






# Hechtman Apartments – October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  10:00 Sit & Fit Exercise w/ Michelle O., Part 1 10:30 Sit & Fit Exercise w/ Michelle O., Part 2	2  <b>Shabbat Shalom!</b>
3  12:00 Exercise w/ Lisa 2:30 Russian Speakers Club ( <i>Library</i> )	4  <del>11:00 Current Events w/ Linda (Cancelled for 10/4)</del> 12:00 Exercise w/ Michelle B. 1:00 Brain Power w/ Sandy ( <i>Library</i> ) 2:00 Bingo w/ Carol & Barb	5  11:00 Sit & Fit Exercise w/ Michelle O. 1:00 Tova's Travelogue: <i>New Orleans</i> 2:00 Movie: <i>Harriet</i> (See newsletter for description) 7:15 Bingo w/ Ron & Beth	6  12:00 Exercise w/ Michelle B. 1:00 Chair Yoga Wellness w/ Deb 3:00 Trivia w/ Louie 7:15 Current Events w/ Linda	7  11:00 Sit & Fit Exercise w/ Michelle O. 12:30 Beading w/ Carol C.	8  10:00 Sit & Fit Exercise w/ Michelle O., Part 1 10:30 Sit & Fit Exercise w/ Michelle O., Part 2 <del>4:30 A Touch of Shabbat w/ Rabbi Polter (Cancelled for 10/8)</del>	9  <b>Shabbat Shalom!</b>
10  12:00 Exercise w/ Lisa 2:30 Russian Speakers Club ( <i>Library</i> )	11  11:00 Current Events w/ Linda 12:00 Exercise w/ Michelle B. 1:00 Knit & Crochet Club ( <i>Library</i> ) 2:00 Bingo w/ Carol & Barb	12  11:00 Sit & Fit Exercise w/ Michelle O. 2:00 Ella Baker Lecture Series w/ JHSM: <i>Stories from the Stones</i> 7:15 Bingo w/ Ron & Beth	13  12:00 Exercise w/ Michelle B. 1:00 Mindful Meditation w/ Deb 3:00 Basic Hebrew w/ Tova: <i>Food &amp; Drink (Library)</i>	14  11:00 Sit & Fit Exercise w/ Michelle O. 3:00 Bingo w/ Tova	15  10:00 Sit & Fit Exercise w/ Michelle O., Part 1 10:30 Sit & Fit Exercise w/ Michelle O., Part 2 11:00 Avy Schreiber Performs ( <i>Dining Room</i> )	16  <b>Shabbat Shalom!</b>
17  12:00 Exercise w/ Lisa 2:30 Russian Speakers Club ( <i>Library</i> )	18  11:00 Current Events w/ Linda 12:00 Exercise w/ Michelle B. 1:00 Brain Power w/ Sandy ( <i>Library</i> ) 2:00 Bingo w/ Carol & Barb	19  11:00 Sit & Fit Exercise w/ Michelle O. 1:00 Tova's Travelogue: <i>San Francisco</i> 2:00 Movie: <i>The Tomorrow Man</i> (See newsletter for description) 7:15 Bingo w/ Ron & Beth	20  12:00 Exercise w/ Michelle B. 1:00 Chair Yoga Wellness w/ Deb 3:00 Trivia w/ Louie 7:15 Current Events w/ Linda	21  10:30 West Bloomfield Pop-Up Library w/ Amanda ( <i>Library</i> ) 11:00 Sit & Fit Exercise w/ Michelle O. 12:30 Beading w/ Carol C.	22  10:00 Sit & Fit Exercise w/ Michelle O., Part 1 10:30 Sit & Fit Exercise w/ Michelle O., Part 2 12:00 News & Views w/ Su 1:00 Food Committee Meeting ( <i>Dining Room</i> ) 1:30 A Touch of Shabbat w/ Rabbi Polter	23  <b>Shabbat Shalom!</b>
24 & 31  12:00 Exercise w/ Lisa 2:30 Russian Speakers Club ( <i>Library</i> )	25  11:00 Current Events w/ Linda 12:00 Exercise w/ Michelle B. 1:00 Relax & Color w/ Tova ( <i>Library</i> ) 2:00 Bingo w/ Carol & Barb	26  11:00 Sit & Fit Exercise w/ Michelle O. 1:00 Yiddish w/ Rabbi Polter ( <i>Library</i> ) 2:00 Resident Council Meeting 7:15 Bingo w/ Ron & Beth	27  12:00 Exercise w/ Michelle B. 1:00 Mindful Meditation w/ Deb 3:00 Jewish History w/ Tova: <i>American Jews, 1621 – 2021</i>	28  11:00 Sit & Fit Exercise w/ Michelle O. 2:00 New Resident Meeting 3:00 Bingo w/ Tova	29  10:00 Sit & Fit Exercise w/ Michelle O., Part 1 10:30 Sit & Fit Exercise w/ Michelle O., Part 2	30  <b>Shabbat Shalom!</b>

**Activities are subject to change if necessary. Announcements will be made.  
All programs are held in the Hechtman 1 Activity Room unless otherwise noted.  
Do you have a talent you'd like to share with other residents? Call Tova Schreiber: 248 592 5023**