



# September 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LOCATION KEY</b></p> <p>CA Creative Arts Room            CR Card Room            TV Ch. 2493            CDR Cloverwood Dining Room            C Club Room            GR Gathering Room            OC Off Campus            T Theater            UL Upper Lobby</p>					<p><b>1</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            10:30 <b>Town Meeting (GR)</b>            11:00 Chair Yoga (TV)            1:00 Bridge (CR)            1:30 Exercise w/ Carly (TV)            3:00 Great Tours of Washington DC (GR)            4:30 Music &amp; Cocktails: Brad Batz Duo (C)</p>	<p><b>2</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            1:00 Duplicate Bridge (CR)            1:30 Exercise w/ Carly (TV)            2:00 Movie: Pretty Woman (T)            7:15 Movie: Pretty Woman (T)</p>
<p><b>3</b></p> <p>8:20 Transfiguration (OC)            8:45 Christ Church (OC)            9:45 &amp; 10:07 Exercise with Carly (TV)            10:10 St. Louis Church (OC)            11:00 Chair Yoga (TV)            2:00 Midsummer in Norway, Pt. 2(TV)            2:00 Movie: Newsies (T)</p>	<p><b>4 LABOR DAY</b></p> <p>9:45 &amp; 10:07 Exercise with Carly (TV)            1:00 Bridge (CR)            1:00 Movie: Norma Rae (T)            4:00 Rick Steves Europe Travel : (TV)            7:15 Movie: Norma Rae (T)</p>	<p><b>5</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise with Donna (GR)            1:30 Exercise w/ Carly (TV)            3:00 Larry Shearer: The Music and Life of the Mills Brothers (GR)            7:00 Notre Dame Symphony Orchestra            Gustav Holst The Planets (TV)</p>	<p><b>6</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:00 Wegmans Trip (OC*)            1:00 Movie: Life Is Beautiful (T)            1:30 Exercise w/ Carly (TV)            3:00 Great Courses: Optimizing Brain Fitness (GR)            7:15 Movie: Life Is Beautiful (T)</p>	<p><b>7</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            10:00 Grounds &amp; Gardening Committee (CA)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:30 Exercise w/ Carly (TV)            1:30 Mexican Train Dominoes (Café)            4:00 Catholic Communion (GAR)            7:00 Vivaldi The Four Seasons (TV)</p>	<p><b>8</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            10:00 Book Club (CA)            11:00 Chair Yoga (TV)            11:15 Tai Chi with Donna (GR)            1:00 Bridge (CR)            1:30 Exercise w/ Carly (TV)            3:00 Banned Books, Burned Books: Forbidden Literary Works (GR)            4:30 Music &amp; Cocktails: Seth Sealfon (C)</p>	<p><b>9</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            1:00 Duplicate Bridge (CR)            1:30 Exercise w/ Carly (TV)            2:00 Movie: Raiders of the Lost Ark (T)            7:15 Movie: Raiders of the Lost Ark (T)</p>
<p><b>10</b></p> <p>8:20 Transfiguration (OC)            8:45 Christ Church (OC)            9:45 &amp; 10:07 Exercise with Carly (TV)            10:10 St. Louis Church (OC)            11:00 Chair Yoga (TV)            2:00 Movie: Dances With Wolves (T)            2:00 The Winders of Java (TV)</p>	<p><b>11</b></p> <p>9:45 &amp; 10:07 Exercise with Carly (TV)            10:00 Wegmans Trip (OC*)            11:15 Gentle Exercise w/ Donna (GR)            12:30 Tai Chi w/ Donna (GR)            1:00 Bridge (CR)            1:00 Movie: Destry Rides Again (T)            3:00 Roch. Reg. Health Geriatric Surgical Verification : Jana Cooper-Slifko (GR)            4:00 Rick Steves Europe Travel (TV)            7:15 Movie: Destry Rides Again (T)</p>	<p><b>12</b></p> <p>9:45 &amp; 10:07 AM Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:30 Exercise w/ Carly (TV)            3:00 Scott Pitoniak: If These Walls Could Talk (GR)            7:00 Vivaldi The Four Seasons (TV)</p>	<p><b>13</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            10:00 Maint. &amp; Ops Committee (CA)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:00 Movie: Annie Hall (T)            1:00 Wegmans Trip (OC*)            1:30 Exercise w/ Carly (TV)            3:00 Palliative Care: Dr. Erin Denney-Koelsch URM (GR)            7:15 Movie: Annie Hall (T)</p>	<p><b>14</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:30 Exercise w/ Carly (TV)            1:30 Mexican Train Dominoes (Café)            3:00 Jen Lunsford : NY State Assembly (GR)            7:00 Schubert Symphony # 9 "The Great"            Munich Symphony Orchestra (TV)</p>	<p><b>15 ROSH HASHANAH BEGINS AT SUNDOWN</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Tai Chi w/ Donna (GR)            1:00 Bridge (CR)            1:30 Exercise w/ Carly (TV)            3:00 Banned Books, Burned Books: Forbidden Literary Works (GR)            4:30 Music &amp; Cocktails Dick Stacy (C)</p>	<p><b>16</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            1:00 Duplicate Bridge (CR)            1:30 Exercise w/ Carly (T)            2:00 Movie: Movie: Dr. Zhivago, Pt.1(T)            7:15 Movie: Movie: Dr. Zhivago, Pt. 1(T)</p>
<p><b>17</b></p> <p>8:20 Transfiguration (OC)            8:45 Christ Church (OC)            9:45 &amp; 10:07 Exercise with Carly (TV)            10:10 St. Louis Church (OC)            11:00 Chair Yoga (TV)            12:30 Buffalo Bills Watch Party (GR)            2:00 The Spectacular Wildlife of Costa Rica (TV)            2:00 Dr. Zhivago, Pt 2 (T)</p>	<p><b>18</b></p> <p>9:45 &amp; 10:07 Exercise with Carly (TV)            10:00 Wegmans Trip (OC*)            11:15 Gentle Exercise w/ Donna (GR)            12:30 Tai Chi (GR)            1:00 Bridge (CR)            1:00 Movie: Harvey (T)            3:00 Armchair travel with Beth Brancato: Alaska (GR)            4:00 Rick Steves Europe Travel : (TV)            5:00 BYOB -Bring your own beverage social (C)            7:15 Movie: Harvey (T)</p>	<p><b>19</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            11:15 Colonial Belle Canal Cruise (OC*)            1:30 Exercise w/ Carly (TV)            3:00 Larry Shearer: The Music and Life of the McGuire Sisters            4:00 BINGO (C)            7:00 Schubert Symphony # 9 "The Great"            Munich Symphony Orchestra (TV)</p>	<p><b>20</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:00 Movie: The Trouble With Harry (T)            1:30 Exercise w/ Carly (TV)            1:00 Wegmans Trip (OC*)            3:00 Great Courses: Optimizing Brain Fitness (GR)            4:00 School Sing-a-long ©            5:00 out To Dinner (OC*)            7:15 Movie: The Trouble With Harry (T)</p>	<p><b>21</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            10:30 Memorial Art Gallery            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Joanne (GR)            1:30 Exercise w/ Carly (TV)            1:30 Mexican Train Dominoes (Café)            3:00 Dining Demo with Chef Mike (GR)            4:00 Catholic Communion (GAR)            7:00 Chicago Symphony Orchestra:            Beethoven's 9th(TV)</p>	<p><b>22</b></p> <p>9:45 &amp; 10:07 AM Exercise w/ Carly (TV)            10:00 Library Committee (Library)            11:00 Chair Yoga (TV) 1:00 Bridge (CR)            1:30 Exercise w/ Carly (TV)            2:00 What's Brewing—Beer Tasting (C)            3:00 Banned Books, Burned Books: Forbidden Literary Works (GR)            4:30 Music &amp; Cocktails: Joe Miltsch (C)</p>	<p><b>23</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            1:00 Duplicate Bridge (CR)            1:30 Exercise w/ Carly (TV)            2:00 Movie: 2001: A Space Odyssey (T)            7:15 Movie: 2001: A Space Odyssey (T)</p>
<p><b>24 YOM KIPPUR BEGINS AT SUNDOWN</b></p> <p>8:20 Transfiguration (OC)            8:45 Christ Church (OC)            9:45 &amp; 10:07 Exercise with Carly (TV)            10:10 St. Louis Church (OC)            11:00 Chair Yoga (TV)            12:30 Buffalo Bills Watch Party (GR)            2:00 St. Vincent &amp; The Grenadines (TV)            2:00 Movie: Hello, Dolly (T)</p>	<p><b>25</b></p> <p>9:45 &amp; 10:07 Exercise with Carly (TV)            10:00 Wegmans Trio (OC*)            10:00 Cultural Arts Committee (CA)            11:15 Gentle Exercise w/Donna (GR)            12:30 Tai Chi w/ Donna (GR)            1:00 Bridge (CR)            1:00 Movie: Rear Window (T)            3:00 Robert Goeckel : Ukraine (GR)            4:00 Rick Steves Europe Travel (TV)            7:15 Movie: Rear Window (T)</p>	<p><b>26</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            10:00 Dining Committee (CDR)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:30 Exercise w/ Carly (TV)            3:00 WXXI The Finger Lakes (GR)            7:00 Chicago Symphony Orchestra:            Beethoven's 9th (TV)</p>	<p><b>27 FLU SHOTS 9:00a-4:00p Upper Lobby</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Donna (GR)            1:00 Wegmans Trip (OC*)            1:00 Movie: The Duke (T)            1:30 Exercise w/ Carly (TV)            3:00 The Art of Observation in Medical Education: Susan Daiss URM/MAG (GR)            7:15 Movie: The Duke (T)</p>	<p><b>28</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            11:15 Gentle Exercise w/ Joanne (GR)            1:30 Exercise w/ Carly (TV)            1:30 Mexican Train Dominoes (Café)            3:00 Lost Art:            The Stories of Missing Masterpieces (GR)            4:00 Protestant Communion (GAR)            7:00 Mahler # 5 Gergiev</p>	<p><b>29</b></p> <p>9:45 &amp; 10:07 AM Exercise w/ Carly (TV)            10:00 Library Committee (Library)            11:00 Chair Yoga (TV) 1:00 Bridge (CR)            1:30 Exercise w/ Carly (TV)            3:00 Banned Books, Burned Books: Forbidden Literary Works (GR)            4:30 Music &amp; Cocktails: Mike Kornrich (C)</p>	<p><b>30</b></p> <p>9:45 &amp; 10:07 Exercise w/ Carly (TV)            11:00 Chair Yoga (TV)            1:00 Duplicate Bridge (CR)            1:30 Exercise w/ Carly (TV)            2:00 Movie: The King's Speech (T)            7:15 Movie: The King's Speech (T)</p>