

SUN

MON

TUE

WED

THUR

FRI

SAT

ROOM KEY
 AS - Art Studio
 Ch 1970 - Channel 1970
 CC - Cultural Center
 JR - Jones Room
 RG - River Garden
 RL - River Lounge
 RL & Ch 1970 - River Lounge & Channel 1970
 Clinic - The Clinic

10:00 Calming Guided Meditation with John (Ch 1970)
 11:30 Yoga VIDEO (Ch 1970)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (Ch 1970)

4

Corn Hole Tournament
8:30 YMCA
9:00 OnSite Dermatology (Clinic)
 9:30 Tai Chi (Ch 1970)
 11:00 Balance (Ch 1970)
 11:00 Bible Study & Ecumenical Service Planning (RL)
12:00 ShopRite (Shrewsbury)
 1:00 Active Aging : Inspirational Elders (CC)
 1:30 Yoga Breath Work (Ch 1970)
 3:00 EXERCISE Bingo (CC)
 7:00 Pool Game Night (JR)
 8:00 Movie Night (RL)

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Corn Hole Tournament
8:30 YMCA
 9:30 Beginner Tai Chi (Ch 1970)
 11:00 Stretch Class (Cultural Center)
 11:30 Rosary Group (AS)
12:00 Foodtown (Red Bank)
 1:00 Chaplain Talk (CC)
 1:30 Stretch Class (Ch 1970)
2:00 Foodtown (Red Bank)
 2:00 Riddle Run (RL)
 8:00 Classic Movie Night (RL)

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Corn Hole Tournament
8:30 YMCA
 9:30 Daily Calm Mindful Meditation (Ch 1970)
 10:30 Qigong Tips with John (Ch 1970)
 11:30 Calming Guided Meditation with John (Ch 1970)
12:00 Shopping at Sickles Market (Red Bank)
 12:30 Hear USA (Remote)
 1:00 Line Dance Party (CC)
 1:30 Yoga (Ch 1970)
2:00 My Octopus Teacher (RL)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (RL)

7

Feild Day
 9:00 Ladies Breakfast Club (Café)
 9:30 Tai Chi (Ch 1970)
 10:00 Yoga Breath Work (Ch 1970)
 10:00 10 Minute Mindfulness Meditation (Ch 1970)
 10:30 Episcopal Service *REMOTE* (Ch 1970)
 11:00 Stretch Class (Cultural Center)
 11:00 Balance (Ch 1970)
 1:30 Stretch Class (Ch 1970)
 1:30 Game Day/Hot Dog Cart (RG)
 8:00 Movie Night (RL)

8

8:15 Walk & Talk
 9:30 Beginner Tai Chi (Ch 1970)
12:00 Shopping at Livoti's, Bed Bath & Beyond and TJ Max (Middletown)
 1:00 GuidedMeditation (RL & Ch 1970)
 2:30 Antioxidant Health Talk (CC)
 7:00 Pool Game Night (JR)
 8:00 Friday Night Movie (RL)

9

10:00 Stretch Class (Ch 1970)
 10:30 News Review (RL)
 11:00 Stand Tall Don't Fall (Ch 1970)
 8:00 Movie Night (RL)

10

10:00 Calming Guided Meditation with John (Ch 1970)
 11:30 Yoga VIDEO (Ch 1970)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (Ch 1970)

11

8:30 YMCA
 9:30 Tai Chi (Ch 1970)
 10:00 Computer Technology Q & A (Command Center)
 11:00 Balance (Ch 1970)
12:00 ShopRite (Shrewsbury)
 1:30 Yoga Breath Work (Ch 1970)
 3:00 Bingo (CC)
 7:00 Pool Game Night (JR)
 8:00 Movie Night (RL)

12

8:30 YMCA
 9:00 Men's Breakfast Club (Café)
 9:30 Beginner Tai Chi (Ch 1970)
10:00 Foodtown (Red Bank)
 10:30 Town Hall (CC)
 11:00 Stretch Class (Cultural Center)
 11:30 Rosary Group (AS)
12:00 Foodtown (Red Bank)
 1:30 Town Hall (CC)
 1:30 Stretch Class (Ch 1970)
2:00 Foodtown (Red Bank)
 8:00 Classic Movie Night (RL)

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8:30 YMCA
 9:30 Daily Calm Mindful Meditation (Ch 1970)
 10:30 Qigong Tips with John (Ch 1970)
 11:00 Bocce Ball (CC)
 11:30 Calming Guided Meditation with John (Ch 1970)
12:00 Shopping at The Grove (Shrewsbury)
 1:30 Yoga (Ch 1970)
 3:00 Happy Hour (CC)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (RL)

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9:30 Tai Chi (Ch 1970)
 10:00 Yoga Breath Work (Ch 1970)
 10:00 10 Minute Mindfulness Meditation (Ch 1970)
 11:00 Stretch Class (Cultural Center)
 11:00 Balance (Ch 1970)
 1:30 Stretch Class (Ch 1970)
 2:00 Balance Class (CC)
 3:00 Bocce Ball (CC)
 8:00 Movie Night (RL)

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8:15 Walk & Talk
 9:30 Beginner Tai Chi (Ch 1970)
 11:00 Bocce Ball (CC)
11:00 Shopping at Spirits Halloween Shop
 1:00 Joe Accurso (RL)
 1:00 GuidedMeditation (RL & Ch 1970)
 1:00 Painting with Riccardo (CC)
 7:00 Pool Game Night (JR)
 7:45 Poker Night (CC)
 8:00 Friday Night Movie (RL)

16

10:00 Stretch Class (Ch 1970)
 10:30 News Review (RL)
 11:00 Stand Tall Don't Fall (Ch 1970)
 8:00 Movie Night (RL)

17

10:00 Calming Guided Meditation with John (Ch 1970)
 11:00 Ecumenical Service (CC)
 11:30 Yoga VIDEO (Ch 1970)
 3:00 Bocce Ball (CC)
 5:00 Bocce Ball (CC)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (Ch 1970)

18

8:30 YMCA
 9:30 Tai Chi (Ch 1970)
 10:00 Painting with Riccardo (CC)
 11:00 Balance (Ch 1970)
12:00 ShopRite (Shrewsbury)
 1:30 Yoga Breath Work (Ch 1970)
 3:00 Bingo (CC)
 7:00 Pool Game Night (JR)
 8:00 Movie Night (RL)

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8:30 YMCA
 9:30 Beginner Tai Chi (Ch 1970)
10:00 Foodtown (Red Bank)
 11:00 Stretch Class (Cultural Center)
 11:30 Rosary Group (AS)
 11:30 Book Club (CC)
12:00 Foodtown (Red Bank)
 1:30 Stretch Class (Ch 1970)
 2:00 Balance Class (CC)
2:00 Foodtown (Red Bank)
 7:30 Resident Association (CC)
 8:00 Classic Movie Night (RL)

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8:30 YMCA
 9:30 Daily Calm Mindful Meditation (Ch 1970)
 10:30 Lean on Me (RL)
 10:30 Qigong Tips with John (Ch 1970)
 11:00 Bocce Ball (CC)
 11:30 Calming Guided Meditation with John (Ch 1970)
12:00 Shopping at Delicious Orchards (Colts Neck)
 12:30 Hear USA (Remote)
 1:30 Yoga (Ch 1970)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (RL)

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9:00 Ladies Breakfast Club (Café)
 9:30 Tai Chi (Ch 1970)
 10:00 Yoga Breath Work (Ch 1970)
 10:00 10 Minute Mindfulness Meditation (Ch 1970)
 10:30 Episcopal Service *REMOTE* (Ch 1970)
 11:00 Stretch Class (Cultural Center)
 11:00 Balance (Ch 1970)
 1:30 Stretch Class (Ch 1970)
 2:00 Balance Class (CC)
 3:00 Bocce Ball (CC)
 8:00 Movie Night (RL)

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1:30 Ice Cream TO GO (JR)
8:15 Walk & Talk
 9:30 Beginner Tai Chi (Ch 1970)
 11:00 Bocce Ball (CC)
 1:00 GuidedMeditation (RL & Ch 1970)
 1:00 Painting with Riccardo (CC)
1:30 Shopping at Marshalls and Michaels (Shrewsbury)
 7:00 Pool Game Night (JR)
 8:00 Friday Night Movie (RL)

23

10:00 Stretch Class (Ch 1970)
 10:30 News Review (RL)
 11:00 Stand Tall Don't Fall (Ch 1970)
 8:00 Movie Night (RL)

24

10:00 Calming Guided Meditation with John (Ch 1970)
 11:30 Yoga VIDEO (Ch 1970)
 3:00 Bocce Ball (CC)
 5:00 Bocce Ball (CC)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (Ch 1970)

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8:30 YMCA
 9:30 Tai Chi (Ch 1970)
 10:00 Computer Technology Q & A (Command Center)
 10:00 Painting with Riccardo (CC)
 11:00 Balance (Ch 1970)
12:00 ShopRite (Shrewsbury)
 1:30 Yoga Breath Work (Ch 1970)
 3:00 Bingo (CC)
 7:00 Pool Game Night (JR)
 8:00 Movie Night (RL)

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8:30 YMCA
 9:00 Men's Breakfast Club (Café)
 9:30 Beginner Tai Chi (Ch 1970)
10:00 Foodtown (Red Bank)
 10:30 Friends & Flowers (AS)
 11:00 Stretch Class (Cultural Center)
 11:30 Rosary Group (AS)
12:00 Foodtown (Red Bank)
 1:30 Stretch Class (Ch 1970)
 2:00 Balance Class (CC)
2:00 Foodtown (Red Bank)
 8:00 Classic Movie Night (RL)

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8:30 YMCA
 9:30 Daily Calm Mindful Meditation (Ch 1970)
 10:30 Qigong Tips with John (Ch 1970)
 11:00 Bocce Ball (CC)
 11:30 Calming Guided Meditation with John (Ch 1970)
 1:30 Yoga (Ch 1970)
 3:00 Happy Hour (CC)
 7:00 Pool Game Night (JR)
 8:00 Evening Movie (RL)

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9:30 Tai Chi (Ch 1970)
 10:00 Yoga Breath Work (Ch 1970)
 10:00 10 Minute Mindfulness Meditation (Ch 1970)
 11:00 Stretch Class (Cultural Center)
 11:00 Balance (Ch 1970)
 1:30 Stretch Class (Ch 1970)
 2:00 Balance Class (CC)
 3:00 Bocce Ball (CC)
 8:00 Movie Night (RL)

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8:15 Walk & Talk
 9:30 Beginner Tai Chi (Ch 1970)
 11:00 Bocce Ball (CC)
 1:00 GuidedMeditation (RL & Ch 1970)
 1:00 Painting with Riccardo (CC)
1:30 Shopping at Target (Middletown)
 7:00 Pool Game Night (JR)
 8:00 Friday Night Movie (RL)

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Halloween
 10:00 Stretch Class (Ch 1970)
 10:30 News Review (RL)
 11:00 Stand Tall Don't Fall (Ch 1970)
 8:00 Movie Night (RL)

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October 2020

The Atrium at Navesink Harbor

