

SEPTEMBER 2020

1st floor Programs & Events - LBHH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>L'shanah Tovah Happy Rosh Hashanah!</i></p>		<p>1</p> <p>10:30 Music History 101 HL 10:30 Israel News and views S 11:15 Chair Yoga Dance HL 12:00 Doodle Art L 1:30 Melody Makers HL 2:30 Armchair Travel HL 2:30 Bubble Party -Shalom Garden 3:00 Brain Games HL</p>	<p>2</p> <p>9:30 Weight Training program HL 10:15 Music with Peggy HL 10:30 My Family Tradition S 11:00 Chair Yoga Dance HL 1:30 Time Slips HL 2:30 Discussion Group S 4:30 Trivia HL 4:15 Garden Visits</p>	<p>3</p> <p>10:00 Expressive Dance HL 10:30 Stories of my family S 11:15 Trivia HL 2:30 Art History 101 HL 2:30 Israel News and Views S 4:00 Trivia HL 4:00 Garden Walks</p>	<p>4</p> <p>10:00 Friday Fun HL 11:00 Trivia HL 1:30 Ice Cream Social HL 3:00 Oneg Shabbat HL 3:00 Garden Visits -Shalom Garden 4:00 Shabbat Services S</p> <p>Light Candles at 7:30 PM</p>	<p>5</p> <p>Shabbat Shalom This Week's Parsha is Ki Tavo</p> <p>Shabbat ends at 8:24 PM</p>
<p>6</p> <p>10:00 Morning Exercise HL 11:00 Chair Yoga HL 2:00 The Sunday Afternoon Concert Series Presents: 'Stephenson-Thornhill' duet <i>*Concert will take place outside of LBHH, front entry and be live-streamed to residents in the Homeside Lounge</i></p>	<p>7</p> <p>LABOUR DAY Statutory Holiday</p>	<p>8</p> <p>10:30 Music History 101 HL 11:15 Chair Yoga Dance HL 12:00 Doodle Art L 1:30 Melody Makers HL 2:30 Armchair Travel HL 2:30 Bubble Party -Shalom Garden 3:00 Brain Games HL 4:00 Trivia HL 4:00 Garden Walks</p>	<p>9</p> <p>9:30 Weight Training program HL 10:15 Music with Peggy HL 11:00 Chair Yoga Dance HL 1:30 Time Slips HL - Discussion Group 4:30 Trivia HL 4:15 Garden Visits</p>	<p>10</p> <p>11:15 Trivia HL 1:30 Musical Jeopardy HL 2:30 Art History 101 HL 4:00 Trivia HL 4:00 Garden Walks</p>	<p>11</p> <p>10:00 Friday Fun HL 11:00 Trivia HL 1:30 Ice Cream Social HL 3:00 Oneg Shabbat HL 3:00 Garden Visits -Shalom Garden 4:00 Shabbat Services S</p> <p>Light Candles at 7:15 PM</p>	<p>12</p> <p>Shabbat Shalom This Week's Parsha is Nitzavim-Vayelech</p> <p>Shabbat ends at 8:09 PM</p>
<p>13</p> <p>10:00 Morning Exercise HL 11:00 Chair Yoga HL 2:00 The Sunday Afternoon Concert Series Presents: 'Patrizia Coletta' <i>*Concert will take place outside of LBHH, front entry and be live-streamed to residents in the Homeside Lounge</i></p>	<p>14</p> <p>9:30 Weight Training program HL 10:15 Movement to Music HL 10:00 Synagogue Contemplation S 11:30 Doodle Art L 1:30 Karaoke HL 2:30 Fun With Crafts HL 4:15 Trivia HL 4:00 Garden Visits 5:30 BINGO</p>	<p>15</p> <p>10:30 Music History 101 HL 11:15 Chair Yoga Dance HL 12:00 Doodle Art L 1:30 Melody Makers HL 2:30 Armchair Travel HL 2:30 Bubble Party -Shalom Garden 3:00 Brain Games HL 4:00 Garden Walks</p>	<p>16</p> <p>9:30 Weight Training program HL 10:15 Music with Peggy HL 11:00 Chair Yoga Dance HL 1:30 Time Slips HL - Discussion Group 4:30 Trivia HL 4:15 Garden Visits</p>	<p>17</p> <p>10:00 Expressive Dance HL 11:15 Trivia HL 1:30 Musical Jeopardy HL 2:00 Gardening- Shalom Garden 2:30 Art History 101 HL 4:00 Garden Walks</p>	<p>18</p> <p>Erev Rosh Hashanah Erev Yom Tov - Holy Day Yom Tov begins at 6:59 PM</p> <p>10:00 Friday Fun HL 1:30 Ice Cream Social HL 3:00 Oneg Shabbat HL & the liturgy of Rosh Hashanah with cantor Steve Levin 4:00 Shabbat Services S</p> <p>Light Candles at 6:59 PM</p>	<p>19</p> <p>1st Day of Rosh Hashanah</p> <p>9:45 Synagogue Service 10:30 Shofar Blowing **approximate time</p> <p>Light candles after 7:53 PM</p>
<p>20</p> <p>2nd Day of Rosh Hashanah Yom Tov - Holy Day Yom Tov Guidelines in effect all day 9:45 Synagogue Service 10:30 Shofar Blowing *approximate time 12:45 Shofar blowing - **front parking lot Holiday ends at 7:51 PM</p>	<p>21</p> <p>Fast of Gedaliah</p> <p>9:30 Weight Training program HL 10:15 Movement to Music HL 10:00 Synagogue Contemplation S 11:30 Doodle Art L 1:30 Karaoke HL 2:30 Rosh Hashana discussion S 2:30 Fun With Crafts HL 4:00 Garden Visits 5:30 BINGO</p>	<p>22</p> <p>First Day of Fall</p> <p>10:30 Music History 101 HL 10:30 Israel News and Views S 11:15 Chair Yoga Dance HL 12:00 Doodle Art L 1:30 Melody Makers HL 2:30 Rosh Hashanah Discussion S 2:30 Bubble Party -Shalom Garden 3:00 Brain Games HL 4:00 Trivia HL</p>	<p>23</p> <p>9:30 Weight Training program HL 10:15 Music with Peggy HL 10:30 My Family Tradition S 11:00 Chair Yoga Dance HL 1:30 Time Slips HL - Discussion Group 4:15 Garden Visits</p>	<p>24</p> <p>10:00 Expressive Dance HL 10:30 High holidays at Home S 11:15 Trivia HL 1:30 Musical Jeopardy HL 2:00 Gardening- Shalom Garden 2:30 Art History 101 HL 4:00 Trivia HL</p>	<p>25</p> <p>10:00 Friday Fun HL 11:00 Trivia HL 1:30 Ice Cream Social HL 3:00 Oneg Shabbat HL 3:00 Garden Visits -Shalom Garden 4:00 Shabbat Services S</p> <p>Light Candles at 6:44 PM</p>	<p>26</p> <p>Shabbat Shalom This week's Parsha is Ha'Azinu</p> <p>Shabbat ends at 7:38 PM</p>
<p>27</p> <p>Erev Yom Kippur Erev Yom Tov - Holy Day Yom Tov Guidelines begin at 6:40 PM</p> <p>10:00 Morning Exercise HL 11:00 Chair Yoga HL 2:00 Music for Yom Kippur with Cantor Steve Levin **live-streamed 6:30 Kol Nidre Services</p>	<p>28</p> <p>YOM KIPPUR Yom Tov - Holy Day Yom Tov Guidelines in effect all day 10:00 Yom Kippur Services 11:15 Yizkor *approximate time 5:00 Mincha and Neila Holiday ends at 7:34 PM</p>	<p>29</p> <p>10:30 Music History 101 HL 10:30 Israel News and Views S 11:15 Chair Yoga Dance HL 12:00 Doodle Art Library 1:30 Melody Makers HL 2:30 Armchair Travel HL 2:30 Bubble Party -Shalom Garden 3:00 Brain Games HL 4:00 Trivia HL 4:00 Garden Walks</p>	<p>30</p> <p>9:30 Weight Training program HL 10:15 Music with Peggy HL 10:30 Israel news and Views S 11:00 Chair Yoga Dance HL 1:00 Time Slips HL - Discussion Group 2:00 Monthly Birthday Celebration -live-streamed performance HL</p>	<p>PLEASE NOTE:</p> <p>To support physical distancing in programs during COVID-19, group size & participant numbers will be limited.</p> <p>*Room size will determine the number of allowable participants and signage will be posted to indicate this information.</p>	<p>1ST FLOOR PROGRAM LOCATIONS:</p> <p>A&C Arts & Crafts Room CL Candle Light Lounge FL Fireplace Lounge HL Homeside Lounge L Library S Synagogue</p>	

SEPTEMBER 2020 Rehab Programs at the LBHH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p style="text-align: right;">1</p> 9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program - 1st floor H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">2</p> 9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">3</p> 9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining Program B 1:30-3:00 Strength & Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program 2nd fl B	<p style="text-align: right;">4</p> 9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program	<p style="text-align: right;">5</p>
6	<p style="text-align: right;">7</p> 9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining (B) 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining	<p style="text-align: right;">8</p> 9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program - 1st floor H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">9</p> 9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">10</p> 9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining Program B 1:30-3:00 Strength & Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program 2nd fl B	<p style="text-align: right;">11</p> 9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program	12
13	<p style="text-align: right;">14</p> 9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining (B) 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining	<p style="text-align: right;">15</p> 9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program 1st fl H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">16</p> 9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">17</p> 9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining Program B 1:30-3:00 Strength & Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program	<p style="text-align: right;">18</p> <p style="text-align: center;">Erev Rosh Hashanah</p> 9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B	19
20	<p style="text-align: right;">21</p> <p style="text-align: center;">2nd Day of Rosh Hashanah</p> 9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining B 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining (B)	<p style="text-align: right;">22</p> 9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">23</p> 9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">24</p> 9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining Program B 1:30-3:00 Strength & Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program	<p style="text-align: right;">25</p> 9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B	26
27	<p style="text-align: right;">28</p> <p style="text-align: center;">YOM KIPPUR Yom Tov - Holy Day Yom Tov guidelines in place all day</p> 11:00-12:30 Restorative Dining B 4:30-5:30 Restorative Dining B	<p style="text-align: right;">29</p> 9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B	<p style="text-align: right;">30</p> 9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B			