



# DECEMBER 2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

01

12:00 Open Rummikub  
12:30 Sunday Series: The Marvelous Mrs. Maisel  
02:00 Game Time: Resident's Choice  
03:00 Sunday Series: The Kominsky Method  
07:15 Evening Film: Kiss Me Kate

02

01:00 Open Rummikub  
02:00 Lecture with Arnie Collens presents "Made in Detroit: Automotive Glory Days"  
03:15 Brain Games with Tamara  
03:45 Caremerge Touch-Screen Training with Tamara  
07:15 Evening Film: Showboat

03

10:30 Computer & Tech Class  
10:30 Crafts & Conversation Class  
11:00 Historical Discussions Group with Gerald Sheine  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Berliner Philharmoniker: Manfred Honeck and Yo-Yo Ma  
07:00 Live Music: The Sean Perlmutter Trio  
08:30 Series Showtime: The Crown

04

10:30 Strong Muscles / Healthy Joints  
01:30 Matinee: George Burns in Concert  
02:00 Open Rummikub  
02:30 Torah Class with Itty Shemtov  
07:15 Evening Film: The Big Sleep

05

10:00 Stretch / Chair Yoga  
11:00 Glee Club  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Signature Musical Event: The Baldwin Ensemble  
03:00 Signature Event Reception  
07:00 Evening Film: Frank Sinatra, Live from Caesars  
08:30 Series Showtime: The Marvelous Mrs. Maisel

06

09:30 Outing: DSO Coffee Concerts  
10:15 Cardio / Balance  
11:30 Socrates Cafe  
01:00 Current Events Discussion Group  
02:00 Game Time: Residents' Choice! \$2/Card  
07:15 Evening Film: Planes, Trains, & Automobiles

07

10:30 Sit & Be Fit: Video Exercise  
11:00 Open Rummikub  
11:30 Saturday Series: The Good Place  
02:00 Saturday Social  
07:15 Evening Film: Ophelia

08

12:00 Open Rummikub  
12:30 Sunday Series: The Marvelous Mrs. Maisel  
01:00 Live Musical Performance with Student Group: Faire Musique  
02:00 Game Time: Resident's Choice  
03:00 Sunday Series: The Kominsky Method  
07:15 Evening Film:

09

10:30 Chair Yoga  
01:00 Open Rummikub  
02:00 Lecture with Jon Milan: Detroit's Ragtime & Jazz History  
03:15 Brain Games with Tamara  
03:45 Caremerge Touch-Screen Training with Tamara  
07:15 Monday Musical Film

10

10:30 Artistic Techniques Class  
11:00 Historical Discussions Group with Gerald Sheine  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Matinee:  
07:00 Live Musical Entertainment with Kelly Miller  
08:30 Series Showtime: The Crown

11

10:00 Outing: Renaissance Center Guided Tour  
10:30 Strong Muscles / Healthy Joints  
01:00 Matinee Film  
02:00 Open Rummikub  
07:15 Evening Film

12

10:00 Stretch / Chair Yoga  
11:00 Glee Club  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Thirsty Thursdays Social Hour  
02:30 Berliner Philharmoniker: Simon Rattle  
07:00 Live Musical Entertainment with Pam Jaslove  
08:30 Series Showtime: The Marvelous Mrs. Maisel

13

10:15 Cardio / Balance  
01:00 Current Events Discussion Group  
02:00 Game Time: Residents' Choice! \$2/Card  
07:15 Evening Film

14

10:30 Cardio Exercise  
11:00 Open Rummikub  
11:30 Saturday Series: The Good Place  
02:00 Saturday Social  
07:15 Evening Film

15

12:00 Open Rummikub  
12:30 Sunday Series: The Marvelous Mrs. Maisel  
02:00 Game Time: Resident's Choice  
03:00 Sunday Series: The Kominsky Method  
07:15 Evening Film:

16

10:30 Chair Yoga  
01:00 Open Rummikub  
01:15 Brain Games with Tamara  
02:00 Yiddish Club with Rabbi Polter  
03:00 Yiddish Club Follow Up: A Temple Israel Concert (Recording) with Cantor Michael Smolash  
07:15 Monday Musical Film

17

10:30 Computer & Tech Class  
10:30 Crafts & Conversation Class  
11:00 Historical Discussions Group with Gerald Sheine  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Matinee:  
07:00 Live Musical Entertainment: with Dolores Aquino  
08:30 Series Showtime: The Crown

18

10:30 Strong Muscles / Healthy Joints  
11:30 Outing: The Purple Rose Theatre Sherlock Holmes  
01:00 Matinee Film  
02:00 Open Rummikub  
07:15 Evening Film

19

10:00 Stretch / Chair Yoga  
11:00 Glee Club  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Short Stories Club with Al Zack  
02:00 Thirsty Thursdays Social Hour  
03:00 Book Club with WBL  
06:45 Hanukkah Message: The Shul Family  
07:00 Live Music with Avy Schrieber  
08:30 Series: The Marvelous Mrs. Maisel

20

10:15 Cardio / Balance  
11:30 Socrates Cafe  
01:00 Current Events Discussion Group  
02:00 Game Time: Residents' Choice! \$2/Card  
07:15 Evening Film

21

10:30 Sit & Be Fit: Video Exercise  
11:00 Open Rummikub  
11:30 Saturday Series: The Good Place  
02:00 Saturday Social  
07:15 Evening Film

22

12:00 Open Rummikub  
12:30 Sunday Series: The Marvelous Mrs. Maisel  
02:00 Game Time: Resident's Choice  
03:00 Sunday Series: The Kominsky Method  
07:15 Evening Film:

23

10:30 Chair Yoga  
11:30 Brain Games with Tamara  
01:00 Open Rummikub  
02:00 Berliner Philharmoniker: Krystian Zimerman plays Brahms  
03:45 Caremerge Touch-Screen Training with Tamara  
07:15 Monday Musical Film

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10:30 Artistic Techniques  
11:00 Historical Discussions Group with Gerald Sheine  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Matinee:  
03:00 Holiday Dinner Hours  
07:00 Live Musical Entertainment with Scott Vernier  
08:30 Series Showtime: The Crown

Christmas Day 25

10:30 Strong Muscles / Healthy Joints  
01:00 Matinee Film  
02:00 Open Rummikub  
03:00 Holiday Dinner Hours  
07:15 Evening Film

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10:00 Stretch / Chair Yoga  
11:00 Glee Club  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Thirsty Thursday + December Birthday Celebrations and a Sneak Peek at Next Week's Events!  
07:00 Live Musical Entertainment with Sasha Burshstein  
08:30 Series Showtime: The Marvelous Mrs. Maisel

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10:15 Cardio / Balance  
01:00 Current Events Discussion Group  
02:00 Game Time: Residents' Choice! \$2/Card  
07:15 Evening Film

28

10:30 Cardio Exercise  
11:00 Open Rummikub  
11:30 Saturday Series: The Good Place  
02:00 Saturday Social  
07:15 Evening Film

29

12:00 Open Rummikub  
12:30 Sunday Series: The Marvelous Mrs. Maisel  
02:00 Game Time: Resident's Choice  
03:00 Sunday Series: The Kominsky Method  
07:15 Evening Film:

30

10:30 Chair Yoga  
01:00 Open Rummikub  
02:00 Lecture with Bruce Zellers  
03:15 Brain Games with Tamara  
03:45 Caremerge Touch-Screen Training with Tamara  
07:15 Monday Musical Film

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11:00 Historical Discussions Group with Gerald Sheine  
12:00 Balance & Fitness Class  
01:00 2F Fitness Center Training  
02:00 Matinee:  
03:00 Holiday Dinner Hours  
07:00 New Year's Eve Celebration with the Premier Big Band  
08:30 Series Showtime: The Crown



Dimensions of Wellness

- Physical
- Cognitive
- Spiritual
- Environmental
- Motor Skills
- Social
- Intellectual
- Health Services