

## Friday, August 16, 2019

	9:00 am	Ballet Barre with Carol Keyser	RC
	10:00 am	Gentle Exercise with Ziv	RC
	3:00 pm	Meditation (all levels welcome!)	Sol 17
	7:15 pm	Movie: Bridges of Madison County	RC
	7:15 pm	Table Games & Ping Pong	Sol 21

### Upcoming Programs:

- |   |                          |
|---|--------------------------|
| - Bridge Anyone?                            | Sat., Aug. 17, 1:30 pm   |
| - Badminton                                 | Mon., Aug. 19, 3:30 pm   |
| - Concert: Broadway Musical Theater         | Mon., Aug. 19, 7:15 pm   |
| - Widow & Widowers Support Group with Karen | Tue., Aug. 20, 2:00 pm   |
| - Balanced & Strong with Esteban            | Tue., Aug. 20, 3:30 pm   |
| - Jewelry Services with Ruby                | Wed., Aug. 21, 3:00 pm   |
| - Music Committee Meeting                   | Thur., Aug. 21, 10:00 am |
| - Balanced & Strong with Esteban            | Thur., Aug. 22, 3:30 pm  |
| - Welcoming Shabbat with Rabbi Meredith     | Fri., Aug. 23, 4:15 pm   |