



Activities Calendar

July 26th to August 1st

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
July 26th		July 27th		July 28th		July 29th		July 30th		July 31st		August 1st	
3:00pm	Movie Showing	9:30am	Sit and Tone with Renee	8:30am	Water Aerobics with Tamara	8:30am	Water Aerobics with Tamara	8:30am	Water Aerobics with Tamara	8:30am	Water Aerobics with Tamara	8:15am	Water Aerobics with Tamara
	BlackKkKlansman		Laurel Room		Pool		Pool		Pool		Pool		Pool
	Laurel Room	12:45pm	Rummikub	9:30am	Chair Pilates with Tamara	9:30am	Stretch with Tamara	9:30am	Arthritis Mobility with Tamara	9:30am	Sit and Tone with Renee	9:30am	Sit and Tone with Renee
			Card Room		Laurel Room		Laurel Room		Card Room		Laurel Room		Card Room
		1:00pm	Meditation	10:30am	Tech Class: Streaming Services	11:00am	Catholic Mass	10:30am	Tech Class: Streaming Services	11:15am	Yoga	1:30pm	Bingo
			Board Room		*Sign-up Required		Laurel Room		*Sign-up Required		Laurel Room		Activities Room
		1:30pm	Open Games		Tech Suite	12:00pm	Intermediate Bridge Lessons		Tech Suite	11:30am	Bus Trip to Tod's Point	3:00pm	Movie Showing
			Living Room	11:15am	Shopping Trip		Card Room	11:00am	Wheelchair & Walker Repair		*Sign-up Required		The Town
		2:00pm	Michael Tomashefsky		*Sign-up Required	1:00pm	Seamstress		Garden Level	3:00pm	Knitting Circle		Laurel Room
			International Landscapes & Cultures		Front Entrance		Activities Room	11:00am	Protestant Service w/Rev Mark Lingle		Activities Room	7:30pm	Sedgewick Sisters
			Laurel Room	1:00pm	Tech Class: Streaming Services	2:00pm	Open Games		Card Room		Living Room		CT Family Singing Group
		3:00pm	Ice Cream Social		*Sign-up Required		Living Room	1:00pm	Mahjong	4:00pm	Happy Hour		Laurel Room
			Garden Grille		Tech Suite	2:30pm	Beginner Bridge Lessons		Pub Area				
				2:00pm	Janice Friedman Duo		Card Room	1:00pm	Tech Class: Streaming Services				
					Laurel Room	2:00pm	Armchair Travels (Costa Rica)		*Sign-up Required				
				7:30pm	Movie Showing		Laurel Room	3:00pm	Shabbat				
					The Battle of the Sexes	3:00pm	Afternoon Tea		Laurel Room				
					Laurel Room		Garden Grille	5:00pm	Happy Hour				
						4:30pm	Cocktail Mixer		Living Room				
							*By Invitation Only						
							Living Room	6:00pm	Lobster Fest Dinner				
						7:30pm	Singer Bonnie Rapp		*Reservation Required				
							Laurel Room		Rooftop Garden/Grille Room				
								7:00pm	Poker Night				
									Parlor				
								7:30pm	Movie Showing				
									The Neon Highway				
									Laurel Room				

**Fun Fact (Provided by the Welcoming Committee)**

Tamara Sharp, an injury prevention specialist and our water aerobics, pilates, and arthritis mobility instructor, is available to work privately with residents on on exercises for joint mobility, balance, & strength. She can also come to your apartment. By appointment. (203-918-4965). She will bill you directly.

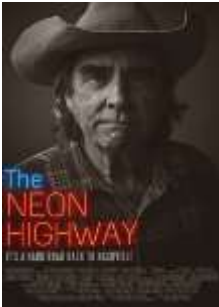
**Health Fact**

Cholesterol-lowering statin drugs reduce cardiovascular risk largely by lowering LDL and CRP levels.

Managers On Duty			
Independent Living			
26-Jul	Sandra Kornblum	Phone	(203)-595-2302
1-Aug	Maureen Jennings	Phone	(203)-595-2309
Health Center			
26-Jul	Serena O'Brien	Phone	(203)-595-2412
1-Aug	Joyce Malone	Phone	(203)-595-2306

Movies & Showtimes

July 26th to August 1st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 26th	July 27th	July 28th	July 29th	July 30th	July 31st	August 1st
3:00pm Movie Showing BlackKlansman Comedy/Crime 2h 14m (2018) Rated-R  From the director Spike Lee comes this incredible true story of Ron Stallworth, the first African-American detective to serve in the Colorado Springs Police Department. Determined to make a name for himself, Stallworth bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan. The detective soon recruits a more seasoned colleague, Flip Zimmerman, into the undercover investigation of a lifetime. Together, they team up to take down the extremist hate group as the organization aims to sanitize its rhetoric to appeal to the mainstream.		7:30pm Movie Showing The Battle of the Sexes Documentary 1h 23m (2013)  Events lead to a highly publicized tennis match between retired men's champion Bobby Riggs and defending ladies' Wimbledon winner Billie Jean King.		7:30pm Movie Showing The Neon Highway Music/Drama 1h 53m (2024)  When singer-songwriter Wayne meets washed-up country music legend Claude, the two head back to Nashville for a second chance.		3:00pm Movie Showing The Town Crime/Drama 2h 4m (2010) Rated-R  Starring Ben Affleck, John Hamm, and Jeremy Renner. Doug MacRay leads a band of ruthless bank robbers and has no real attachments except for James, who -- despite his dangerous temper -- is like a brother. Everything changes for Doug when James briefly takes a hostage, bank employee Claire Keesey. Learning that she lives in the gang's neighborhood, Doug seeks her out to discover what she knows, and he falls in love. As the romance deepens, he wants out of his criminal life, but that could threaten Claire.