

OCTOBER 2008
RCJL Activity Highlights

Families always welcome to attend all events.
Events open to the public are in blue type.

Activity Extensions
Assisted Living: 2076 Sukkat Shalom: 2078 Traditions: 2092



September 21, 2008 -
January 20, 2009

"On My Grandmother's Table I Will Find..."

Private tours available upon request by reservation only.
A minimum of 4 people per tour required.
To arrange a tour please call museum & exhibit docent
at 925-932-0396.

Religious Services

Friday Shabbat Services @ 6:30 p.m.

Saturday Shabbat Services @ 10:00 a.m.

Saturday Torah Study @ 2:00 p.m.

All Services on RCJL Channel 48

Daily Exercise Schedule

Plus Special Wellness Classes throughout the month.

AL

Sundays

10:00 - Sit & Be Fit

Mondays/Fridays

9:15 - Exercise Workout

10:15 - Exercise Workout

Wednesdays

9:00 - Exercise Workout

10:15 - Gentle Yoga (Oct. 8 & 29)

Thursdays (10/ 9 - no a.m. classes)

9:15 - Stretch & Strengthen

10:00 - Lifelong Dance Fitness

10:00 - Beginners Square
Dancing (10/30)

1:45 - Afternoon Stretch (10/9)

Tuesdays

9:15 - Exercise Workout

SNF

Mondays

9:30 - Morning Stretch

Tuesdays (Oct. 7 & 14)

10:00 - Sittercise With Debra

Wednesdays

9:30 - Dance Fitness

9:15 - 10/22 Gentle Stretch

Thursdays (No Class on 10/9)

9:30 -Dance Fitness

Fridays

9:30 - Exercise for Energy

Saturdays

3:30 - Afternoon Stretch

Sundays

9:30 - Morning Exercise

Traditions

Mondays

9:30 - Exercise Program

Tuesdays

9:15 - Exercise W/Debra

Wednesdays

9:30 - Exercise Program

Thursdays (Not 10/9)

9:30 - Morning Stretch

Saturdays

10:00 - Sit & Be Fit

OCTOBER 2008
RCJL Activity Highlights, Outings & Special Guests

subject to changes

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NIGHTLY

Movies Channel 48 @ 7:00 p.m. (excluding Fridays)

- 10/2 Bonnie Weiss Presents: Men of the Silver Screen (1:30 AL)
- 10/5 Violinist Yakov Stanislaw in Concert (2:00 AL)
- 10/7 Lunch Outing (Traditions)
- 10/8 & 10/15 Voter Registration (SNF 10/8 10:00, SNF 10/15 3:15)
- 10/12 Temple Isaiah Family Day: Tikkun in the Community (10:30 AL)
- 10/17 Clay Class With Angela (1:45 SNF)
- 10/19 Jeanne's Piano & Violin Students: A Beatles Tribute (2:00 AL)
- 10/22 Ben Brussel: Klezmer, Yiddish & Israeli Music (2:00 AL, 3:00 SNF)
- 10/26 Eastern European music with "Quintair" (10:45 AL)
- 10/28 Family Dinner (5:00 Traditions)
- 10/28 Outing to Temple Isaiah - Intergenerational Tea Social (1:30 AL)
- 10/31 Clay Class With Angela (1:45 SNF)
- Every
- Sun. Bingo (1:15 Traditions) Art With Betty (10:15 SNF)
- Mon. Biography (10:30 Traditions) Evening Activities W/Candace (6:00 SNF)
- Tues. Exercise Program With Debra (9:15 Traditions)
- Wed. Kosher Cooking (2:00 Traditions); Arts & Crafts Class (1:30 SNF)
- Thur. Mah Jong With Ellen (1:30 SNF); Hand Massages (4:00 Traditions)
- Fri. Musical Memories W/Karen (10:00 SNF) Singing W/Natasha (1:15 Trad.)