Jewish Senior Hechtman Apartments – October 2024 ALIFE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	of October will have a "Harvest" theme.  The theme will be listed in red on this calendar.  Join the fun!	11:00 Sit & Fit w/ Michelle O 2:00 Rick Davis Plays Guitar 3:30 High Holiday Inspiration w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	11:00 Artwork w/ Ashley: Wooden  Pumpkin Coasters, Group 1 (must sign up) 12:00 Age In Motion w/ Powerback 12:30 Stretch & Relax w/ Powerback 2:00 Variety Hour: The Dean Martin Variety Show 5:30 Streaming Rosh Hashanah Service w/ Temple Israel	ROSH HASHANAH Office Closed 10:45 Streaming Rosh Hashanah Service w/ Temple Israel 4:15 Shofar Service w/ The Shul (Fleischman)	ROSH HASHANAH Office Closed 1:00 Movie: Book Club: The Next Chapter 4:15 Shofar Service w/ The Shul (Fleischman)	2:00 Movie: Twisters
1:30 News & Views w/ Su	11:00 Crafting w/ Tova: Sukkah  Decorations, Group 1 (must sign up)  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	11:00 Sit & Fit w/ Michelle O 1:00 Cooking w/ Elizabeth: Healthy Pumpkin Muffins, Group 1 (H2 Coffee Room; must sign up) 2:00 Resident Council Meeting 3:30 Yizkor Service w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	11:00 High Holiday Visit w/ Farber Students (Library) 11:00 Cooking w/ Elizabeth: Healthy Pumpkin Muffins, Group 2 (H2 Coffee Room; must sign up) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 3:00 Hechtman Resident Memorial w/ Tova (Library) 4:30: Out Trip: Dinner @ Red Robin (must sign up)	10:00 Out Trip: Detroit Institute of Arts (must sign up) 11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol C (Library; must sign up) 3:00 Free Bingo w/ Tova 6:30 Conversational English w/ Kendra (Library)	11:00 Crafting w/ Tova: Sukkah Decorations, Group 2 (must sign up) 1:30 Shabbat Visit w/ the Friday Boys (Library) 8:00 Streaming Kol Nidre Service w/ Temple Israel	YOM KIPPUR 10:45 Yom Kippur Streaming Service w/ Temple Israel 3:00 Yom Kippur & Yizkor Service w/ The Shul (Fleischman)
13	COLUMBUS DAY No Mail Delivery 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B & Jodi W	15 11:00 Sit & Fit w/ Michelle O 2:00 Tova's Travelogue: Niagara Falls 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	11:00 Nutrition & Snacks w/ Elizabeth: The Mediterranean Diet 12:30 Stretch & Relax w/ Powerback 2:00 Music Around The World w/ Tova: Klezmer Music, Part 2	SUKKOT  10:00 West Bloomfield Pop-Up Library w/ Emily (Library)  11:00 Sit & Fit w/ Michelle O  2:00 Recorded Concert: Aretha Franklin Live in 1968  5:00 Sukkot Celebration & Snacks w/ The Shul (Hechtman Sukkah)  6:30 Conversational English w/ Kendra (Library)	SUKKOT  11:00 Recorded Musical: The Blues Brothers 1:00 Food Committee Meeting (Fireside Lounge) 2:00 Book Club Meeting w/ Emily: The Maid (Library) 5:00 Sukkot Celebration & Snacks w/ The Shul (Hechtman Sukkah)	SUKKOT 2:00 Movie: 50 First Dates
SUKKOT 20	SUKKOT  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 7:15 Resident Council Birthday Party w/ Avy Schreiber	SUKKOT  11:00 Sit & Fit w/ Michelle O  11:30 & 12:45 Sukkah Lunch w/ Tova (Sukkah; must sign up) 3:30 Lulav & Etrog Celebration w/ R. Polter (Sukkah) 7:15 Bingo w/ Bonnie, Danny, & Sandy	SUKKOT  11:30 & 12:45 Sukkah Lunch w/ Tova (Sukkah; must sign up) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather: Apple Cider Sangria (Fireside Lounge) 3:00 Jewish History w/ Tova: Jewish Holiday Artifacts	SHEMINI ATZERET  11:00 Sit & Fit w/ Michelle O  12:30 Beading w/ Carol C (Library; must sign up)  2:00 Simchat Torah Purple Dance Party w/ The Shul (Fireside Lounge; please wear purple)  6:30 Conversational English w/ Kendra (Library)	SIMCHAT TORAH  11:00 Recorded Dance: Baryshnikov Dances Sinatra & More 2:00 Classic Matinee: A Fistful Of Dollars 7:00 Movie: Back To The Future Part 2	7:00 Bingo w/ Ruthe & Stephen
1:00 WB Campus Open House 1:00 Marco Floyd & Derek Gillespie Sing & Play Piano	Songs of Elvis Presley	11:00 Sit & Fit w/ Michelle O 12:00 Tova's Travelogue: Costa Rica 2:00 Jim Coury & Suzanne MacDermid Play Guitar & Sing 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	11:00 Artwork w/ Ashley: Wooden  Pumpkin Coasters, Group 2 (must sign up) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Jackie & Heather (Fireside Lounge) 2:00 Choir Practice w/ Cantor Penny 4:30: Out Trip: Dinner @ Red Robin (must sign up)	11:30 Out Trip: Lunch @ Soul Café (must sign up) 11:00 Sit & Fit w/ Michelle O 3:00 Free Bingo w/ Tova 6:30 Conversational English w/ Kendra (Library)		