





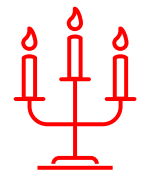



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>LABOR DAY <i>(Office Closed & No Mail Delivery)</i></p> <p>12:00 Exercise w/ Michelle B 1:00 Labor Day Movie: <i>Norma Rae</i> 3:30 Chair Yoga w/ Bharti</p>	<p>3</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Tova's Travelogue: <i>Spain's Most Amazing Places</i> 3:30 Kabbalah & Shofar-Sounding w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy</p>	<p>4</p> <p>12:00 Age In Motion w/ Powerback 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 3:00 Variety Hour: <i>The Carol Burnett Show</i> 4:30 Out Trip: <i>Pickles & Rye Deli</i> (must sign up)</p>	<p>5</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Medicare & Humana Presentation w/ M. Jerry Samona 3:00 Free Bingo w/ Tova 6:30 Conversational English w/ Kendra (Library)</p>	<p>6</p> <p>11:00 Recorded Musical: <i>A Chorus Line</i> (Library) 1:00 Shofar-Sounding & A Touch of Shabbat w/ R. Polter (Library) 2:00 Murdle w/ Emily</p>	<p>7</p> <p><i>Shabbat Shalom!</i> 2:00 Movie: <i>The Walk</i></p> 
<p>8</p> <p>1:30 News & Views w/ Su</p> 	<p>9</p> <p>11:00 Name That Tune w/ Tova: '50s & '60s TV Show Themes 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W</p>	<p>10</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Cooking w/ Elizabeth: <i>Easy Cheesy Apple Flatbread, Group 1</i> (H2 Coffee Room; must sign up) 2:00 Henrik Karapetyan Plays Violin 3:30 Kabbalah & Shofar-Sounding w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy</p>	<p>11</p> <p>11:00 Cooking w/ Elizabeth: <i>Easy Cheesy Apple Flatbread, Group 2</i> (H2 Coffee Room; must sign up) 12:00 Age In Motion w/ Powerback 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 2:00 Choir Practice w/ Cantor Penny</p>	<p>12</p> <p>11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol Cranston (Library; must sign up) 2:00 Classic Matinée: <i>All About Eve</i> 6:30 Conversational English w/ Kendra (Library)</p>	<p>13</p> <p>11:00 Music Around The World w/ Tova: <i>Traditional Chinese Music</i> 1:30 Shabbat Visit w/ the Friday Boys (Library) 2:00 Recorded Ballet: <i>Sylvia</i> 7:00 Movie: <i>Dave</i></p>	<p>14</p> <p><i>Shabbat Shalom!</i> 7:00 Bingo w/ Ruthe & Stephen</p> 
<p>15</p> 	<p>16</p> <p>11:00 Current Events w/ Linda (Library) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W 3:30 Chair Yoga w/ Bharti</p>	<p>17</p> <p>11:00 Sit & Fit w/ Michelle 12:00 Tova's Travelogue: <i>Shanghai, China</i> 2:00 Resident Council Meeting 3:30 Kabbalah & Shofar-Sounding w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy</p>	<p>18</p> <p>11:00 Artwork w/ Ashley: <i>Falling Leaf Globes, Group 1</i> (must sign up) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 3:00 Jewish History w/ Tova: <i>The Songs of Solomon: Italian-Jewish Music in the 1620s</i> 4:30 Out Trip: <i>Pickles & Rye Deli</i> (must sign up)</p>	<p>19</p> <p>10:00 West Bloomfield Pop-Up Library w/ Emily (Library) 1:15 Out Trip: <i>Temple Israel Concert w/ Ashley & Aaron Markovitz</i> (must sign up) 3:00 Free Bingo w/ Tova 6:30 Conversational English w/ Kendra (Library)</p>	<p>20</p> <p>10:00 Out Trip: <i>Detroit Princess Lunch Cruise</i> (must sign up; sponsored by JFNA) 1:00 Shofar-Sounding & A Touch of Shabbat w/ R. Polter (Library) 1:00 Food Committee Meeting (Fireside Lounge) 2:00 Book Club Meeting w/ Emily: <i>Dinners With Ruth</i> (Library)</p>	<p>21</p> <p><i>Shabbat Shalom!</i> 2:00 Movie: <i>The Notebook</i></p> 
<p>22</p> <p>THEME: FALL'S FIRST WEEK 1:00 – 4:00 Family Fall Festival (please see the Hechtman Herald for more information)</p>	<p>23</p> <p>THEME: FALL'S FIRST WEEK 11:00 Crafting w/ Tova: <i>Apple Core Magnets, Group 1</i> (must sign up) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W</p>	<p>24</p> <p>THEME: FALL'S FIRST WEEK 11:00 Sit & Fit w/ Michelle O 1:00 Fall Documentary: <i>Autumn Wildlife</i> 3:30 Kabbalah & Shofar-Sounding w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy</p>	<p>25</p> <p>THEME: FALL'S FIRST WEEK 11:00 Artwork w/ Ashley: <i>Falling Leaf Globes, Group 2</i> (must sign up) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather: <i>Pumpkin Martinis</i> (Fireside Lounge) 2:00 Choir Practice w/ Cantor Penny 3:00 We All Matter Discussion w/ Tova: <i>Back To School</i> (Library)</p>	<p>26</p> <p>THEME: FALL'S FIRST WEEK 10:00 Out Trip: <i>Yates Cider Mill</i> (must sign up) 11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol Cranston (Library; must sign up) 1:00 Nutrition & Snacks w/ Elizabeth: <i>Importance of Balance and Variety</i> 2:30 Yaroslav Daniels Plays Piano 6:30 Conversational English w/ Kendra (Library)</p>	<p>27</p> <p>THEME: FALL'S FIRST WEEK 11:00 Crafting w/ Tova: <i>Apple Core Magnets, Group 2</i> (must sign up) 1:00 Fall Fashion Show (Fleischman Lobby) 1:30 Shabbat Visit w/ the Friday Boys (Library) 2:00 Recorded Concert: <i>The Carpenters Live in 1976</i> 7:00 Movie: <i>Thelma</i></p>	<p>28</p> <p><i>Shabbat Shalom!</i></p> 
<p>29</p> 	<p>30</p> <p>10:00 Out Trip: <i>Henry Ford Museum</i> (must sign up; sponsored by JFNA) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W</p>	