 7:30 True Story Tuesday - Blackfish (WH & 970)	28 11:00 Alzheimer's Polymer Clay Jewelry Sale (Library) 11:30 Sit & Fit (WH & CH 970) 1:00 Sit & Fit (CH 970) 2:00 Pets on Wheels (Lobby) 2:00 Healthy Learning Lecture "Fun in the Sun" (WH) 7:30 Wednesday Night Movie - Not Without My Daughter (WH & CH 970)	29 9:45 Trip - Step on Guided Bus Tour of Baltimore 10:00 Jewish History and Historians (CH 970) 11:00 Chair Dance (CH 970) 11:30 Bingo (WH) 1:00 Howard's Cardio Fit Class (CH 970) 2:00 Discussion Group with Les Mandell (WH) 4:30 Alzheimer's Polymer Clay Jewelry Sale (DR)	30 10:30 Activities Committee (CR) 11:00 Fit for Life (WH & 970) 11:30 Sit & Fit (WH & 970) 1:00 Sit & Fit (CH 970) 2:00 Music & You w/ Sharette Kern (WH) 4:00 Kabbalat Shabbat Service w/ Cantor Webber (WH) 7:30 Saturday Night Movie - The Zookeepers Wife (WH & CH 970)	31 10:00 Sabbath Service (970) 11:00 Chair Dance (CH 970) 1:00 Timeline World History Documentary Series (Channel 970) 3:00 Health Talks (CH 970) 7:30 Saturday Night Movie - Dark Waters (WH & CH 970)



8 Dimensions of Wellness • Emotional • Environmental • Spiritual • Social • Vocational • Intellectual • Health Services • Physical

Questions? Contact Betty Jontiff at 410-602-0341 or Libby Rodriguez at 410-602-0349