

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1>September 2020</h1>		9:45 Morning Affirmations 10:00 Fitness Boot Camp 10:45 Post Workout Protein Smoothies 11:00 Bingo 1:30 MasterClass: Comedy with Steve Martin 2:00 Fitness Boot Camp 3:00 Loaded Hummus 3:15 Trivia Challenge Tuesdays 4:00 Bingo 6:00 Classic Cinema of the 1940s The Red Shoes	10:00 Resistance Band Workout 10:45 Apples and Peanut Butter 11:00 Bingo 1:30 MasterClass: Comedy with Steve Martin 2:00 Resistance Band Workout 2:45 Pamper Yourself: Meditation 3:00 (Iced) Coffee, Cookies, and Current Events 4:00 Bingo 6:00 Hulu Series: Little Fires Everywhere	10:00 HasFit Healthy Joints 10:45 Cottage Cheese and Fruit 11:00 Bingo 1:30 MasterClass: Comedy with Steve Martin 2:00 HasFit Healthy Joints 3:00 Spinach Wrap Pizzas 3:30 Sing Along to the Classics 4:00 Bingo 6:00 Featured Actress Sophia Loren Marriage, Italian Style	9:30 Scatergories 10:00 Zumba Fitness 10:45 Berry and Yogurt Parfait 11:00 Bingo 1:30 MasterClass: Comedy with Steve Martin 2:00 Bocce Ball 3:15 Ice Cream & Table Topics 4:00 Bingo 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick: Father of the Bride	9:30 Morning Stretch 10:00 Online Church Service 10:45 Raw Veggies with Dlp 11:00 Bingo 1:30 MasterClass: Comedy with Steve Martin 2:00 Weight Circuit 2:45 Kentucky Derby Day 3:00 Kentucky Hot Browns and Virgin Mint Juleps 4:00 Bingo 6:30 Hollywood Golden Age Movie: Born Yesterday	
	9:45 Guided Meditation 10:00 Stretch and Flex 10:45 Cinnamon Apple Chips with Yogurt 11:00 Bingo 1:45 Karaoke to the Classics 2:15 Stretch and Flex 3:00 Afternoon Iced Tea and Mini Egg Salad Sandwiches 3:30 Group Word Games 4:00 Bingo 6:00 Musical Movie The Sound of Music	10:00 Oldies Dance Fitness 10:45 Peanut Butter and Banana Bread 11:00 Bingo 12:00 Labor Day Barbecue Lunch 1:30 Labor Day Sing Along 2:00 Oldies Dance Fitness 3:00 Red, White and Blue Shaved Ice 3:15 The History of Labor Day 3:30 Labor Day Trivia 4:00 Bingo 6:00 Featured Director Elia Kazan On the Waterfront Labor Day	9:45 Morning Affirmations 10:00 Fitness Boot Camp 10:45 Post Workout Protein Smoothie 11:00 Bingo 1:30 Cupcake Wars 2:00 Fitness Boot Camp 3:00 Loaded Hummus 3:15 Trivia Challenge Tuesdays 4:00 Bingo 6:00 Classic Cinema of the 1950s The African Queen	9:30 Today in History 10:00 Resistance Band Workout 10:45 Apples and Peanut Butter 11:00 Bingo 1:30 Armchair Travel: Cuba 2:00 Learn to Dance the Cha Cha Cha 2:45 The History of Cuba Trivia 3:00 Tostones and Virgin Banana Daiquiris 3:30 Current Events 4:00 Bingo 6:00 Hulu Series: Little Fires Everywhere	10:00 HasFit Healthy Joints 10:45 Cottage Cheese and Fruit 11:00 Bingo 1:30 Corn Shucking Relay 2:00 HasFit Healthy Joints 3:00 Spinach Wrap Pizzas 3:15 Everyday Spanish 4:00 Bingo 6:00 Featured Actress Sophia Loren House Boat	8:36 Moment of Silence 9:03 Moment of Silence 10:03 Moment of Silence 10:05 Line Dance Fitness 10:45 Berry and Yogurt Parfait 11:00 Bingo 1:15 9-11 Documentary: One World Trade Center 2:00 Corn Hole 3:15 Fruit Sorbet & Table Topics 4:00 Bingo 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick: Sabrina	9:30 Morning Stretch 10:00 Online Church Service 10:45 Raw Veggies with Dip 11:00 Bingo 1:30 Virtual Concert: Elton John 2:00 Weight Circuit 2:45 "Pop" Quiz 4:00 Bingo 6:30 Hollywood Golden Age Movie: An American in Paris
	9:45 Guided Meditation 10:00 Stretch and Flex 10:45 Cinnamon Apple Chips with Yogurt 11:00 Bingo 1:45 Karaoke to the Classics 2:15 Stretch and Flex 3:00 Grandparents Day Celebration 4:00 Bingo 6:00 Musical Movie Singing in the Rain Grandparent's Day	10:00 Oldies Dance Fitness 10:45 Peanut Butter and Banana Raisin Bread 11:00 Bingo 1:30 Virtual Tour of the Guggenheim in New York 2:00 Oldies Dance Fitness 3:00 Turkey and Cheese Wraps 3:15 Jeopardy Challenge 4:00 Bingo 6:00 Featured Director Elia Kazan East of Eden	9:45 Morning Affirmations 10:00 Fitness Boot Camp 10:45 Post Workout Protein Smoothie 11:00 Bingo 1:30 Cupcake Wars 2:00 Fitness Boot Camp 3:00 Loaded Hummus 3:15 Trivia Challenge Tuesdays 4:00 Bingo 6:00 Classic Cinema of the 1960s Whatever Happened to Baby Jane?	9:30 Today in History 10:00 Resistance Band Workout 10:45 Apples and Peanut Butter 11:00 Bingo 1:30 Afternoon Meditation 2:00 Resistance Band Workout 3:00 (Iced) Coffee, Cookies, and Current Events 4:00 Bingo 6:00 Hulu Series: Little Fires Everywhere	10:00 HasFit Healthy Joints 10:45 Granola Bars 11:00 Bingo 1:30 Poetry Corner 2:00 HasFit Healthy Joints 3:00 Rice Pudding 3:15 Film Buffs Club Meeting 4:00 Bingo 6:00 Featured Actress Sophia Loren Arabesque	9:30 Scatergories 10:00 Dance Fitness 10:45 Peanut Butter Banana Smoothies 11:00 Bingo 1:15 Nature Documentary: Wild Poland 2:00 Bean Bag Toss 3:15 Rosh Hashanah Celebration 4:00 Bingo 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick: Auntie Mame Rosh Hashanah Begins	9:30 Morning Stretch 10:00 Online Church Service 10:45 Berry and Yogurt Parfait 11:00 Bingo 2:00 Spa Day: Hand Care and Massage 3:00 "Pop" Quiz 4:00 Bingo 6:30 Hollywood Golden Age Movie: The Great Escape Oktoberfest Begins
	9:45 Guided Meditation 10:00 Stretch and Flex 10:45 Oat Muffins 11:00 Bingo 1:45 Karaoke to the Classics 2:15 Stretch and Flex 3:00 Afternoon Iced Tea and Tuna Salad Sandwiches 3:15 Emmy Awards Predictions 4:00 Bingo 5:00 The 72nd Prime Time Emmy Awards	10:00 Oldies Dance Fitness 10:45 Peanut Butter and Banana Raisin Bread 11:00 Bingo 1:30 History Documentary: A Brief History of the American Press 2:00 Oldies Dance Fitness 3:00 Cheese Quesadillas 3:15 Jeopardy Challenge 4:00 Bingo 6:00 Featured Director Elia Kazan A Streetcar Named Desire	9:45 Morning Affirmations 10:00 Fitness Boot Camp 10:45 Post Workout Protein Smoothie 11:00 Bingo 1:30 Cupcake Wars 2:00 Fitness Boot Camp 3:00 Fruit Salad Cups 3:15 Trivia Challenge Tuesdays 4:00 Bingo 6:00 Classic Cinema of the 1970s Annie Hall Autumn Begins	9:30 Today in History 10:00 Resistance Band Workout 10:45 Apples and Peanut Butter 11:00 Bingo 1:30 Afternoon Meditation 2:00 Resistance Band Workout 2:45 (Iced) Coffee, Cookies and Current Events 3:15 Resident Auction 4:00 Bingo 6:00 Hulu Series: Little Fires Everywhere	10:00 HasFit Healthy Joints 10:45 Granola Bars 11:00 Bingo 1:30 Poetry Corner 2:00 HasFit Healthy Joints 3:00 Soul Food with Chef Crystal: Salsa and Chips 4:00 Bingo 6:00 Featured Actress Sophia Loren El Cid	10:00 Zumba Fitness 10:45 Peanut Butter Banana Smoothies 11:00 Bingo 1:15 Nature Documentary: Secrets of the Mediterranean Rain Forest 2:00 Kickball Skills 3:00 Oktoberfest Celebration 4:00 Bingo 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick: The Quiet Man	9:30 Morning Stretch 10:00 Online Church Service 10:45 Berry and Yogurt Parfait 11:00 Bingo 1:30 Virtual Concert:John Denver 2:00 Weight Circuit 3:00 "Pop" Quiz 4:00 Bingo 6:30 Hollywood Golden Age Movie: Moulin Rouge (1952)
	9:45 Guided Meditation 10:00 Stretch and Flex 10:45 Oat Muffins 11:00 Bingo 1:45 Karaoke to the Classics 2:15 Stretch and Flex 3:00 Yom Kippur: The Day of Atonement 3:30 Challah and Honey 4:00 Bingo 6:00 Musical Movie Oklahoma! Yom Kippur Begins	10:00 Oldies Dance Fitness 10:45 Peanut Butter and Banana Raisin Bread 11:00 Bingo 1:30 History Documentary: Greatest Discoveries in Medical History 2:00 Oldies Dance Fitness 3:00 Cheese Quesadillas 3:15 Jeopardy Challenge 4:00 Bingo 6:00 Featured Director Elia Kazan Judith	9:45 Morning Affirmations 10:00 Fitness Boot Camp 10:45 Post Workout Protein Smoothie 11:00 Bingo 1:30 Cupcake Wars 2:00 Fitness Boot Camp 3:00 Fruit Salad Cups 3:15 Trivia Challenge Tuesdays 4:00 Bingo 6:00 Classic Cinema of the 1980s When Harry Met Sally	9:30 Today in History 10:00 Resistance Band Workout 10:45 Apples and Peanut Butter 11:00 Bingo 1:30 Afternoon Meditation 2:00 Resistance Band Workout 3:00 (Iced) Coffee, Cookies and Current Events 4:00 Bingo 6:00 Hulu Series: Little Fires Everywhere	 <div>Upcoming September Holidays! 9/7 Labor Day 9/11 Remembrance Day 9/13 Grandparent's Day 9/18 Rosh Hashanah Begins 9/22 First Day of Autumn 9/27 Yom Kippur Begins</div>		