



Hoffman SummerWood Community

A Member of the Hebrew HealthCare Family

EVENTS & OUTINGS CALENDAR

MAY 1, 2017 – MAY 7, 2017

MAY-A-THON “2017” BEGINS!

MAY 1ST ~ MAY 30TH

Spring is here and SummerWood is ready to start a
HEALTHY MONTH OF WALKING AND EXERCISING!



OUR GOAL is to walk,

run, bike, ride & exercise our way from

WEST HARTFORD, CONNECTICUT TO

CANDO, NORTH DAKOTA....



1,678 miles! We “CANDO” It, with your help!

MAY 1ST- 2:30PM ~ WALK-A-THON KICK-OFF






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MONDAY, MAY 1, 2017 *YOM HAZIKARON*

| | | | |
|-----------------|---|--|-------------------------|
| 10:00 AM | SHOPPING: AVON <i>See the Activity Book for a full listing of stores available.</i> | SIGN ACTIVITY BOOK | |
| 11:30 AM | SIT N' FIT WITH BETTY Make exercise a part of your daily routine! Today's class will count towards your May-a-thon miles...stop in at 2:30pm today to learn more! | COMMUNITY CENTER | |
| 11:45 AM | JCC LUNCHEON: "CELEBRATE ISRAEL FESTIVAL WEEK!" Enjoy a delicious hot kosher Israeli-themed lunch followed by live music performed by returning pianist/vocalist, Larry Batter. | TICKET HOLDERS | |
| 12:30 PM | KITCHEN KIBITZING <i>With Chef Steve Shuman, Dining Manager</i> <i>Rhonda Patman & Executive Director Joan Carney</i> Partake of an hour of constructive dining dialogue. Questions and suggestions are welcome; if you have a favorite recipe, bring that too! | COMMUNITY CENTER | |
| 2:30 PM |  | MAY-A-THON "2017" KICK OFF! May is Older Americans Month, as well as Fitness Month! We will be "walking" our way to Cando, North Dakota, enjoying a month of health and fitness. Join staff & neighbors to learn all about what a "May-a-thon" is and how you can participate and benefit! | COMMUNITY CENTER |
| 4:10 PM | MINYAN, MEMBER DIRECTED | THE CENTER | |
| 4:45 PM | 1ST REGULAR DINNER SEATING | DINING ROOM | |
| 6:30 PM | 2ND REGULAR DINNER SEATING | DINING ROOM | |
| 8:00 PM | ROMANTIC COMEDY MOVIE: "HOPE FLOATS" (1998) Drama/Romance PG-13 114 minutes Starring: Sandra Bullock, Harry Connick Jr. <i>Full synopsis posted in the Lobby & Activity Book</i> | COMMUNITY CENTER | |



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TUESDAY, MAY 2, 2017 *YOM HA'ATZMAUT*

| | | |
|-----------------|---|---------------------------|
| 9:00 AM | BRIDGE AT WEST HARTFORD SENIOR CENTER | SIGN ACTIVITY BOOK |
| 10:00 AM | FINE ART WITH PAUL Paul's class is a perfect way to explore your creative side! He is capable of bringing out the artist in us all, whether you're painting, sketching, or molding a piece of clay. Come up right after breakfast and get started on your next artistic project! | THE CENTER |
| 11:30 AM | YOGA WITH PAM The members asked for more Yoga, well you got it! Come meet our newest Yoga instructor and continue to enjoy an exercise that provides physical, mental and spiritual well-being. | COMMUNITY CENTER |
| 12:00 PM | ISRAEL FESTIVAL FILM PRESENTS: "BAL EJ: THE HIDDEN JEWS OF ETHIOPIA" A FILM BY ISRAELI FILMMAKER IRENE ORLEANSKY | SIGN ACTIVITY BOOK |
| 1:00 PM | NEW RELEASE/MEMBER REQUESTED MOVIE: "A TALE OF LOVE AND DARKNESS" (2016) Foreign Drama/Hebrew PG-13 98 minutes Starring: Natalie Portman, Gilad Kahana <i>*Language: Hebrew with English Subtitles</i> <i>Full synopsis posted in the Lobby & Activity Book.</i> | WELLNESS CENTER |
| 3:00 PM | WORD MINING A word game that challenges you to mine words from a greater word. Come challenge yourself! | WELLNESS CENTER |
| 4:10 PM | MINYAN, MEMBER DIRECTED | THE CENTER |
| 4:45 PM | 1ST REGULAR DINNER SEATING | DINING ROOM |
| 6:30 PM | 2ND REGULAR DINNER SEATING | DINING ROOM |
| 8:00 PM | NEW RELEASE/MEMBER REQUESTED ENCORE: "A TALE OF LOVE AND DARKNESS" <i>Full synopsis posted in the Lobby & Activity Book.</i> | COMMUNITY CENTER |



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WEDNESDAY, MAY 3, 2017

| | | |
|------------------------------|--|--|
| 9:00 AM | BRIDGE IN BLOOMFIELD | SIGN ACTIVITY BOOK |
| 11:30 AM | SIT N' FIT WITH BETTY Betty uses hand weights and movement to create an exhilarating workout that includes flexibility and muscle building exercises. Exercise class equals 1 mile! | COMMUNITY CENTER |
| 12:00 PM- 1:00 PM | SUNDRY SHOP IS OPEN! Stop in and browse our selection of jewelry, toiletries, gifts, cards, candies & more! | THE CAFÉ |
| 12:00 PM | AFTERNOON COFFEE SOCIAL WITH KATELYN Stop by the Café for something to “wet your whistle” and a light snack to help you get through til dinner time. | THE CAFÉ |
| 2:00 PM | <u>PRESIDENT’S COLLEGE LECTURE</u> “COMETS: OF DOOM OR GIVERS OF LIFE?” Professor of Physics Emeritus, Fred Striefler, will talk about comets, both their astronomical and historical significance, and a new theory that brought the seeds of life to the plant. A must see lecture | COMMUNITY CENTER |
| 3:00 PM | MAY-A-THON FUN WITH ELLEN & KATELYN Join us for a challenging, fun beanbag game! Corn Hole Toss has become very popular for all outdoor Summer events that include all generations! | *WELLNESS CENTER OR BACK PATIO CHECK DAILY CALENDAR |
| 4:10 PM | MINYAN, MEMBER DIRECTED | THE CENTER |
| 4:45 PM | 1ST REGULAR DINNER SEATING | DINING ROOM |
| 6:30 PM | 2ND REGULAR DINNER SEATING | DINING ROOM |
| 8:00 PM | WEDNESDAY WESTERN MOVIE: “BUTCH CASSIDY AND THE SUNDANCE KID” (1969) Classic/Western PG 110 minutes Starring: Paul Newman, Robert Redford <i>Full synopsis posted in the Lobby & Activity Book.</i> | COMMUNITY CENTER |



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THURSDAY, MAY 4, 2017

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|-----------------|---|---------------------------|
| 9:00 AM | FOOTCARE NURSE Please make your appointment with the front desk. | THE SALON |
| 10:30 AM | HERE WE GROW ~ COMMUNITY GARDEN Time to Grow!! If the weather cooperates, Cynthia and the group will be heading outside to transplant our seedlings. All available hands will be appreciated! | THE CENTER |
| 11:30 AM | YOGA WITH GIA Yoga began as a Hindu spiritual and ascetic discipline, a part of which includes breath control and simple meditation. | COMMUNITY CENTER |
| 12:30 PM | LIVE MUSIC & SENIOR DANCE! <i>W.H. SENIOR CENTER FEATURES ~ THE HIGH-TONES</i> | SIGN ACTIVITY BOOK |
| 2:00 PM | RHODA'S SHORT STORIES Each week wonderful discussions begin as we dig into a new story. This week's short story pick is, "Me And The Little Bird." Find a copy of this week's story on the desk outside of the Wellness Center. | COMMUNITY CENTER |
| 3:00 PM | CHAI MITZVAH OF HARTFORD <i>"GRATITUDE/MODIM ANACHNU LACH"</i> Chai Mitzvah of Hartford hopes that this program will serve as a catalyst and ignite deeper Jewish engagement and continued growth into the 21 st Century. | COMMUNITY CENTER |
| 4:10 PM | MINYAN, MEMBER DIRECTED | THE CENTER |
| 4:45 PM | 1ST REGULAR DINNER SEATING | DINING ROOM |
| 6:30 PM | 2ND REGULAR DINNER SEATING | DINING ROOM |
| 8:00 PM | THURSDAY EVENING MOVIE: "MY SISTER'S KEEPER" (2009) Drama/Courtroom PG-13 110 minutes Starring: Cameron Diaz, Abigail Breslin <i>Full synopsis posted in the Lobby & Activity Book.</i> | COMMUNITY CENTER |




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FRIDAY, MAY 5, 2017

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|-----------------|--|--|
| 9:15 AM | ERRANDS & SHOPPING: BISHOPS CORNER 1ST DEPARTURE Big Y, Crown Market, Marshalls, Harvey & Lewis.... <i>Refer to Activity Book for a full listing of stores available.</i> | SIGN ACTIVITY BOOK |
| 10:15 AM | ERRANDS & SHOPPING: BISHOPS CORNER 2ND DEPARTURE | SIGN ACTIVITY BOOK |
| 11:30 AM | SIT N' FIT WITH BETTY Get moving and stay moving with Betty! She will encourage you to reach your physical potential! | COMMUNITY CENTER |
| 12:00 PM | DERBY DAY SOCIAL AND HORSERACING It's that time of the year again when the horses are running, money is won and lost, and the ladies wear fantastic hats! Today SummerWood will celebrate the Kentucky Derby by enjoying a Mint Julep, wearing our own fabulous hats and having our own horse race! Don't forget your quarters! | THE CAFÉ  |
| 2:00 PM | LECTURE & VIDEO PRESENTATION <i>History of Hollywood: Broadway Goes to Hollywood, Session III</i> This lecture explores the classical age of American drama and its impact on Hollywood movies in the decades from the 1910s thru the 1950s. Special emphasis will be placed on the works of Eugene O'Neil, Lillian Hellman, Arthur Miller, Tennessee Williams. | COMMUNITY CENTER |
| 4:10 PM | MINYAN, MEMBER DIRECTED | THE CENTER |
| 4:45 PM | 1ST DINNER SEATING | DINING ROOM |
| 6:30 PM | 2ND DINNER SEATING | DINING ROOM |
| 7:36 PM | CANDLE LIGHTING | DINING ROOM & FRONT LOBBY |



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SATURDAY, MAY 6, 2017

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|-----------------|--|---------------------------|
| 9:45 AM | TRANSPORTATION TO SYNAGOGUE SERVICE Please refer to Activity Sign Up Book for specific listing of Synagogues, departure times and return times. | SIGN ACTIVITY BOOK |
| 11:30 AM | SATURDAY FIT CLUB WITH BETH Participants in Beth's class work at their own pace through low-impact exercises designed to create better balance, improve range of motion and encourage muscle endurance. | WELLNESS CENTER |
| 12:00 PM | SNACKS & SNEAK PEEK OF THE WEEK This is a great time to catch up with your friends and neighbors, peruse next week's calendar of Events & Outings, have a cool beverage and enjoy a light snack. | THE CAFÉ |
| 1:30 PM | NEW RELEASE MATINEE MOVIE: "COLLATERAL BEAUTY" (2016) Romantic/Drama PG-13 96 minutes Starring: Will Smith, Edward Norton <i>Full synopsis posted in the Lobby & in the Activity Book.</i> | COMMUNITY CENTER |
| 4:45 PM | 1ST DINNER SEATING | DINING ROOM |
| 6:30 PM | 2ND DINNER SEATING | DINING ROOM |
| 8:00 PM | NEW RELEASE MOVIE ENCORE: "COLLATERAL BEAUTY" <i>Full synopsis posted in the Lobby & in the Activity Book.</i> | COMMUNITY CENTER |
| 8:42 PM | SHABBAT ENDS | |



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SUNDAY, MAY 7, 2017

| | | |
|-----------------|---|---------------------------|
| 9:45 AM | TRANSPORT TO RELIGIOUS SERVICE | SIGN ACTIVITY BOOK |
| 11:00 AM | EXERCISE WITH LIZ Get the blood flowing with this fun and energizing exercise class that is designed to increase strength, range of motion and improve balance. | COMMUNITY CENTER |
| 12:30 PM | BINGO! It's Sunday and it's time for Bingo! Don't forget it only takes a dollar to play. Please be courteous to your neighbors and arrive on time and ready to have fun! | THE CAFÉ |
| 1:30 PM | CLASSIC ACTION~ADVENTURE MOVIE: "THE ADVENTURES OF ROBIN HOOD" (1938) Action/Romance PG 102 minutes Starring: Errol Flynn, Olivia de Havilland <i>Full synopsis posted in the Lobby & in the Activity Book.</i> | COMMUNITY CENTER |
| 2:00 PM | PLAYHOUSE ON PARK PRESENTS: "LAST TRAIN TO NIBROC" <i>*Check with staff for cancellations/available tickets.</i> | TICKET HOLDERS |
| 4:10 PM | MINYAN, MEMBER DIRECTED | THE CENTER |
| 4:45 PM | 1ST DINNER SEATING | DINING ROOM |
| 6:30 PM | 2ND DINNER SEATING | DINING ROOM |
| 8:00 PM | CLASSIC ACTION~ADVENTURE ENCORE: "THE ADVENTURES OF ROBIN HOOD" <i>Full synopsis posted in the Lobby & in the Activity Book.</i> | COMMUNITY CENTER |

"Do not let what you
cannot do interfere
with what you can do."

John Wooden