




# Activities Calendar

August 31st to September 6th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 31st	September 1st	September 2nd	September 3rd	September 4th	September 5th	September 6th
<div>2:00pm <b>Movie Showing</b> The Last Showgirl Laurel Room</div>	<div>8:30am <b>Water Aerobics-Canceled</b> Pool</div> <div>9:30am <b>Sit and Tone with Denise</b> Laurel Room</div> <div>11:00am <b>Labor Day Barbeque</b> *Reservations Required Main Dining Room</div> <div>12:45pm <b>Rummikub</b> Card Room</div> <div>1:00pm <b>Labor Day Barbeque</b> *Reservations Required Main Dining Room</div> <div>1:00pm <b>Meditation</b> Board Room</div> <div>1:30pm <b>Open Games</b> Card Room</div> <div>3:00pm <b>Movie Showing</b> Downton Abbey: A New Era Laurel Room</div> <div></div>	<div>8:30am <b>Water Aerobics with Tamara</b> Pool</div> <div>9:30am <b>Chair Pilates with Tamara</b> Laurel Room</div> <div>11:15am <b>Shopping Trip</b> Front Entrance</div> <div>2:00pm <b>Rory Gordon Guitar</b> Laurel Room</div> <div>4:00pm <b>Museum Comes to You</b> Laurel Room</div> <div>7:30pm <b>Movie Showing</b> Becoming Katharine Graham Laurel Room</div>	<div>8:30am <b>Water Aerobics with Tamara</b> Pool</div> <div>9:30am <b>Stretch with Renee</b> Laurel Room</div> <div>11:00am <b>Catholic Mass</b> Laurel Room</div> <div>1:00pm <b>Seamstress</b> Activities Room</div> <div>1:00pm <b>Annual Records Update</b> *Mandatory for all IL Residents Laurel Room</div> <div>2:00pm <b>Open Games</b> Card Room</div> <div>3:00pm <b>Afternoon Tea</b> Garden Grille</div> <div>3:00pm <b>Ferguson Bookmobile</b> Front Entrance</div> <div>4:00pm <b>Jim Levey China Lecture</b> Laurel Room</div>	<div>8:30am <b>Water Aerobics with Tamara</b> Pool</div> <div>9:30am <b>Arthritis Mobility with Tamara</b> Laurel Room</div> <div>11:00am <b>Protestant Service w/ Rev Tim Hamlin</b> Card Room</div> <div>12:00pm <b>Freshman Orientation</b> *By Invitation Laurel Room</div> <div>1:00pm <b>Mahjong</b> Card Room</div> <div>2:30pm <b>Trivia</b> Laurel Room</div> <div>6:00pm <b>Music on the Great Lawn</b> *Sign-up Required Front Entrance</div> <div>7:00pm <b>Poker Night</b> Card Room</div> <div>7:30pm <b>Movie Showing</b> O Brother, Where Art Thou? Laurel Room</div>	<div>8:30am <b>Water Aerobics with Tamara</b> Pool</div> <div>9:30am <b>Sit and Tone with Renee</b> Laurel Room</div> <div>11:00am <b>Gil Harel Music Lecture</b> Laurel Room</div> <div>11:15am <b>Yoga</b> Card Room</div> <div>11:30am <b>Bus Trip to Tod's Point</b> *Sign-up Required Front Entrance</div> <div>2:00pm <b>Knitting Circle Open House</b> Activities Room</div> <div>3:00pm <b>Art Discussion with Helane</b> Laurel Room/Zoom</div> <div>4:00pm <b>Happy Hour</b> Living Room</div>	<div>9:00am <b>Sit and Tone with Renee</b> Laurel Room</div> <div>11:00am <b>Bible Discussion w/Carolyn Fisher</b> New Testament Letters Card Room</div> <div>1:30pm <b>Bingo</b> Activities Room</div> <div>3:00pm <b>Movie Showing</b> The Friend Laurel Room</div> <div>7:30pm <b>Rodger Young Trio</b> Laurel Room</div>



**Fun Fact (Provided by the Welcoming Committee)**  
The flower arrangements in the various common areas are provided by Tucker of "Chrysalis Floral Design". He can be seen most Tuesdays or Fridays, replacing the flowers. His collection of containers is a highlight!






**Health Fact**  
In addition to helping to maintain bone health, Vitamin D also helps in preventing autoimmune diseases such as rheumatoid arthritis, thyroid disease, psoriasis & inflammatory bowel disease.

Managers On Duty			
Independent Living			
31-Aug	Albert Soe	phone	(203)-595-2417
1-Sep	Bryan Sy		(203)-595-2311
6-Sep	Jay Shankar		(203)-595-2345
Health Center			
31-Aug	Chris Massaro	phone	(203)-595-2407
1-Sep	Serena O'Brien		(203)-595-2412
6-Sep	Chris Massaro		(203)-595-2407

# Movies & Showtimes

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 31st	September 1st	September 2nd	September 3rd	September 4th	September 5th	September 6th
<div>2:00pm</div> <div><b>Movie Showing</b> <b>The Last Showgirl</b> Drama 1h 29m (2024) *Prime*</div> <div></div> <div>The Last Showgirl, a poignant film of resilience, rhinestones and feathers, stars Pamela Anderson as Shelley, a glamorous showgirl who must plan for her future when her show abruptly closes after a 30-year run.</div>	<div>3:00pm</div> <div><b>Movie Showing</b> <b>Downton Abbey: A New Era</b> Drama 2h 5m (2022) *Prime*</div> <div></div> <div>From award-winning creator Julian Fellowes comes the motion picture event DOWNTON ABBEY: A NEW ERA. The much-anticipated cinematic return of the global phenomenon reunites the beloved cast as they go on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa.</div>	<div>7:30pm</div> <div><b>Movie Showing</b> <b>Becoming Katharine Graham</b> Documentary 1h 32m (2025) *Prime*</div> <div></div> <div>The story of a painfully shy woman's evolution from a self-proclaimed "doormat-wife" into one of the most powerful newspaper publishers of the 20th century at The Washington Post. A sweeping account of Katherine "Kay" Graham's extraordinary life and career at The Washington Post, combining her own voice with insights from legends Warren Buffett, Gloria Steinem, Don Graham, Lally Weymouth, David Remnick, Bob Woodward, Carl Bernstein, Richard Cohen, Lynn Povich, Susie Buffett, Sharon Osberg and others.</div>		<div>7:30pm</div> <div><b>Movie Showing</b> <b>O Brother, Where Art Thou?</b> Comedy/Drama 1h 46m (2000) *Prime*</div> <div></div> <div>Ulysses Everett McGill (George Clooney) is having difficulty adjusting to his hard-labor sentence in Mississippi. He scams his way off the chain gang with simple Delmar (Tim Blake Nelson) and maladjusted Pete (John Turturro), then the trio sets out to pursue freedom and the promise of a fortune in buried treasure. With nothing to lose and still in shackles, their hasty run takes them on an incredible journey of awesome experiences and colorful characters.</div>		<div>3:00pm</div> <div><b>Movie Showing</b> <b>The Friend</b> Drama/Comedy 2h 3m (2025) *Prime*</div> <div></div> <div>In The Friend, writer and teacher Iris (Naomi Watts) finds her comfortable, solitary New York life thrown into disarray after her closest friend and mentor (Bill Murray) dies suddenly and bequeaths her his beloved 150 lb. Great Dane. The regal yet intractable beast, named Apollo, immediately creates practical problems for Iris, from furniture destruction to eviction notices, as well as more existential ones, his looming presence constantly reminding her of her friend's problematic choices in both life and death. Yet as Iris finds herself unexpectedly bonding with the animal, she begins to come to terms with her past, her lost friend, and her own creative inner life.Content expanded.</div>