

Activities Calendar

May 11th to May 17th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 11th	May 12th	May 13th	May 14th	May 15th	May 16th	May 17th
11:00am Mothers Day Lunch *Reservations Required Main Dining Room 1:00pm Mothers Day Lunch *Reservations Required Main Dining Room	8:30am Water Aerobics-Canceled Pool 9:30am Sit and Tone with Renee Laurel Room 9:45am Executive Committee Board Room 11:00am Social Action Committee Card Room 12:45pm Rummikub Card Room 1:00pm Meditation Board Room 1:30pm Open Games Card Room 3:00pm Ice Cream Social Garden Grille 7:30pm Opera Lecture with Gil Harel Laurel Room	8:30am Water Aerobics with Tamara Pool 9:30am Chair Pilates with Tamara Laurel Room 10:00am Legislative Committee Card Room 11:00am Welcoming Committee Card Room 11:15am Shopping Trip Front Entrance 2:00pm Jim Clark Saxophone Laurel Room/Zoom 3:00pm Bible Study Acts 15:1-18 Card Room 7:30pm Movie Showing The Automat Laurel Room	8:30am Water Aerobics with Tamara Pool 9:30am Stretch with Renee Laurel Room 11:00am Catholic Mass Laurel Room 11:00am Activities Committee Activities Room 11:00am Catholic Mass Laurel Room 12:00pm Health Committee Laurel Room 1:00pm Library Committee Library 1:00pm F&B Committee Card Room 1:00pm Seamstress Activities Room 2:00pm Intermediate Bridge Card Room 3:00pm Ferguson Bookmobile Front Entrance 3:00pm Afternoon Tea Garden Grille 3:00pm Grounds Committee Activities Room 3:30pm Beginner Bridge Card Room 4:00pm Non-Fiction Book Club The Desert Queen Discussion Laurel Room 5:00pm Conversation Table *By Invitation Private Dining Room	8:30am Water Aerobics with Tamara Pool 9:30am Arthritis Mobility with Tamara Laurel Room 11:00am Protestant Service Card Room 10:30am Tech Class *Sign-up Required Tech Suite 11:00am Krikor Jewelry Repair Activities Room 1:00pm Mahjong Card Room 2:15pm House Committee Board Room 2:30pm Art with Michelle *Sign-up Required Activities Room 4:00pm CLC Lecture Laurel Room 7:00pm Poker Night Card Room 7:30pm Movie Showing Letters from Baghdad Laurel Room	8:30am Water Aerobics with Tamara Pool 9:30am Sit and Tone with Renee Laurel Room 11:15am Yoga Laurel Room 12:00pm New Resident Luncheon *By Invitation Main Dining Room 2:00pm Stitch & Chat Activities Room 2:00pm Shabbat Card Room 4:00pm Happy Hour Living Room	9:00am Sit and Tone with Renee Laurel Room 11:00am Bingo Activities Room 11:00am Bible Discussion w/ Carolyn Fisher Book of Acts Card Room 1:45pm Opera Showing Cavalleria Rusticana & Pagliacci Laurel Room 7:30pm Suzanne Sheridan Vocalist Laurel Room



Fun Fact (Provided by the Welcoming Committee)

There are bios of many residents in a binder on the front table in the Library. Feel free to come and get to know our neighbors.




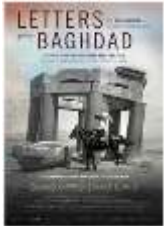

Health Fact

A Harvard Study in 2022 suggests that getting enough protein in your diet may be important for protecting you cognition.

Managers On Duty		
Independent Living		
11-May	Trisha Kennedy	phone (203)-595-2312
17-May	Albert Soe	(203)-595-2417
Health Center		
11-May	Joyce Malone	phone (203)-595-2346
17-May	Bradley Burkart	(203)-595-2403

Movies & Showtimes

May 11th to May 17th

Sunday May 11th	Monday May 12th	Tuesday May 13th	Wednesday May 14th	Thursday May 15th	Friday May 16th	Saturday May 17th
		<p>7:30pm Movie Showing The Automat Documentary 1h 59m (2022) *Prime*</p>  <p>Before fast food we had something better. Our grandparents told us stories of gathering around communal tables, sharing their lives, their struggles, and their dreams with strangers at The Automat. In the long awaited Horn & Hardart documentary relive the phenomena of America's original and most beloved restaurant chain. The one hundred year Automat saga serves up never before-seen archival footage and photographs and a cast including celebrity customers, company executives, historians, and members of the Horn & Hardart families.</p>		<p>7:30pm Movie Showing Letters from Baghdad Documentary 1h 35m (2017) *Prime*</p>  <p>A documentary film, which is a story of the life of Gertrude Bell, the most powerful woman in the British Empire in her day, who shaped the destiny of Iraq after WWI in ways that still reverberate today. The Non-Fiction Book Club will host a discussion of the book that goes with the documentary, The Desert Queen. The book tells the story of Gertrude Bell, who left the confines of Edwardian England to seek freedom and independence in the Arabian desert and became the most powerful woman in the British Empire. Elizabeth Chandler, the producer of a documentary film about Gertrude Bell, will talk to residents about the film on May 14th at 4 PM.</p>		<p>1:45pm Opera Showing Cavalleria Rusticana & Pagliacci 2h 53m (2015) THE MET HD</p>  <p>Director David McVicar's new production brings opera's favorite double bill to new life, setting the two operas in the same Sicilian setting, separated by two generations. Marcelo Álvarez takes on the rare feat of singing both leading tenor roles. In Cavalleria, he is Turiddu, the young man who abandons Santuzza (Eva-Maria Westbrook) in his pursuit of the married Lola (Ginger Costa-Jackson)—and ends up being killed in a duel with her husband, Alfio (George Gagnidze). In Pagliacci, Álvarez is Canio, the leader of a traveling vaudeville troupe. Patricia Racette sings Nedda, his unfaithful young wife, whose plans to run away with her lover are foiled by her spurned admirer Tonio (George Gagnidze)—with equally tragic consequences. Met Principal Conductor Fabio Luisi is on the podium.</p>