ARLIFE Hechtman Apartments – April 2024 ARLIFE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
$\bigcirc \diamond \Diamond \diamond$	1 10:00 Walking Club w/ Sandy (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B	2 11:00 Sit & Fit w/ Michelle O 1:00 Tova's Travelogue: Dublin, Ireland 3:00 Crafting w/ Tova: Melted Crayon Art, Part 1 (must sign up) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	3 10:00 Walking Club w/ Sandy (H1 Lobby) 12:00 Age In Motion w/ Powerback 12:30 Stretch & Relax w/ Powerback 1:30 Wine Wednesday w/ Jackie & Heather (Fireside Lounge) 4:30 Out Trip: <i>Dinner</i> @ <i>Crispelli's</i> (must sign up)	4 11:00 Sit & Fit w/ Michelle O 1:30 David Rodgers Performs (Piano): <i>Broadway From a Jewish</i> <i>Perspective</i> 6:30 Conversational English w/ Kendra (Library)	5 1:00 A Touch of Shabbat w/ R. Polter (Library) 1:00 Tigers Opening Day Party 2:00 Murdle w/ Emily (Library) Figure Figure	2:00 Movie: <i>Priscilla</i> 7:00 Bingo w/ Ruthe & Stephen Shabbat Shalom!
7 1:00 Matzah Dough- Making w/ J-Family & Matzah Tray Craft w/ Gail Kaplan	8 10:00 Walking Club w/ Sandy (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B SOLAR ECLIPSE THIS AFTERNOON: BEGINS AT 1:58, PEAKS AT 3:13, ENDS AT 4:27	9 11:00 Sit & Fit w/ Michelle O 1:00 Cooking w/ Elizabeth: <i>Pesto Protein Pasta, Group 1</i> (H2 Coffee Room; must sign up) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	10 10:00 Walking Club w/ Sandy (H1 Lobby) 11:00 Cooking w/ Elizabeth: <i>Pesto</i> <i>Protein Pasta, Group 2</i> (H2 Coffee Room; must sign up) 12:30 Stretch & Relax w/ Powerback 1:30 Happy Hour w/ Jackie & Heather (Fireside Lounge)	11 11:00 Sit & Fit w/ Michelle O 2:00 CapTel Presentation w/ Jennifer Weallans 6:30 Conversational English w/ Kendra (Library)	12 12:00 Name That Tune w/ Tova: Big Hits of the '70s 2:00 Recorded Concert: Giora Feidman's "Very Klezmer" Concert 7:00 Movie: Duel	13 Shabbat Shalom!
	15 10:00 Walking Club w/ Sandy (H1 Lobby) 11:00 Current Events w/ Linda (Library) 12:00 Exercise w/ Michelle B 12:45 Dor L'Dor Passover Program w/ Hillel Students (Fleischman) 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B 3:30 Chair Yoga w/ Bharti 7:15 Resident Council Birthday Party w/ Jim Coury & Suzanne MacDermid	16 11:00 Sit & Fit w/ Michelle O 1:00 Tova's Travelogue: Cairo, Egypt 2:00 RSC Support Group (Library) 3:00 Crafting w/ Tova: Melted Crayon Art, Part 2 (must sign up; must attend Part 1 to attend Part 2) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	17 10:00 Walking Club w/ Sandy (H1 Lobby) 11:00 Nutrition & Snacks w/ Elizabeth: <i>Using Fresh Herbs for Flavor & Health</i> 12:30 Stretch & Relax w/ Powerback 1:30 Wine Wednesday w/ Jackie & Heather: (Fireside Lounge) 3:00 We All Matter Discussion w/ Tova: <i>Spring Holiday Memories</i> (Library) 4:30 Out Trip: <i>Dinner @ Crispelli's</i> (must sign up)	18 10:00 West Bloomfield Pop-Up Library w/ Emily (Library) 11:00 Sit & Fit w/ Michelle O 1:15 Out Trip: <i>Temple Israel</i> <i>Concert w/ Bloomfield Hills Jazz</i> <i>Band</i> 6:30 Conversational English w/ Kendra (Library)	19 11:00 Artwork w/ Ashley: <i>DIY</i> <i>Sharpie Marker Mugs, Part 1</i> (H2 Coffee Room; must sign up) 1:00 A Touch of Shabbat w/ R. Polter (Library) 1:00 Food Committee Meeting (Fireside Lounge) 2:00 Recorded Musical: <i>Fantasia 2000</i>	20 2:00 Movie: Rachel Getting Married Shabbat Shalom!
21 1:30 News & Views w/ Su	22 10:00 Walking Club w/ Sandy (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) FIRST SEDER 4:30 Passover Seder w/ Roz & Larry (Dining Room)	23 PASSOVER – DAY ONE 1:00 Classic Comedy Hour: <i>I</i> Love Lucy, Season 1 SECOND SEDER 4:30 Passover Seder w/ Ruthe (Dining Room)	24 PASSOVER – DAY TWO 10:00 Walking Club w/ Sandy (H1 Lobby) 2:00 Variety Hour: <i>Dean Martin</i> <i>Variety Show</i>	25 10:00 Out Trip: <i>Motor City Casino</i> (must sign up) 11:00 Sit & Fit w/ Michelle O 2:00 Book Club Mtg. w/ Emily: <i>The</i> <i>Swans of Fifth Avenue</i> (Fireside Lounge) 3:00 Free Bingo w/ Tova 6:30 Conversational English w/ Kendra (Library)	26 11:00 Artwork w/ Ashley: <i>DIY</i> <i>Sharpie Marker Mugs, Part 2</i> (H2 Coffee Room; must attend Part 1 to attend Part 2) 12:00 Exercise w/ Michelle B 2:00 Recorded Dance: <i>Tap</i> 7:00 Movie: <i>The Love Punch</i>	27 ••• Shabbat Shalom!
	29 PASSOVER – DAY SEVEN 10:00 Walking Club w/ Sandy (H1 Lobby) 1:00 Brain Power w/ Sandy (Library) 2:00 Dianne Morgan Sings	30 PASSOVER – DAY EIGHT 11:00 Music Around The World: Passover Songs & Parodies 1:00 Classic Matinee: The Frisco Kid	H A P P	Y P A	S S O V	ER!