

# DECEMBER 2020

# 1ST FLOOR

# LBHH PROGRAMS & EVENT CALENDAR

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



		1 10:30 Hebrew Sing-a-long S 11:00 Chair Yoga Dance HL 1:30 Melody Makers HL 2:30 Armchair Travel HL 3:00 Brain Games HL 4:00 Services S 4:15 Trivia S 4:30 Documentary HL	2 9:30 Weight Training program HL 10:15 Music with Peggy HL 11:00 Chair Yoga Dance HL 1:30 Time Slips HL 2:15 Brain Games HL 4:00 Services S 4:30 Trivia HL	3 10:00 Expressive Dance HL 10:30 Israeli News S 11:15 Brain Games HL 1:30 Musical Jeopardy HL 3:00 Music History 101 / Art History 101 HL 2:30 Jewish Trivia S 4:00 Trivia HL	4 10:00 Friday Fun HL 11:00 Trivia HL 1:30 Friday Float Social HL 3:00 Oneg Shabbat HL 4:00 Shabbat Services  Light Candles at 3:57 PM	5 <b>Shabbat Shalom</b> This Week's parsha is <b>Vayishlach</b>  Shabbat ends at 4:59 PM
6 10:00 Morning Exercise HL 11:00 Chair Yoga HL 2:30 YouTube Concert Live From Lincoln Centre: 50 Years of Mostly Mozart	7 9:30 Weight Training program HL 10:15 Movement to Music HL 10:00 Synagogue Contemplation S 11:15 Piano Hour HL 12:15 Chinese Painting FL 1:30 Karaoke HL 1:30 Table Read S 2:30 Fun With Crafts HL 2:30 Stories of my Home S 3:30 Doodle Art FL	8 <b>Staff Recognition &amp; Long Services Awards today in the Synagogue</b> 11:00 Chair Yoga Dance HL 1:30 Melody Makers HL 2:30 Armchair Travel HL 3:00 Brain Games HL 4:15 Trivia S 4:30 Documentary HL	9 9:30 Weight Training program HL 10:15 Music with Peggy HL 11:00 Chair Yoga Dance HL 1:30 Time Slips HL 2:15 Brain Games HL 4:00 Services S 4:30 Trivia HL	10 <b>Chanukah begins tonight</b> Light 1 candle at 4:53 PM 10:00 Expressive Dance HL 10:30 Israeli News S 11:15 Brain Games HL 1:30 Musical Jeopardy HL 2:30 Jewish Trivia S 3:00 Music History 101 / Art History 101 HL 4:00 Trivia HL	11 <b>CHANUKAH</b> Light 2 candles before the Shabbat candles 10:00 Friday Fun HL 11:00 Trivia HL 1:30 Friday Float Social HL 3:00 Oneg Shabbat HL 4:00 Shabbat Services S  Light Shabbat Candles at 3:56 PM	12 <b>CHANUKAH</b> Light 3 candles at 4:58 PM  <b>Shabbat Shalom</b> This Week's Parsha is <b>Vayeishev</b> <b>Blessing of New Month</b>  Shabbat ends at 4:58PM
<b>CHANUKAH</b> Light 4 candles at 4:53 PM 10:00 Morning Exercise HL 11:00 Chair Yoga HL 2:30 YouTube Concert "Lawrence Welk"	<b>CHANUKAH</b> Light 5 candles at 4:53 PM 9:30 Weight Training program HL 10:15 Movement to Music HL 10:00 Synagogue Contemplation S 11:15 Piano Hour HL 12:15 Chinese Painting FL 1:30 Karaoke HL 2:30 Fun With Crafts HL 2:30 Stories of my Home S 3:30 Doodle Art FL	<b>CHANUKAH</b> Light 6 candles at 4:53 PM 10:30 Hebrew Sing-a-long S 11:00 Chair Yoga Dance HL 1:30 Melody Makers HL 2:30 Armchair Travel HL 3:00 Brain Games HL 4:30 Documentary HL	<b>CHANUKAH</b> Light 7 candles at 4:53 PM 9:30 Weight Training program HL 10:15 Music with Peggy HL 11:00 Chair Yoga Dance HL 1:30 Time Slips HL 2:15 Brain Games HL 4:30 Trivia HL	<b>CHANUKAH</b> Last day of the holiday Light 8 candles at 4:53 PM 10:00 Expressive Dance HL 10:30 Israeli News S 11:15 Brain Games HL 1:30 Musical Jeopardy HL 2:30 Jewish Trivia S 3:00 Music History 101 /	18 10:00 Friday Fun HL 11:00 Trivia HL 1:30 Friday Float Social HL 3:00 Oneg Shabbat HL 3:00 Garden Visits -Shalom Garden 4:00 Shabbat Services S  Light Candles at 3:57 PM	19 <b>Shabbat Shalom</b> This week's Parsha is <b>Mikeitz</b>  Light candles 5:00PM
20 10:00 Morning Exercise HL 11:00 Chair Yoga HL 2:30 YouTube Concert "The Evolution of Dance" 1950-2019 By Ricardo Walker's Crew	21 9:30 Weight Training program HL 10:15 Movement to Music HL 10:00 Synagogue Contemplation S 11:15 Piano Hour HL 12:15 Chinese Painting FL 1:30 Karaoke HL 1:30 Table Read S 2:30 Fun With Crafts HL 2:30 Stories of My Home S 3:30 Doodle Art FL 4:15 Trivia HL	22 10:30 Hebrew Sing-a-long S 11:00 Chair Yoga Dance HL 1:30 Melody Makers HL 2:30 Armchair Travel HL 3:00 Brain Games HL 4:30 Documentary HL	23 9:30 Weight Training program HL 10:15 Music With Peggy HL 11:00 Chair Yoga Dance HL 1:30 Time Slips HL 2:00 Monthly Birthday Celebration 4:15 Garden Visit 4:30 Trivia HL	24 10:00 Expressive Dance HL 10:30 Israeli News S 11:15 Brain Games HL 2:30 Jewish Trivia S 3:00 Music History 101 / Art History 101 HL 4:00 Trivia HL	25 <b>Christmas Day</b> Statutory Holiday  Light Candles at 4:01 PM	26 <b>Shabbat Shalom</b> This week's Parsha is <b>Vayigash</b>  Shabbat ends at 5:01 PM
27 10:00 Morning Exercise HL 11:00 Chair Yoga HL 2:30 Movie Matinee "Singing in the Rain"	28 <b>Boxing Day</b> Statutory Holiday Observed today	29 10:30 Hebrew Sing-a-long S 11:00 Chair Yoga Dance HL 1:30 Melody Makers HL 2:30 Armchair Travel HL 3:00 Brain Games HL 4:30 Documentary HL	30 9:30 Weight Training program HL 11:00 Chair Yoga Dance HL 1:30 Time Slips HL 2:00 Monthly Birthday Celebration 4:15 Garden Visits 4:30 Trivia HL	31 <b>New Year's Eve</b> 10:00 Expressive Dance HL 10:30 Israeli News S 11:15 Trivia HL 2:30 Jewish Trivia S 3:00 Music History 101 / Art History 101 HL 4:00 Trivia HL	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>PLEASE NOTE:</b></p> <p><b>To support physical distancing in programs during COVID-19, group size and participant numbers will be limited.</b></p> <p><b>*Room size will determine the number of allowable participants and signage will be posted to indicate this information in each room.</b></p> </div>	

