



**GROCERY SHOPPING 2020**

Monday – Owings Mills North  
 Bus Departs: 10:30am  
 Giant – Mill Station - Wal-mart  
 Returns: approximately 12:30pm

**Tuesday – Pikesville South**  
 Bus departs: 9:30am  
 Giant at Old Court - Bank of America - Trader Joe's - Target  
 Returns: approximately 11:15am

**Farmers and Merchants Bank**  
 Monday-10:30am, Wednesday – 1:00pm, Friday – 9:00am  
 Call Linda at: 410-602-0326

**KEY**




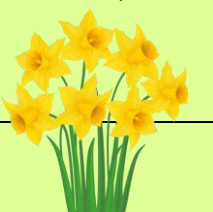


DR - Dining Room    L – Lobby    S-1 - Studio 1    PDR –Private Dining Rm.  
 S-2 - Studio 2    C - Café    WH- Wilson Hall    AR – Autumn Ridge  
 CR - Club Room    P – Parlor    Apartment #405-Creation Station

**Synagogue Shuttle – Saturday**  
**Church Shuttle – Sundays**  
 Sign up in the transportation book

**\*Requires Sign-up**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:30 Chair Yoga (Studio) 1:00 Bingo (Wilson Hall) 2:00 *Meyerhoff "W" 3:30 Matinee Movie "The Kominsky Method" (Wilson Hall) 8:00 Sunday Night Movie "Neptune's Daughter" (Wilson Hall) 	<b>2</b> Podiatrist 9-12 *Massages in the Salon (by Appt.) 10:30 Balance Express (WH) <b>11:00 Exploring Torah w/res., Kelly Beller (S)</b> 11:45 *Gentle Aqua 12:15 Active Senior Aerobics (WH) 8:00 Monday Movie "Rosa Parks" (WH)	<b>3</b> 10-1 *Massages in the Salon (by Appt.) 10:30 Sit & Fit (Wilson Hall) 10:45 Art Workshop (7 <sup>th</sup> fl.) 11:00 Fit For Life (WH) <b>11:00 Yiddish (Studio)</b> 1:45 Bingo (Wilson Hall) 7:30 No Klezmer practice today	<b>4</b> <b>10:00 *Trip -Beth El Series</b> A Time for All Things <b>11:00 Mindful Meditation (Club Room)</b> 11:45 *Gentle Aqua 12:15 Senior Aerobics (WH) 2:00 Pet Visit w/Cody (L) <b>2:00 Speaker, Will Schwartz, "Lynching Project" (WH)</b> <b>3:00 Exec. Comm. (CR)</b> <b>6:30 *Trip – Beth El</b>	<b>5</b> 11:00 Wii Bowling (S) 12:30-2 Blood Pressure Clinic (AR) 12:30 Chair Yoga (S) 1:00 Choir Practice (WH) 2:15 Discussion Group (Wilson Hall) <b>7:00 Scrabble (Parlor)</b> 7:45 Bingo (WH) 	<b>6</b> <b>9-3pm *Trip - Whatever Day</b> 10:30 Balance Express (Wilson Hall) 11:00 Fit For Life (WH) 11:45 *Gentle Aqua 2:00 Music & You w/ Sharette Kern (WH) 3:15 Knitters (Parlor) 8:00 Friday Night Movie "Joker" (WH)	<b>7</b> 11:00 Sabbath Services w/the Silberg's (WH) 1:30 Cocktail Hour (WH) 7:30 Havdalah (Parlor) 8:00 Saturday Night Movie "Stan & Ollie" (Wilson Hall)
<b>8</b> 10:30 Chair Yoga (Studio) 1:00 Bingo (Wilson Hall) 3:30 Matinee Movie "The Kominsky Method" (Wilson Hall) 8:00 Sunday Night Movie "National Velvet" (Wilson Hall)  <b>Daylight Savings</b>	<b>9 Erev Purim</b> 9-12 *Massages in the Salon (by Appt.) 10:30 Balance Express (Wilson Hall) <b>11:00 Exploring Torah w/res., Kelly Beller (S)</b> 11:45 *Gentle Aqua 12:15 Senior Aerobics (WH) <b>2:00 Speaker, Rabbi Paul Schneider (Wilson Hall)</b>	<b>10 Purim</b> Dermatologist 10-1 *Massages in the Salon (by Appt.) 10:30 Sit & Fit (WH) 10:45 Art Workshop (7 <sup>th</sup> fl.) 11:00 Fit For Life (WH) <b>11:00 Brain Games (S)</b> <b>2:00 Resident Mtg. (WH)</b> <b>4:00 Megillah Reading (Parlor)</b> 7:30 Open Klezmer Practice (WH)	<b>11</b> <b>10:00 *Beth El Series</b> <b>10:30 Wellness Social (P)</b> <b>11:00 Mindful Meditation (Club Room)</b> 11:45 *Gentle Aqua 12:15 Active Senior Aerobics (WH) <b>2:00 Assistive Technology (WH)</b> 2:00 Pet Visit w/Cody (L) <b>8:00 Wacky Wednesday "JoJo Rabbit" (WH)</b>	<b>12</b> 11:00 Wii Bowling (S) 12:30-2 Blood Pressure Clinic (AR) 12:30 Chair Yoga (Studio) 1:00 Choir Practice (Wilson Hall) 2:15 Discussion Group (Wilson Hall) <b>5:00 *Dinner Out – Olive Branch</b> 7:45 Bingo (WH)	<b>13</b> ENT Doctor 10:30 Balance Express (Wilson Hall) <b>10:30 Writing (7<sup>th</sup> Floor)</b> 11:00 Fit For Life (WH) 11:45 *Gentle Aqua 2:00 Music & You w/ Sharette Kern (WH) 3:15 Knitters (Parlor) 8:00 Friday Night Movie "Wag the Dog" (WH)	<b>14</b> 11:00 Sabbath Services (Wilson Hall) 1:30 Cocktail Hour (WH) 7:30 Havdalah (Parlor) <b>8:00 Live Entertainment-Singer, Karen Webber (WH)</b> 

**HOT LINE PHONE – 443-738-9700**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																													
<b>15</b> 10:30 Chair Yoga (Studio) 1:00 Bingo (Wilson Hall) 3:30 Matinee Movie "The Kominsky Method" (Wilson Hall) 8:00 Sunday Night Movie "The Life of Emile Zola" (Wilson Hall) 	<b>16</b>  9-12 *Massages in the Salon (by Appt.) 9:30 Coffee Hour (PDR) 10:30 Balance Express (WH) <b>11:00 Exploring Torah (S)</b> <b>11:30 *Trip – Jumbo Seafood</b> 12:15 Senior Aerobics (WH) <b>2:00 Ice Cream Social (Wilson Hall)</b> <b>8:00 Monday Movie "42" (Wilson Hall)</b>	<b>17 St. Patrick's Day</b> 10-1 *Massages in the Salon (by appt.) 10:30 Sit & Fit (WH) 10:45 Art Workshop (7 <sup>th</sup> fl.) 11:00 Fit For Life (WH) <b>11:00 Brain Games (S)</b> 12:00 Birthday Lunch 1:45 Bingo (Wilson Hall) 7:30 Open Klezmer Practice (WH)	<b>18</b> <b>10:00 *Beth El Series</b> <b>11:00 Mindful Meditation (Club Room)</b> 11:45 *Gentle Aqua at Lifebridge 12:15 Active Senior Aerobics (Studio) 2:00 Pet Visit w/Cody (L) 	<b>19</b> 11:00 Wii Bowling (S) <b>11:00 Clinique (Parlor)</b> 12:30-2 Blood Pressure Clinic (AR) 12:30 Chair Yoga (S) 1:00 Choir Practice (Wilson Hall) 2:15 Discussion Group (Wilson Hall) 7:45 Bingo (Wilson Hall) 	<b>20 Spring Begins</b> 9:30 Coffee Hour (PDR) 10:30 Balance Express (Wilson Hall) 11:00 Fit For Life (WH) 11:45 *Gentle Aqua 2:00 Music & You w/ Sharette Kern (WH) 3:15 Knitters (Parlor) 8:00 Friday Night Movie "Pain & Glory" (WH) 	<b>21</b> 11:00 Sabbath Services (Wilson Hall) 1:30 Cocktail Hour (WH) 7:30 Havdalah (Parlor) 8:00 Saturday Night Movie "Beautiful Day in the Neighborhood" (WH) 																													
<b>22</b>  10:30 Chair Yoga (Studio) 1:00 Bingo (Wilson Hall) <b>2:15 Trivial Pursuit (S)</b> 3:30 Matinee Movie "The Kominsky Method" (Wilson Hall) 8:00 Sunday Night Movie "It Happened on 5 <sup>th</sup> Avenue" (Wilson Hall) 	<b>23</b> Podiatrist 9-12 *Massages in the Salon (by Appt.) 9:30 Coffee Hour (PDR) 10:30 Balance Express (Wilson Hall) <b>11:00 Exploring Torah w/ res., Kelly Beller (S)</b> 12:15 Senior Aerobics (Wilson Hall) 2:00 Balance w/Clint (WH)	<b>24</b> 10-1 *Massages in the Salon (by appt.) <b>10:00 *Trip - Amish Lunch and countryside</b> 10:30 Sit & Fit (WH) 10:45 Art Workshop (7 <sup>th</sup> fl.) 11:00 Fit For Life (WH) <b>11:00 Brain Games (S)</b> <b>2:00 Coffee w/Felicia (WH)</b> <b>2:00 Writing Class (7<sup>th</sup> fl.)</b> 7:30 Klezmer Practice (WH)	<b>25</b> <b>9:30 Bookmobile (2<sup>nd</sup> fl.)</b> <b>10:00 *Beth El Series</b> <b>11:00 Mindful Meditation (Club Room)</b> 11:45 *Gentle Aqua 12:15 Senior Aerobics (WH) 2:00 Pet Visit w/Cody (L) <b>2:00 Speaker "Coins" (Wilson Hall)</b> <b>8:00 Wacky Wednesday "It's A Mad Mad Mad World" (WH)</b>	<b>26</b> 11:00 Wii Bowling (S) 12:30-2 Blood Pressure Clinic (AR) 12:30 Chair Yoga (S) 1:00 Choir Practice (Wilson Hall) 2:15 Discussion Group (Wilson Hall) 7:45 Bingo (Wilson Hall)	<b>27</b>  9:30 Coffee Hour (PDR) 10:30 Balance Express (WH) 11:00 Fit For Life (WH) <b>11:15 *Men's Lunch Out – Chiaparelli's</b> 11:45 *Gentle Aqua 2:00 <u>No</u> Music & You today <b>2:00 Sing-Along w/Norm (Wilson Hall)</b> 3:15 Knitters (Parlor) 8:00 Friday Night Movie "Bombshell" (WH)	<b>28</b> 11:00 Sabbath Services (Wilson Hall) 1:30 Cocktail Hour (WH) 7:30 Havdalah (Parlor) <b>8:00 Live Entertainment – Singer, Nancy Abramson (WH)</b> 																													
<b>29</b>  10:30 Chair Yoga (Studio) 1:00 Bingo (Wilson Hall) 3:30 Matinee Movie "The Kominsky Method" (Wilson Hall) 8:00 Sunday Night Movie "Bringing Up Baby" (Wilson Hall) 	<b>RESIDENT APPRECIATION WEEK</b>		<b>30</b> 9-12 *Massages in the Salon (by Appt.) 9:30 Coffee Hour (PDR) 10:30 Balance Express (Wilson Hall) <b>11:00 Exploring Torah w/ res., Kelly Beller (S)</b> 12:15 Senior Aerobics (Wilson Hall) 2:00 Afternoon movie "Bringing Up Baby" -Repeat (Wilson Hall)	<b>31</b> 10-1 *Massages in the Salon (by appt.) 10:30 Sit & Fit (WH) 10:45 Art Workshop (7 <sup>th</sup> fl.) 11:00 Fit For Life (WH) <b>11:00 Brain Games (S)</b> 1:00 Hadassah (WH) 7:30 Open Klezmer Practice (WH)	Hair Studio is Open Wed., - Sat. – 9:30-2pm  <u>Coffee Hour</u> <u>Private Dining Room</u> <b>Mondays &amp; Fridays</b> <b>9:30am – 10:30am</b> <b>Includes bagels, English muffins, jam, and cream cheese</b> 	<b>Fitness Center Open Monday - Friday 6:30am - 10:00pm 8<sup>th</sup> Floor</b> <b>Fitness Manager Available 7:30am – 4:00pm</b>  <b>For Audiologist Dermatologist, &amp; ENT Appointments</b> <b>Call Diane Witles At 410-602-0321</b>	 <b>March Birthdays</b>  <table border="0"> <thead> <tr> <th></th> <th>B'day</th> <th></th> <th>B'day</th> </tr> </thead> <tbody> <tr> <td>Lillian Yurow</td> <td>3/1</td> <td>Judith Culiner</td> <td>3/16</td> </tr> <tr> <td>Carol Friedman</td> <td>3/2</td> <td>Lorraine Berkowitz</td> <td>3/17</td> </tr> <tr> <td>Estelle Waxman</td> <td>3/2</td> <td>Arthur Bushel</td> <td>3/18</td> </tr> <tr> <td>Bernice Jagoda</td> <td>3/5</td> <td>Kelly Beller</td> <td>3/20</td> </tr> <tr> <td>Leonard Golombek</td> <td>3/14</td> <td>Cis Paper</td> <td>3/25</td> </tr> <tr> <td>Mike Roseman</td> <td>3/15</td> <td>Bernard Misek</td> <td>3/29</td> </tr> </tbody> </table>		B'day		B'day	Lillian Yurow	3/1	Judith Culiner	3/16	Carol Friedman	3/2	Lorraine Berkowitz	3/17	Estelle Waxman	3/2	Arthur Bushel	3/18	Bernice Jagoda	3/5	Kelly Beller	3/20	Leonard Golombek	3/14	Cis Paper	3/25	Mike Roseman	3/15	Bernard Misek	3/29
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