After Hours Phone Number 248-661-5220 Jewish Senior LIFE

Hechtman Apartments – November 2026

Jewish Senior LIFE After Hours Phone Number 248-661-5220

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Readers Theater Performance (H1AR)	2 10:30 Walking Club w/ Elizabeth (H2 Lobby) 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Elissa (H1 AR) 3:30 Chair Yoga w/ Bharti (H1AR)	3 11:00 Sit & Fit w/ Michelle O (H1 AR) 12:30 Rhythm Drumming w/ Michelle O (H1AR) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy (H1AR)	4 11:00 Artwork w/ Ashley: Thanksgiving Leaf Wreathes (H1AR) 12:00 Age in Motion w/ Powerback (H1AR) 12:30 Stretch & Relax w/ Powerback (H1 AR) 1:00 Happy Hour w/ Ashley & Heather (Fireside Lounge)	5 11:00 Sit & Fit w/ Michelle O (H1 AR) 12:30 Standing and Stability w/ Michelle O (H1AR) 1:30 Beading w/ Ashley: Bracelets (H1AR) 6:30 Conversational English w/ Kendra (Library) 7:00 Movie: Rocky (H1AR)	6 11:00 Neighborhood Knead (H2 Coffee House) 12:30 Artwork w/ Ashley: Sock Turkeys 7:00 Movie: The Object of My Affection (H1AR)	7 2:00 Movie: The Big Chill H1AR)
8 11:15 Quizzo Trivia Game (H1AR)	9 10:30 Walking Club w/ Elizabeth (H2 Lobby) 11:30 Travelogue: Germany (H1AR) 2:15 Bingo w/ Elissa (H1 AR)	10 11:00 Sit & Fit w/ Michelle O (H1 AR) 12:30 Rhythm Drumming w/ Michelle O (H1AR) 1:00 Cooking w/ Elizabeth: Chocolate Peanut Butter No-Bake Bars (H2 Coffee House) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy (H1AR)	Veterans Day 11 No Mail Delivery 11:00 Cooking w/ Elizabeth: Chocolate Peanut Butter No-Bake Bars (H2 Coffee House) 11:00 Brain Games / TMT Card Game 31 (Library) 12:00 Age in Motion w/ Powerback (H1AR) 12:30 Stretch & Relax w/ Powerback (H1 AR) 1:30 Veterans Day Party w/ Ron Devon (H1AR) 4:30 Out Trip Dinner: Library Pub	12 11:00 Sit & Fit w/ Michelle O (H1 AR) 12:30 Scarf Dancing w/ Michelle O (H1AR) 2:00 Live and Learn: The Jewish Community of Northwest Detroit (H1AR) 6:30 Conversational English w/ Kendra (Library) 7:00 ShinShinim Program (H1AR)	13 11:00 Powerback Information and Q&A (H1AR) 1:00 A Touch of Shabbat w/ Rabbi Polter (Library) 2:00 Mindfulness Coloring w/ Jackie (Library) 7:00 Movie: The Devil Wears Prada (H1AR)	14 1:00 Resident Council Presents Stuart Johnson: George Gershwin Music (H1AR)
15 10:45 Chair Tap w/ Ericka (H1AR) 1:00 Sing Along w/ Jeff (H1AR)	16 10:30 Walking Club w/ Elizabeth (H2 Lobby) 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Elissa (H1 AR) 3:30 Chair Yoga w/ Bharti (H1AR)	17 11:00 Sit & Fit w/ Michelle O (H1 AR) 12:30 Rhythm Drumming w/ Michelle O (H1AR) 1:30 Thanksgiving Themed Bingo w/ Melissa and Jackie (H1AR) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy (H1AR)	YAD EZRA 18 11:00 Nutrition and Snacks w/ Elizabeth: The Friendly Fat Guide (H1AR) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Ashley & Heather (Fireside Lounge) 2:30 Fun and Games w/ Ashley: Trivial Pursuit (H1AR)	19 10:00 Out Trip: Troy Historical Museum 10:00 West Bloomfield Pop up library w/ Emily (Library) 11:00 Sit & Fit w/ Michelle O (H1 AR) 12:30 Standing and Stability w/ Michelle O (H1AR) 6:30 Conversational English w/ Kendra (Library) 7:00 Recorded Concert: Phil Collins Farewell to Paris 2004 (H1AR)	20 10:00 World News w/ Ashley (Library) 12:00 Rain Drumming (Library) 1:00 Food Committee Meeting (Fireside Lounge) 2:00 Free Bingo w/ Ashley (H1AR) 7:00 Movie: Sweet November (H1AR)	21 12:30 Shabbat Celebration w/ Shul (H1AR) 2:00 Movie: Meet The Parents (H1AR)
22 	23 10:30 Walking Club w/ Elizabeth (H2 Lobby) 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Elissa (H1 AR)	24 11:00 Sit & Fit w/ Michelle O (H1 AR) 12:30 Scarf Dancing w/ Michelle O 12:30 Blood Pressure Checks & Health Education w/ The medical Team: Alzheimer's Disease/Hospice (Library) 2:15 Resident Council Meeting (H1AR) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Sandy	25 11:00 Crafting w/ TMT: Turkey Treats (H1AR) 12:30 Stretch & Relax w/ Powerback 1:00 Happy Hour w/ Ashley & Heather (Fireside Lounge) 2:30 Wii Sports w/ Ashley (H1AR) 4:30 Out Trip Dinner: Library Pub 7:00 Resident Council Birthday Party: Bob Skon (H1AR)	Thanksgiving 26 Hechtman Office Closed No Mail Delivery 4:00 Movie: Friendsgiving (H1AR)	27 1:00 A Touch of Shabbat w/ Rabbi Polter (Library) 2:00 Book Club w/ Emily: Chocolat (H1AR) 2:00 Color by Numbers w/ Jackie (library) 7:00 Movie: Clue: The Movie (H1AR)	28 2:00 Recorded Musical: Wicked (H1AR)
29 	30 10:30 Walking Club w/ Elizabeth (H2 Lobby) 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Elissa (H1 AR)					