

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>ALL EVENTS ARE SUBJECT TO CHANGE</u> Refer to <u>Weekly Calendars</u> and/or In-House TV Ch. 2 <u>UNDERLINED Events Require Sign-Up!</u>	<u>Shopping Trips:</u> Wegmans: Tuesdays & Thursdays Tops/Aldi: 1st & 3rd Weds Trader Joe's: 2nd Weds Dollar Tree: 4th Weds	♥10:00 (MPR) Stay Fit 1 ♥10:50 (MPR) Chair Yoga ♦3:00 (MPR) Broadway Bob ♦7:15 (MPR) Presentation: Sarah Liebschutz: The Status of American Democracy	♥10:30/11:00 (MPR) Stretch & Strengthen 2 ♥11:00 (POOL) Water Aerobics w. Sanjay ♥11:35 (MPR) Active Agers ♥1:00 (FR) Meditation with Christine ∞2:00 (MPR) Rabbi's Aptitude for Gratitude ♦3:00 (MPR) Food Forum ♦4:00 (MPR) Stay Scam Smart with Noah ♦7:15 (MPR) Music Education with Larry	♥9:15 (MPR) Silver Sneakers Classic 3 ♥11:15 (MPR) Silver Sneakers Yoga ♥12:15 (MPR) Cardio Fit ♦1:00 (FR) Astronomy Club ♥1:30 (MPR) Summit Fitness w. Mikaela ♠2:00 (WGR) Boggle with Christine ♠7:15 (MPR) "Best of the Fest" from the Rochester International Film Festival	The 4th of July 4 ♠2:00 (MPR) Movie: Glory ∞4:30 (MPR) Shabbat Service ♠7:15 (MPR) Movie: The American President	♥11:00 (MPR) Chair Stretch 5 ♥11:30 (MPR) Active Agers ♠1:00 (MPR) Series: This is Us ♠2:00 (MPR) Movie: The Taste of Things ♠7:15 (MPR) Movie: Private Benjamin
♠12:00 (MPR) Series: Younger 6 ♠2:00 (MPR) Movie: South Pacific ♠7:15 (MPR) Movie: Fire in Paradise	♥10:30 (MPR) Chair Strength 7 ♥11:00 (MPR) Chair Stretch ♥11:30 (MPR) Active Agers ♠1:00 (MPR) Cinema Circle ♠2:00 (MPR) Series: The Four Seasons ♦2:00 (FR) Aging Discussion Group ♠3:30 (MPR) Strawberry Sundae Happy Hour ♠7:15 (MPR) Bingo	♥10:00 (MPR) Stay Fit 8 ♥10:50 (MPR) Chair Yoga ☀11:00 (FP) <u>Seabreeze Outing</u> ♦3:00 (FR) Out of the Box Thinking with Sheila Weinbach ♦7:15 (MPR) Presentation: Elliot Fix: The Jewish Film Festival	♥10:30/11:00 (MPR) Stretch & Strengthen 9 ♥11:00 (POOL) Water Aerobics w. Sanjay ♥11:35 (MPR) Active Agers ♥1:00 (FR) Meditation with Christine ∞2:00 (MPR) Rabbi's Aptitude for Gratitude ♠7:15 (MPR) Crosswords with Larry	♥9:15 (MPR) Silver Sneakers Classic 10 ∞10:30 (WGR) Jewish Music & Song ♥11:15 (MPR) Silver Sneakers Yoga ♥12:15 (MPR) Cardio Fit ♣1:00 (MPR) Community Chats w. Neil ♥1:30 (MPR) Summit Fitness w. Mikaela ♣3:00 (CAR) <u>July Sunflower Craft</u> ♫7:15 (MPR) Finger Lakes Chamber Music Concert	♥10:00/10:30 (MPR) Balance/Strength 11 ♥11:15 (MPR) Silver Sneakers BOOM ♠12:00 (MPR) Series: ♠1:00 (P) Root Beer Floats ♠2:00 (MPR) Boggle with Christine ∞4:30 (MPR) Shabbat Service ♠7:15 (MPR) Movie: To Catch a Thief	♥11:00 (MPR) Chair Stretch 12 ♥11:30 (MPR) Active Agers ♠12:30-2:00 <u>Don G Bday Party</u> ♠1:00 (MPR) Series: Unorthodox ♠2:00 (MPR) Movie: Chariots of Fire ♠7:15 (MPR) Movie: Of Mice and Men
♠12:00 (MPR) Series: Younger 13 ♠3:00 (MPR) Movie: The Piano Lesson ♠7:15 (MPR) Movie: Nonnas	♥10:30 (MPR) Chair Strength 14 ☀10:30 (FP) <u>JCC Film Festival</u> ♥11:00 (MPR) Chair Stretch ♥11:30 (MPR) Active Agers ☀12:45 (FP) <u>JCC Film Festival</u> ♫1:00 (MPR) Summit Chorus Practice ∞2:00 (WGR) Communion Services ♠2:00 (MPR) Series: The Four Seasons ♠3:30 (MPR) Wine and Cheese ♠7:15 (MPR) Bingo	♥10:00 (MPR) Stay Fit 15 ☀10:30 (FP) <u>JCC Film Festival</u> ♥10:50 (MPR) Chair Yoga ☀12:45 (FP) <u>JCC Film Festival</u> ♦1:00 (MPR) Presentation: Kory Yerkes: Digital Media at the Brighton Library ♦3:00 (MPR) Broadway Bob ♫7:15 (MPR) Presentation: Bonnie Abrams: Walking in a Wetland Wonderland	♥10:30/11:00 (MPR) Stretch & Strengthen 16 ☀10:30 (FP) <u>JCC Film Festival</u> ♥11:00 (POOL) Water Aerobics w. Sanjay ♥11:35 (MPR) Active Agers ☀12:45 (FP) <u>JCC Film Festival</u> ♥1:00 (FR) Meditation with Christine ∞2:00 (MPR) Rabbi's Aptitude for Gratitude ♦7:15 (MPR) Music Education with Larry	♥9:15 (MPR) Silver Sneakers Classic 17 ☀10:30 (FP) <u>JCC Film Festival</u> ♥11:15 (MPR) Silver Sneakers Yoga ♥12:15 (MPR) Cardio Fit ☀12:45 (FP) <u>JCC Film Festival</u> ♠1:00 (MPR) Resident Council Meeting ♥1:30 (MPR) Summit Fitness w. Mikaela ♠2:00 (WGR) Virtual Reality Adventure ♦8:00 (FR) Astronomy Club ♫7:15 (MPR) Rochester Metropolitan Jazz Orchestra	♥10:00/10:30 (MPR) Balance/Strength 18 ☀10:30 (FP) <u>JCC Film Festival</u> ♥11:15 (MPR) Silver Sneakers BOOM ♠12:00 (MPR) Series: ♠1:00 (P) Root Beer Floats ♠2:00 (MPR) Boggle with Christine ∞4:30 (MPR) Shabbat Service ♠7:15 (MPR) Movie: Midnight Cowbov	♥11:00 (MPR) Chair Stretch 19 ♥11:30 (MPR) Active Agers ♠1:00 (MPR) Series: Unorthodox ♠2:00 (MPR) Movie: Amelie ♠7:15 (MPR) Movie: Plaza Suite
☀10:30 (FP) <u>JCC Film Festival</u> 20 ♠12:00 (MPR) Series: ♠2:00 (MPR) Movie: The Second Best Exotic Marigold Hotel ♠7:15 (MPR) Movie: Rudy	♥10:30 (MPR) Chair Strength 21 ♥11:00 (MPR) Chair Stretch ♥11:30 (MPR) Active Agers ∞12:00 (DR) <u>Journey for Identity Intergenerational Lunch</u> ♠2:00 (MPR) Series: The Four Seasons ♠3:30 (MPR) Birthday Happy Hour ♠7:15 (MPR) Bingo	♥10:00 (MPR) Stay Fit 22 ♥10:50 (MPR) Chair Yoga ♠2:00 (2112) New Resident Welcoming Committee ∞3:30 (WGR) Christian Services w. Rev Powell ♦7:15 (MPR) Lifespan Presentation: Financial Care	♥10:30/11:00 (MPR) Stretch & Strengthen 23 ∞10:30 (WGR) Torah and Tea ♥11:00 (POOL) Water Aerobics w. Sanjay ♥11:35 (MPR) Active Agers ♥1:00 (FR) Meditation with Christine ∞2:00 (MPR) Rabbi's Aptitude for Gratitude ☀6:15 (FP) <u>Heilbronner Memorial RPO Concert at Temple B'rith Kodesh</u> ♫7:15 (MPR) Standard Time	♥9:15 (MPR) Silver Sneakers Classic 24 ☀11:00 (FP) <u>Cloud Nine & Big Tree Inn</u> ♥11:15 (MPR) Silver Sneakers Yoga ♥12:15 (MPR) Cardio Fit ♥1:30 (MPR) Summit Fitness w. Mikaela ♦2:30 (MPR) Tenets of World Religions: David Orange: Jainism ♫7:15 (MPR) Live Music: George DeMott	♥10:00/10:30 (MPR) Balance/Strength 25 ♥11:15 (MPR) Silver Sneakers BOOM ♠12:00 (MPR) Series: ♠1:00 (P) Root Beer Floats ♠2:00 (MPR) Boggle with Christine ♣3:00 (FR) Art Salon Grand Opening ∞4:30 (MPR) Shabbat Service ♠7:15 (MPR) Movie: Man of the Year	♥11:00 (MPR) Chair Stretch 26 ♥11:30 (MPR) Active Agers ♠1:00 (MPR) Series: Unorthodox ♠2:00 (MPR) Movie: Beyond the Sea ♠7:15 (MPR) Movie: Our Souls at Night
♠12:00 (MPR) Series: 27 ♠2:00 (MPR) Movie: Renoir ♠7:15 (MPR) Movie: Annie Hall	♥10:30 (MPR) Chair Strength 28 ♥11:00 (MPR) Chair Stretch ♥11:30 (MPR) Active Agers ♫1:00 (MPR) Summit Chorus Practice ♠2:00 (MPR) Series: The Four Seasons ♠3:30 (MPR) Milk Chocolate Happy Hour ♠7:15 (MPR) Bingo	♥10:00 (MPR) Stay Fit 29 ♥10:50 (MPR) Chair Yoga ♦2:00 (MPR) Neil Fisher Employee Recognition Awards Ceremony ∞4:00 (MPR) Nosh and Learn with Silvana ♦7:15 (MPR) TBD	♥10:30/11:00 (MPR) Stretch & Strengthen 30 ♥11:00 (POOL) Water Aerobics w. Sanjay ♥11:35 (MPR) Active Agers ♥1:00 (FR) Meditation with Christine ∞2:00 (MPR) Guest Rabbi Lecturer ♦3:00 (MPR) Town Hall Meeting ♦7:15 (MPR) Rotenberg Institute Presents: Adapting to Change	♥9:15 (MPR) Silver Sneakers Classic 31 ♥11:15 (MPR) Silver Sneakers Yoga ♥12:15 (MPR) Cardio Fit ♠1:00 (FR) Garden Club Meeting ♥1:30 (MPR) Summit Fitness w. Mikaela ♠2:00 (WGR) Virtual Reality Adventure ♦7:15 (MPR) National Council of Jewish Women Presents: Heather Booth Changing the World		<u>Program Locations:</u> CB = Coffee Bar CAR= Creative Arts Room DR = Dining Rm FP / P = Front Porch / Patio FR = Family Room MPR = Multi-Purpose Room PDR = Private Dining Room WGR = Wolk Great Room

