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<p>30</p> <p>9:30 Fit Over Fifty Aerobics (Channel 1979) 10:30 10 Minute Mindful Meditation (Channel 1979) 12:00 Catholic Mass (Channel 1979) 1:00 Protestant Weekly Worship (Channel 1979)</p>	<p>31</p> <p>6:00 Wildlife Earth - Live Safari (3 hours) (Channel 1979) 9:45 Yoga (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Yoga (Large Auditorium) 10:30 Tai Chi (Channel 1979) 11:00 Aqua Arthritis - CANCELLED (Pool) 12:00 10 Minute Music, Meditation (Channel 1979) 2:30 Ted Talk (Large Auditorium) 4:00 Chair Yoga With Lorraine (Channel 1979) 4:00 Great Courses Series - The History of European Art (Large Auditorium)</p>					<p>1</p> <p>9:00 Little Rascals (Channel 1979) 10:00 Full-Body Gentle Stretch (Channel 1979) 10:30 Seated Exercise (Channel 1979) 11:15 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Dance Exercise (Channel 1979) 1:00 Getting to Know You - Episode 6 - Meet Sylvia Wagner (Channel 1979) 1:30 Remembering Barbara Bush (Channel 1979) 3:00 Ted Talks - An optimistic look at the future of girls' education Malala Yousafzai (Channel 1979) 5:00 The Life and Death of Carl 'Alfalfa' Switzer (Channel 1979) 6:00 10 Minute Meditation (Channel 1979) 7:00 An Evening with the Music of Marvin Hamlisch (Channel 1979) 7:00 Program Committee Presents: Hamilton on Broadway (Large Auditorium)</p>
<p>2</p> <p>8:30 New Jersey Legacy: The Two New Jerseys (Channel 1979) 9:30 Fit Over Fifty Aerobics (Channel 1979) 10:30 10 Minute Mindful Meditation (Channel 1979) 12:00 Catholic Mass (Channel 1979) 1:00 Protestant Weekly Worship (Channel 1979) 2:00 60+ Space Facts To Get An "A" In Astronomy (Channel 1979) 2:00 Program Committee Presents: Hamilton on Broadway (Large Auditorium) 5:00 Getting to Know You - Episode 6 - Meet Sylvia Wagner (Channel 1979) 5:30 Hamilton - Building America - The History Channel (Channel 1979) 7:00 Hamilton Cast Reveal Worst On-Stage Mishaps, Favorite Lines & More (Channel 1979)</p>	<p>3</p> <p>6:00 Wildlife Earth - Live Safari (3 hours) (Channel 1979) 9:45 Yoga (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Yoga (Large Auditorium) 10:30 Tai Chi (Channel 1979) 12:00 10 Minute Music, Meditation (Channel 1979) 1:00 Mozart Documentary - The Genius of Mozart Miracle of Nature (Channel 1979) 2:30 National Watermelon Day (Patio outside of the Living Room) 2:30 Ted Talk - Inside the mind of a master procrastinator Tim Urban (Large Auditorium) 3:00 Wolfgang Amadeus Mozart: Clarinet Concerto in A major, K.622 (Channel 1979) 4:00 Chair Yoga with Lorraine (Channel 1979) 4:00 Great Courses Series - The History of European Art (Large Auditorium) 5:30 10 Amazing Ways to Eat Watermelon (Channel 1979) 6:00 Getting to Know You - Episode 6 - Meet Sylvia Wagner (Channel 1979) 6:00 Program Committee Presents: Hamilton on Broadway (Large Auditorium) 7:00 Movie - The Gin Game Starring Dick Van Dyke and Mary Tyler Moore (Channel 1979)</p>	<p>4</p> <p>8:00 Getting to Know You - Episode 6 - Meet Sylvia Wagner (Channel 1979) 8:30 Dick Van Dyke Show (Channel 1979) 9:30 Chair Aerobics With Lorraine (Channel 1979) 10:20 Aerobics (Large Auditorium) 10:30 Lung Exercises: Strong Legs Support Lungs (Channel 1979) 12:00 Exercise - Move & Groove (Channel 1979) 1:00 Tchaikovsky: Swan Lake - The Kiev Ballet (Channel 1979) 2:00 Great Courses - Turing Points in American History (Large Auditorium) 2:30 Psychology Lecture Series: Art Therapy and Expressive Art (Channel 1979) 4:00 Low Impact Aerobics (Channel 1979) 5:30 Jackie Robinson Documentary (Channel 1979) 7:00 Movie: Soul of the Game Starring Blair Underwood (Channel 1979)</p>	<p>5</p> <p>8:00 Walking Group - Hike the Trails (Meet at the Front Desk for Screening) 9:00 The Lucy Show (Channel 1979) 9:30 Chair Aerobics With Lorraine (Channel 1979) 10:00 Art Studio Open For Painting 10:20 Lung Exercises: Open Chest Expands Lungs (Channel 1979) 11:00 Loss, Transition & Renewal (Dial in at 425-436-6392 and put in access code 305864) 1:00 Chat with the Chaplain (Large Auditorium) 1:00 Special Movie: Judy Starving Academy Award Winner Renee Zellweger (Channel 1979) 3:00 L'Heure Francaise (The French Hour) (Dial In) 3:30 Sleep, Anxiety and Insomnia: How to Sleep Better when You're Anxious (Channel 1979) 5:30 Virtual Tour: "Art Couture" Exhibition at the Cornell Art Museum (Channel 1979) 7:00 Pentatonix On My Way Home Tour Full Concert (Channel 1979)</p>	<p>6</p> <p>8:30 Make Room For Daddy (Channel 1979) 9:30 Meditation (Channel 1979) 9:45 Aerobics (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Aerobics Class (Large Auditorium) 10:30 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Beginners Ballet (Channel 1979) 1:00 Tai Chi (Large Auditorium) 1:00 The Last Dance - The Michael Jordan Story (Channel 1979) 2:30 Our Planet - Coastal Seas (Channel 1979) 3:30 Chair Aerobics with Lorraine (Channel 1979) 5:30 60 Minutes - Climate Change: Melting Permafrost (Channel 1979) 7:00 Lincoln Center: Rodgers and Hammerstein's Carousel (Channel 1979)</p>	<p>7</p> <p>9:00 Rep. John Lewis - Last Interview (Channel 1979) 9:00 Walking the Community (Meet at the Front Desk for Screening) 10:00 Art Studio Open for Quilling 10:00 Cornhole (Patio outside of the Living Room) 10:30 Seated Exercise (Channel 1979) 12:00 Exercise - Boxing for Seniors (Channel 1979) 1:00 Movie: The Man in the Moon Starring Reese Witherspoon (Channel 1979) 2:30 First Friday Cocktail Party Delivered to Your Door 3:00 U.S. Oldest Living Veteran - 109 year Old Richard Overton (Channel 1979) 4:00 Yoga with Lorraine (Channel 1979) 5:30 TED Talks: How Not To Take Things Personally (Channel 1979) 7:00 Program Committee Presents - Crash starring Don Cheadle and Sandra Bullock (Large Auditorium) 7:00 Shabbat Service (Channel 1979) 8:00 Ancient Roman Empire: The Incredible History of Roman Emperors - Documentary (Channel 1979)</p>	<p>8</p> <p>10:00 Full-Body Gentle Stretch (Channel 1979) 10:30 Seated Exercise (Channel 1979) 11:15 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Dance Exercise (Channel 1979) 1:00 Getting to Know You - Mark Hess & The Community Garden (Channel 1979) 2:00 Movie: Life in a Day by Ridley Scott (Channel 1979) 4:00 15 Moments You Wouldn't Believe if Not Filmed (Channel 1979) 6:00 10 Minute Meditation (Channel 1979) 7:00 Program Committee Presents - Crash starring Don Cheadle and Sandra Bullock (Large Auditorium) 7:00 The Extraordinary Genius of Albert Einstein - Full Documentary (Channel 1979)</p>
<p>9</p> <p>8:30 Germany Travel Guide (Channel 1979) 9:30 Fit Over Fifty Aerobics (Channel 1979) 10:30 10 Minute Mindful Meditation (Channel 1979) 12:00 Catholic Mass (Channel 1979) 1:00 Protestant Weekly Worship (Channel 1979) 2:00 Program Committee Presents - Crash starring Don Cheadle and Sandra Bullock (Large Auditorium) 3:00 Our Planet - Frozen Spaces (Channel 1979) 5:00 Getting to Know You - Mark Hess & The Community Garden (Channel 1979) 5:30 Tony Bennett - It's a Wonderful World (Channel 1979) 7:00 The Secret Scripture Starring Vanessa Redgrave (Channel 1979)</p>	<p>10</p> <p>6:00 Wildlife Earth - Live Safari (3 hours) (Channel 1979) 9:45 Yoga (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Yoga (Large Auditorium) 10:30 Tai Chi (Channel 1979) 12:00 10 Minute Music, Meditation (Channel 1979) 1:00 Charles Dickens's Last Poetry Reading The Last Straw Rare (Channel 1979) 2:30 Ted Talk (Large Auditorium) 4:00 Chair Yoga With Lorraine (Channel 1979) 4:00 Great Courses Series - The History of European Art (Large Auditorium) 5:00 The World's Most Dangerous Mountains (Channel 1979) 6:00 Getting to Know You - Mark Hess & The Community Garden (Channel 1979) 7:00 The Rock and Roll Show (Channel 1979)</p>	<p>11</p> <p>8:00 Getting to Know You - Mark Hess & The Community Garden (Channel 1979) 9:00 Greatest Basketball Legends (Channel 1979) 9:45 Aerobics (Large Auditorium) 10:20 Aerobics (Large Auditorium) 10:30 Lung Exercises: Strong Legs Support Lungs (Channel 1979) 12:00 Exercise - Move & Groove (Channel 1979) 1:00 Chat with the Chaplain (Large Auditorium) 1:00 The James Dean Story (Channel 1979) 2:00 Great Courses - Turing Points in American History (Large Auditorium) 3:00 Rehabilitation of Severe and Profound Hearing Loss (Channel 1979) 4:00 Low Impact Aerobics (Channel 1979) 7:00 National Geographic - Before the Flood (Climate Change) (Channel 1979)</p>	<p>12</p> <p>8:00 Walking Group - Hike the Trails (Meet at the Front Desk for Screening) 9:00 Gidget (Channel 1979) 9:30 Chair Aerobics With Lorraine (Channel 1979) 9:45 Fitness Class Stand Tall - Don't Fall (Large Auditorium) 10:00 Art Studio Open For Painting 10:20 Fitness Class Stand Tall - Don't Fall (Large Auditorium) 10:30 Lung Exercises: Open Chest Expands Lungs (Channel 1979) 1:00 Chat with the Chaplain (Large Auditorium) 1:00 Movie Special - The Art of Reading in the Rain (Channel 1979) 1:00 Special Movie - The Art of Racing in the Sun (Channel 1979) 2:00 Billiards (Clubhouse - Billiards Room) 2:00 Fitness Class - Mindful Movement (Large Auditorium) 2:45 Fitness Class - Mindful Movement (Large Auditorium) 3:00 L'Heure Francaise (The French Hour) (Dial In) 3:00 Lecture - Immunizations for Older Adults (Channel 1979) 5:30 Vatican Museum Tour (Channel 1979) 7:00 Movie - Gotti</p>	<p>13</p> <p>8:30 25 Most Beautiful Medieval Towns of Europe (Channel 1979) 9:30 Meditation (Channel 1979) 9:45 Aerobics (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Aerobics Class (Large Auditorium) 10:30 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Beginners Ballet (Channel 1979) 1:00 Jack Nicklaus: The Making of a Champion (Channel 1979) 1:00 Tai Chi (Large Auditorium) 2:30 Our Planet - High Seas (Channel 1979) 2:30 Program Committee Presents: Hamilton on Broadway (Large Auditorium) 3:30 Chair Aerobics with Lorraine (Channel 1979) 5:30 Princeton University Wind Ensemble: Shostakovich Symphony No. 5, Finale (Channel 1979) 7:00 Inventions that Shook the World - Part 1 (Channel 1979)</p>	<p>14</p> <p>9:00 Corn Hole - Trick Shots (Channel 1979) 9:00 Walking the Community (Meet at the Front Desk for Screening) 10:00 Art Studio Open for Quilling 10:00 Cornhole (Patio outside of the Living Room) 10:30 Seated Exercise (Channel 1979) 12:00 Exercise - Boxing for Seniors (Channel 1979) 1:00 Paul McCartney talks about song writing (Channel 1979) 1:00 Yoga with Lorraine (Channel 1979) 5:30 John Lennon - Documentary (Channel 1979) 7:00 Shabbat Service (Channel 1979) 8:00 Grammy's Tribute to the Beatles (Channel 1979)</p>	<p>15</p> <p>9:00 Paris City Tour (Channel 1979) 10:00 Full-Body Gentle Stretch (Channel 1979) 10:30 Seated Exercise (Channel 1979) 11:15 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Dance Exercise (Channel 1979) 1:00 Getting to Know You - Episode 7 - Meet Mark Hess (Channel 1979) 1:00 Paul McCartney talks about song writing (Channel 1979) 1:30 Getting to Know You - Episode 8 - Nancy Prince (Channel 1979) 2:00 Treasures of New York: American Museum of Natural History (Channel 1979) 4:00 Celebrating Ella Fitzgerald, the First Lady of Jazz at Lincoln Center Orchestra (Channel 1979) 6:00 10 Minute Meditation (Channel 1979) 7:00 Documentary - 13th - An Examination of the US Prison System (Channel 1979) 7:00 Program Committee Presents Moonlight (Large Auditorium)</p>
<p>16</p> <p>8:30 Caravaggio: His life and style in three paintings (Channel 1979) 9:30 Fit Over Fifty Aerobics (Channel 1979) 10:30 10 Minute Mindful Meditation (Channel 1979) 12:00 Catholic Mass (Channel 1979) 1:00 Protestant Weekly Worship (Channel 1979) 2:00 Program Committee Presents Moonlight (Large Auditorium) 2:00 The Bush Center - Hamilton's America (Channel 1979) 2:30 Mickey Mantle - The Definitive Story (Channel 1979) 5:00 Getting to Know You - Episode 7 - Meet Mark Hess (Channel 1979) 5:30 Getting to Know You - Episode 8 - Nancy Prince (Channel 1979) 7:00 Netflix Original Documentary - Immigration Nation (Channel 1979)</p>	<p>17</p> <p>6:00 Wildlife Earth - Live Safari (3 hours) (Channel 1979) 9:45 Yoga (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Yoga (Large Auditorium) 10:30 Tai Chi (Channel 1979) 12:00 10 Minute Music, Meditation (Channel 1979) 1:00 The Genius of Mozart (Channel 1979) 2:30 Ted Talk (Large Auditorium) 4:00 Chair Yoga With Lorraine (Channel 1979) 4:00 Great Courses Series - The History of European Art (Large Auditorium) 6:00 Getting to Know You - Episode 7 - Meet Mark Hess (Channel 1979) 6:30 Getting to Know You - Episode 8 - Nancy Prince (Channel 1979) 7:00 Movie - King in the Wilderness (Channel 1979)</p>	<p>18</p> <p>8:00 Getting to Know You - Episode 7 - Meet Mark Hess (Channel 1979) 8:30 Getting to Know You - Episode 8 - Nancy Prince (Channel 1979) 9:45 Aerobics (Large Auditorium) 10:20 Aerobics (Large Auditorium) 10:30 Lung Exercises: Strong Legs Support Lungs (Channel 1979) 12:00 Exercise - Move & Groove (Channel 1979) 1:00 Frank Sinatra - Dark Star - Documentary (Channel 1979) 1:30 Corn Hole (Patio outside of the Living Room) 2:00 Great Courses - Turing Points in American History (Large Auditorium) 2:00 Low Impact Aerobics (Channel 1979) 3:00 Corn Hole (Patio outside of the Living Room) 5:00 The Lucy Show (Channel 1979) 7:00 National Geographic - The Milky Way Galaxy (Channel 1979)</p>	<p>19</p> <p>8:00 Walking Group - Hike the Trails (Meet at the Front Desk for Screening) 9:00 The Twilight Zone (Channel 1979) 9:30 Chair Aerobics With Lorraine (Channel 1979) 10:00 Art Studio Open For Painting 10:30 Lung Exercises: Open Chest Expands Lungs (Channel 1979) 11:00 Loss, Transition & Renewal (Small Auditorium) 1:00 Chat with the Chaplain (Large Auditorium) 1:00 Special Movie - Once Upon A Time in Hollywood (Channel 1979) 2:00 Billiards (Clubhouse - Billiards Room) 3:00 L'Heure Francaise (The French Hour) (Dial In) 5:00 100 Years Of Museums in America (Channel 1979) 7:00 Movie - Northanger Abby (Channel 1979)</p>	<p>20</p> <p>8:30 Travel - The Best of Ireland (Channel 1979) 9:30 Meditation (Channel 1979) 9:45 Aerobics (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Aerobics Class (Large Auditorium) 10:30 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Beginners Ballet (Channel 1979) 1:00 America's Book of Secrets: Mysteries of the Pentagon (Channel 1979) 1:00 Tai Chi (Large Auditorium) 2:00 Treasures of New York - The Transformation of Lincoln Center (Channel 1979) 3:15 Afternoon Stretch (Aerobics Room) 3:30 Chair Aerobics with Lorraine (Channel 1979) 5:30 Concert - Claudio Monteverdi: Vespers (Channel 1979) 7:00 Alvin Ailey American Dance Theater: Chroma, Grace, Takademe, Revelations (Channel 1979)</p>	<p>21</p> <p>9:00 Best of the Johnny Carson Show (Channel 1979) 9:00 Walking the Community (Meet at the Front Desk for Screening) 9:30 Mindful Movement (Large Auditorium) 10:00 Art Studio Open for Quilling 10:00 Cornhole (Patio outside of the Living Room) 10:30 Seated Exercise (Channel 1979) 12:00 Exercise - Boxing for Seniors (Channel 1979) 1:00 Cascades Volcanoes: When Sleeping Giants Wake (Channel 1979) 1:00 Tech Camp (Large Auditorium) 3:00 Andy Williams in Concert (Channel 1979) 3:15 Seated Exercise (Large Auditorium) 4:00 Yoga with Lorraine (Channel 1979) 7:00 Shabbat Service (Channel 1979) 8:00 Movie - Finding Normal (Channel 1979)</p>	<p>22</p> <p>10:00 Full-Body Gentle Stretch (Channel 1979) 10:30 Seated Exercise (Channel 1979) 11:15 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Dance Exercise (Channel 1979) 1:30 Game Hour (Club Room) 2:00 Scrabble (Club Room) 6:00 10 Minute Meditation (Channel 1979) 7:30 Program Committee Presents: CANCELLED (Large Auditorium)</p>
<p>23</p> <p>9:30 Fit Over Fifty Aerobics (Channel 1979) 10:30 10 Minute Mindful Meditation (Channel 1979) 12:00 Catholic Mass (Channel 1979) 1:00 Protestant Weekly Worship (Channel 1979)</p>	<p>24</p> <p>6:00 Wildlife Earth - Live Safari (3 hours) (Channel 1979) 9:45 Yoga (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Yoga (Large Auditorium) 10:30 Tai Chi (Channel 1979) 12:00 10 Minute Music, Meditation (Channel 1979) 2:30 Ted Talk (Large Auditorium) 4:00 Chair Yoga With Lorraine (Channel 1979) 4:00 Great Courses Series - The History of European Art (Large Auditorium)</p>	<p>25</p> <p>9:45 Aerobics (Large Auditorium) 10:00 Gentle Aquatics (Pool) 10:20 Aerobics (Large Auditorium) 10:30 Lung Exercises: Strong Legs Support Lungs (Channel 1979) 12:00 Exercise - Move & Groove (Channel 1979) 1:30 Parkinson's Exercise (Large Auditorium) 1:30 Corn Hole (Patio outside of the Living Room) 2:00 Great Courses - Turing Points in American History (Large Auditorium) 2:00 Great Courses Series - CANCELLED (Large Auditorium) 4:00 Low Impact Aerobics (Channel 1979)</p>	<p>26</p> <p>8:00 Walking Group - Hike the Trails (Meet at the Front Desk for Screening) 9:30 Chair Aerobics With Lorraine (Channel 1979) 9:30 Drawing and Painting with Johanna (Art Studio) 9:45 Fitness Class Stand Tall - Don't Fall (Large Auditorium) 10:00 Aqua Aerobics (Pool) 10:00 Art Studio Open For Painting 10:20 Fitness Class Stand Tall - Don't Fall (Large Auditorium) 10:30 Lung Exercises: Open Chest Expands Lungs (Channel 1979) 1:00 Canasta (Club Room) 1:00 Chat with the Chaplain (Large Auditorium) 1:30 Stand Tall, Don't Fall Exercise Class (Large Auditorium) 2:00 Billiards (Clubhouse - Billiards Room) 2:00 Fitness Class - Mindful Movement (Large Auditorium) 2:00 Play Pool - Beginners (Billiards Room) 2:45 Fitness Class - Mindful Movement (Large Auditorium) 3:00 L'Heure Francaise (The French Hour) (Dial In) 7:00 Duplicate Bridge (Club Room)</p>	<p>27</p> <p>9:30 Meditation (Channel 1979) 9:45 Aerobics (Large Auditorium) 10:00 Art Studio - Open Monday and Thursday 10:20 Aerobics Class (Large Auditorium) 10:30 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Beginners Ballet (Channel 1979) 1:00 Tai Chi (Large Auditorium) 3:15 Afternoon Stretch (Aerobics Room) 3:30 Chair Aerobics with Lorraine (Channel 1979)</p>	<p>28</p> <p>9:00 Walking the Community (Meet at the Front Desk for Screening) 9:30 Mindful Movement (Large Auditorium) 10:00 Art Studio Open for Quilling 10:00 Cornhole (Patio outside of the Living Room) 10:30 Seated Exercise (Channel 1979) 12:00 Exercise - Boxing for Seniors (Channel 1979) 1:30 Recreational Bridge (Club Room) 3:15 Seated Exercise (Large Auditorium) 4:00 Yoga with Lorraine (Channel 1979) 7:00 Shabbat Service (Channel 1979)</p>	<p>29</p> <p>10:00 Full-Body Gentle Stretch (Channel 1979) 10:30 Seated Exercise (Channel 1979) 11:15 Stand Tall, Don't Fall with Stacey Judge (Channel 1979) 12:00 Dance Exercise (Channel 1979) 1:30 Game Hour (Club Room) 1:30 Afternoon Bridge (Club Room) 2:00 Scrabble (Club Room) 6:00 10 Minute Meditation (Channel 1979) 7:30 Program Committee Presents: CANCELLED (Large Auditorium)</p>

August 2020
Independent Living Calendar

