





# Activities Calendar

April 27th to May 3rd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 27th	April 28th	April 29th	April 30th	May 1st	May 2nd	May 3rd
<u>2:00pm</u> <b>Movie Showing</b> A Man on the Inside Laurel Room	<u>8:30am</u> Water Aerobics with Tamara Pool <u>9:30am</u> <b>Sit and Tone with Renee</b> Laurel Room <u>12:45pm</u> <b>Rummikub</b> Card Room <u>1:00pm</u> <b>Meditation</b> Board Room <u>1:30pm</u> <b>Open Games</b> Card Room <u>3:00pm</u> <b>Ice Cream Social</b> Garden Grille <u>4:00pm</u> <b>Town Hall</b> Laurel Room/Zoom	<u>8:30am</u> Water Aerobics with Tamara Pool <u>9:30am</u> <b>Chair Pilates with Tamara</b> Laurel Room <u>9:15am</u> <b>The MET Outing with Helane</b> John Singer Sargent Exhibit *Sign-up Required Front Entrance <u>11:15am</u> <b>Shopping Trip</b> Front Entrance <u>2:00pm</u> <b>Janice Friedman Duo</b> Laurel Room <u>7:30pm</u> <b>Movie Showing</b> A Man on the Inside Laurel Room	<u>8:30am</u> Water Aerobics with Tamara Pool <u>9:30am</u> <b>Stretch with Renee</b> Laurel Room <u>11:00am</u> <b>Catholic Mass</b> Laurel Room <u>1:00pm</u> <b>Seamstress</b> Activities Room <u>2:00pm</u> <b>Intermediate Bridge</b> Card Room <u>2:00pm</u> <b>NaCCRA Meeting</b> Laurel Room <u>3:00pm</u> <b>Afternoon Tea</b> Garden Grille <u>3:00pm</u> <b>Ferguson Bookmobile</b> Front Entrance <u>3:30pm</u> <b>Beginner Bridge</b> Card Room <u>4:00pm</u> <b>Museum Comes to You</b> Laurel Room	<u>8:30am</u> Water Aerobics with Tamara Pool <u>9:30am</u> <b>Arthritis Mobility with Tamara</b> Laurel Room <u>11:00am</u> <b>Protestant Service</b> Card Room <u>11:00am</u> <b>Movie Committee</b> Activities Room <u>11:30am</u> <b>Freshman Orientation</b> *By Invitation Laurel Room <u>1:00pm</u> <b>Mahjong</b> Card Room <u>2:30pm</u> <b>Art with Michelle</b> *Sign-up Required Activities Room <u>3:00pm</u> <b>Melody Men Performance</b> Laurel Room <u>7:00pm</u> <b>Poker Night</b> Card Room <u>7:30pm</u> <b>Movie Showing</b> A Man on the Inside Laurel Room	<u>8:30am</u> Water Aerobics with Tamara Pool <u>9:30am</u> <b>Sit and Tone with Renee</b> Laurel Room <u>11:00am</u> <b>Gil Harel Music Lecture</b> Laurel Room <u>11:15am</u> <b>Yoga</b> Card Room <u>2:00pm</u> <b>Stitch &amp; Chat</b> Activities Room <u>2:00pm</u> <b>Kentucky Derby Betting</b> Pub <u>2:00pm</u> <b>Shabbat</b> Card Room <u>3:00pm</u> <b>Art Lecture with Helane</b> Laurel Room	<u>9:00am</u> <b>Sit and Tone with Renee</b> Laurel Room <u>11:00am</u> <b>Bible Discussion w/ Carolyn Fisher</b> Book of Acts Card Room <u>11:30am</u> <b>Bingo</b> Activities Room <u>2:00pm</u> <b>Kentucky Derby Betting</b> Pub <u>5:00pm</u> <b>Kentucky Derby Party</b> *Sign-up Required Laurel Room

**Fun Fact (Provided by the Welcoming Committee)**  
REMINDER: You can change the thermostat in your apartment from heating to cooling at any time.

**Health Fact**  
Research shows people with a positive outlook live longer.

Managers On Duty			
Independent Living			
27-Apr	Maureen Jennings	phone	(203)- 595-2302
3-May	Dennys Matias		(203)-595-2342
Health Center			
27-Apr	Sandra Giarfardino	phone	(203)-595-2400
3-May	Serena O'Brien		(203)-595-2412

# Movies & Showtimes

April 27th to May 3rd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 27th	April 28th	April 29th	April 30th	May 1st	May 2nd	May 3rd
<div>2:00pm</div> <div><b>Movie Showing</b></div> <div>A Man on the Inside</div> <div>Comedy/Crime 1h 22m (2024)</div> <div>(Episodes 1, 2, 3)</div> <div>*Netflix*</div> <div></div> <div>A retired professor (Ted Danson) gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home.</div>		<div>7:30pm</div> <div><b>Movie Showing</b></div> <div>A Man on the Inside</div> <div>Comedy/Crime 1h 26m (2024)</div> <div>(Episodes 4, 5, 6)</div> <div>*Netflix*</div> <div></div> <div>The last two episodes will be shown on Thursday, May 1st.</div>		<div>7:30pm</div> <div><b>Movie Showing</b></div> <div>A Man on the Inside</div> <div>Comedy/Crime 1h 5m (2024)</div> <div>(Episodes 7 &amp; 8)</div> <div>*Netflix*</div> <div></div> <div>The last two episodes!</div>		