EDGEHILL
A Benchmark Lifecare Community

Activities Calendar

November 29th to December 5th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 29th	**November 30th**	**December 1st**	**December 2nd**	**December 3rd**	**December 4th**	**December 5th**
3:00pm **Movie Showing** Rebel Ridge *Laurel Room* 3:00pm **Jenna's Clay Class** *Sign-up Required *Activities Room*	8:30am **Water Aerobics with Dana** *Pool* 9:30am **Sit and Tone with Denise** *Laurel Room* 12:30pm **Rummikub** *Card Room* 1:00pm **Meditation** *Board Room* 1:30pm **Open Games** *Living Room* 3:00pm **Ice Cream Social** *Garden Grille* 4:00pm **Susan Stout** Advanced Care Planning *Laurel Room*	8:30am **Water Aerobics with Tamara** *Pool* 9:30am **Chair Pilates with Tamara** *Laurel Room* 10:30am **Art with Michelle** Light up the Night *Sign-up Required *Laurel Room* 11:15am **Shopping Trip** *Sign-up Required *Front Entrance* 2:00pm **Nicole Wang Holiday Concert** *Laurel Room* 4:00pm **Museum Comes to You w/Darby** Impressionist at Home *Laurel Room* 7:30pm **Movie Showing** Legally Blonde *Laurel Room*	8:30am **Water Aerobics with Tamara** *Pool* 9:30am **Stretch with Renee** *Laurel Room* 11:00am **Catholic Mass** *Laurel Room* 12:00pm **Intermediate Bridge Lessons** *Card Room* 1:00pm **Seamstress** *Activities Room* 2:00pm **Open Games** *Living Room* 2:30pm **Beginner Bridge Lessons** *Card Room* 3:00pm **Afternoon Tea** *Garden Grille* 3:30pm **Cornhole** *Laurel Room* 7:30pm **Singer Bonnie Rapp** *Laurel Room*	8:30am **Water Aerobics with Tamara** *Pool* 9:30am **Arthritis Mobility with Tamara** *Laurel Room* 10:30am **Tech Class: Storage Management** *Signup-Required *Tech Suite* 10:30am **Holiday Bag Decorating for P2P** *Activities Room* 11:00am **Protestant Service w/Rev. Elly Kumar** *Card Room* 12:00pm **Gather at the Grille** *Garden Grille* 1:00pm **Mahjong** *Card Room* 1:00pm **Tech Class: Storage Management** *Signup-Required *Tech Suite* 2:00pm **Armchair Travels (Washington State)** *Laurel Room* 4:00pm **New Wave Singers** *Laurel Room* 7:00pm **Poker Night** *Card Room* 7:30pm **Movie Showing** Heart of the Beast *Laurel Room*	8:30am **Water Aerobics with Dana** *Pool* 9:30am **Sit and Tone with Renee** *Laurel Room* 10:45am **Stamford HS Choir Concert** *Laurel Room* 11:15am **Yoga** *Card Room* 12:00pm **Newcomers Luncheon** *By Invitation *Main Dining Room* 2:00pm **Shabbat** *Card Room* 2:00pm **Knitting Circle** *Activities Room* 3:00pm **Chamber Players Concert** *Laurel Room* 4:00pm **Happy Hour** *Living Room*	9:30am **Sit and Tone with Renee** *Laurel Room* 10:30am **Science Saturday** *Laurel Room* 1:30pm **Bingo** *Activities Room* 3:00pm **Albanian Culture Celebration** *Laurel Room* 7:30pm **Doox of Yale** A Cappella Group *Laurel Room*

Fun Fact (Provided by the Welcoming Committee)

The Concierge Desk offers photocopy and fax services for a nominal fee.

Health Clues

Regular consumption of processed meats (sausages, bacon, deli meats, etc.) can increase the risk of colorectal cancer and cardiovascular disease according to the WHO & Harvard School of Public Health.

Managers On Duty			
Independent Living			
29-Nov	Susan Pica	phone	(203)-595-2307
5-Dec	Peter Fee		(203)-595-2340
Health Center			
29-Nov	Joyce Malone	phone	(203)-595-2346
5-Dec	Serena O'Brien		(203)-595-2406

EDGEHILL
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Movies & Showtimes

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 29th	**November 30th**	**December 1st**	**December 2nd**	**December 3rd**	**December 4th**	**December 5th**
3:00pm **Movie Showing** Rebel Ridge Action/Drama 2h 11m (2024)  **Terry Richmond (Aaron Pierre) enters the town of Shelby Springs on a simple but urgent mission-- post bail for his cousin and save him from imminent danger. But when Terry's life's savings is unjustly seized by law-enforcement, he's forced to go head to head with local police chief Sandy Burnne and his combat-ready officers. Terry finds an unlikely ally in court clerk Summer McBride and the two become ensnared in a deep-rooted conspiracy within the remote township. As the stakes turn deadly, Terry must call upon his mysterious background to break the department's hold on the community, bring justice to his own family-- and protect Summer in the process.**		7:30pm **Movie Showing** Legally Blonde Comedy 1h 36m (2001) PG-13  **Elle Woods (Reese Witherspoon) has it all. She wants nothing more than to be Mrs. Warner Huntington III. But there is one thing stopping him (Matthew Davis) from proposing: She is too blond. Elle rallies all of her resources and gets into Harvard, determined to win him back.**		7:30pm **Movie Showing** Heart of the Beast Action/Thriller 1h 41m (2026) PG-13  **After a harrowing plane crash, Special Forces veteran James Belmont (Brad Pitt) and his combat dog, Odin, find themselves stranded deep in the Alaskan wilderness. Together, they are forced into a brutal fight for survival against the elements. From acclaimed filmmaker David Ayer, Heart of the Beast is an intense adventure thriller that explores the unbreakable bond between a man and his best friend as they face their greatest battle yet.**		