

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 Saturday</b> 9:00 Shabbat Service - Beth Jacob Congregation - Ch.33 2:30 Shabbat Videos-Japanese Relaxation Aerial Film-Ch.33 6:30 Movie- Red Joan- Ch.33 <b>2 Sunday</b> 9:30 Rosary-Ch.33 10:45 Morning Exercises-Sweet Feet Dance Therapy-Ch.33 2:30 How it Works-Wine Glasses & Grand Piano-Ch.33	<b>3</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Ax Throwing-3 1:30 Bingo-3 2:30 Our Planet: Costal Seas-Ch.33 6:30 Movie-Playing for Keeps-Ch.33	<b>4</b> 10:00 Chair Yoga-Ch.33 10:30 Melodies for the Soul- Group 1-3rd Floor 10:45 Catholic Mass-Ch.33 1:30 Happy Hour-R:R 2:45 Movie-Oklahoma-Ch.33 6:30 Documentary-Rock n' Roll the Early Days-Ch.33	<b>5</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Aromatherapy & Hand Massage-3 1:30 Bingo-3 2:30 Historical Drama Series: John Adams-Episode 7 Ch.33 6:30 Movie-Chariots of Fire-Ch.33 	<b>6</b> 10:00 Chair Yoga-Ch.33 10:15 Flower Arranging-3 1:30 Melodies for the Soul- Group 2-3rd Floor 2:30 Unwrapping the Music-Ch.33 3:30 Jewish Sparks-Ch.33 6:30 Documentary: Michael Jordan-Ch.33 	<b>7</b> 10:00 Fit & Fun Exercise-Ch.33 10:00 Christian Service-Ch.16 10:45 Movin' & Groovin' with Maggie-3 1:30 Sweep Six-3 4:00 Shabbat Service-Ch.33	<b>8 Shabbat Observance</b> 9:00 Shabbat Service-Beth Jacob Congregation-Ch.33 2:30 Shabbat Video-Strictly Kosher: A Jewish Culture Documentary-Ch.33 6:30 Movie-Hamilton the Musical-Ch.33 
<b>9 SUNDAY</b> 9:30 Rosary-Ch.33 10:45 Morning Exercises-YMCA Chair Yoga-Ch.33 2:30 The Queen: A Remarkable Life-Ch.33	<b>10</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Bingo-3 1:30 Arm Chair Travel -3 2:30 Hamilton: Building America-Ch.33 6:30 Movie-A Dog's Journey-Ch.33 	<b>11</b> 10:00 Chair Yoga-Ch.33 10:30 Melodies for the Soul- Group 1-3rd Floor 10:45 Catholic Mass-Ch.33 1:30 Happy Hour Music with Movie-Wonderstruck-Ch.33 2:45 Documentary-The History of Opera-Ch.33	<b>12</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 IN2L-3 1:30 Bingo-3 2:30 From the Earth to the Moon-Episode #1-Ch.33 6:30 Movie-Breakfast at Tiffany's-Ch.33	<b>13</b> 10:00 Chair Yoga-Ch.33 10:15 Tech Time-3 1:30 Melodies for the Soul- Group 2-3rd Floor 2:30 U of M Bee Lab: Beekeeping Video Series-Ch.33 3:30 Jewish Sparks-Ch.33 6:30 Documentary: A History of Hollywood-Episode #1-Ch.33 	<b>14</b> 10:00 Fit & Fun Exercise-Ch.33 10:00 Christian Service-Ch.16 10:15 Colorful Expressions-3 1:30 Sweep Six-3 4:00 Shabbat Service-Ch.33	<b>15 Shabbat Observance</b> 9:00 Shabbat Service-Beth Jacob Congregation-Ch.33 2:30 Shabbat Video: Flying Over Scotland-Ch.33 6:30 Movie-Motherless Brooklyn-Ch.33
<b>16</b> 9:30 Rosary-Ch.33 10:45 Morning Exercises-Chair Dancing-Ch.33 2:30 25 Best National Parks in the U.S.A-Ch.33	<b>17</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Ring Toss-3 1:00 Met Opera-The Merry Widow-Ch.33 1:30 Bingo-3 6:30 Movie-Maleficent: Mistress of Evil-Ch.33	<b>18</b> 10:00 Chair Yoga-Ch.33 10:30 Melodies for the Soul- Group 1-3rd Floor 10:45 Catholic Mass-Ch.33 1:30 Happy Hour-R:R 2:45 Movie-The Best of Sid Caesar-Ch.33 6:30 Documentary-Show Business-Ch.33	<b>19</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Aromatherapy & Hand Massage-3 1:30 Bingo-3 2:30 From the Earth to the Moon-Episode #2-Ch.33 6:30 Movie-Hearts Beat Loud-Ch.33 	<b>20</b> 10:00 Chair Yoga-Ch.33 10:15 Crafter's Corner-3 1:30 Melodies for the Soul- Group 2-3rd Floor 2:30 My Fair Lady Sing-along-CH.33 3:30 Jewish Sparks-Ch.33 6:30 Documentary: A History of Hollywood-Episode #2-Ch.33	<b>21 Senior Citizen's Day</b> 10:00 Fit & Fun Exercise-Ch.33 10:00 Christian Service-Ch.16 10:15 Pokeno-3 1:30 Banana Split Treat Cart Celebrating National Senior Citizen's Day-R:R 4:00 Shabbat Service-Ch.33 	<b>22 Shabbat Observance</b> 9:00 Shabbat Service-Beth Jacob Congregation-Ch.33 2:30 Shabbat Videos: Jerusalem Food Tour & Attractions-Ch.33 6:30 Movie-Israel Philharmonic Orchestra 70th Anniversary Concert-Ch.33
<b>23</b> 9:30 Rosary-Ch.33 10:45 Morning Exercises-Tai Chi Chair Exercises-Ch.33 2:30 James J Hill: Empire Builder-Ch.33	<b>24</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Ladder Golf-3 1:30 Bingo-3 2:30 Lost 50's-Ch.33 6:30 Movie-Grand Prix-Ch.33	<b>25</b> 10:00 Chair Yoga-Ch.33 10:30 Melodies for the Soul- Group 1-3rd Floor 10:45 Catholic Mass-Ch.33 1:30 Happy Hour-R:R 2:45 Movie-Hester Street-Ch.33 6:30 Folk America: Birth of a Nation-Ch.33	<b>26</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Family Feud!-3 1:30 Bingo-3 2:30 From the Earth to the Moon-Episode #3-Ch.33 6:30 Movie-The Return of the Pink Panther-Ch.33 	<b>27</b> 10:00 Chair Yoga-Ch.33 10:15 Tech Time-3 1:30 Melodies for the Soul- Group 2-3rd Floor 2:30 Secrets of the Mona Lisa-CH.33 4:15 Jewish Sparks-Ch.33 6:30 The Very Best of Mel Brooks-Ch.33	<b>28</b> 10:00 Fit & Fun Exercise-Ch.33 10:00 Christian Service-Ch.16 10:45 Short Stories-3 1:30 Sweep Six-3 2:30 Treat cart-MN State Fair-Themed-R:R 4:00 Shabbat Service-Ch.33 	<b>29 Shabbat Observance</b> 9:00 Shabbat Service-Beth Jacob Congregation-Ch.33 2:30 Shabbat Video-Flying Over Kauai-Ch.33 6:30 Movie-Leave No Trace-Ch.33
<b>30</b> 9:30 Rosary-Ch.33 10:45 Morning Exercises-Seated & Standine Exercises-Ch.33 2:30 The Carol Burnett Show-Ch.33	<b>31</b> 10:00 Fit & Fun Exercise-Ch.33 10:15 Bowling-3 1:30 Bingo-3 2:30 Remembering Regis Philbin: The Morning Maestro-Ch.33 6:30 Movie-The Usual Suspects-Ch.33 	<b>KEY</b> HH Households A Mains Auditorium L Main Lobby 2 2nd Floor 3 3rd Floor 4 4th Floor CR Community Room	<b>R:R</b> Residents Room <b>O</b> Outside <b>PL</b> Parking Lot <b>NC</b> Newman Chapel <b>NN</b> Nosh Nook <b>4C</b> 4th Floor Chapel			

All programs and movies are subject to change without notice

Programs are altered on Saturday until sundown to allow for Shabbat (the Jewish Sabbath) observance. Have a peaceful and restful day.