



Activities Calendar

March 30th to April 5th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 30th	March 31st	April 1st	April 2nd	April 3rd	April 4th	April 5th
2:00pm Movie Showing The Seed of the Sacred Fig Laurel Room	8:30am Water Aerobics-Canceled Pool 9:30am Sit and Tone with Renee Laurel Room 12:45pm Rummikub Card Room 1:00pm Meditation Board Room 1:30pm Open Games Card Room 3:00pm Ice Cream Social Garden Grille 4:00pm Town Hall Laurel Room/Zoom 7:30pm Gil Harel Music Lecture Laurel Room	8:30am Water Aerobics with Tamara Pool 9:30am Chair Pilates with Tamara Laurel Room 11:15am Shopping Trip Front Entrance 4:00pm Jay Bellissimo AI Lecture Laurel Room 7:30pm Movie Showing The Social Dilemma 	8:30am Water Aerobics with Tamara Pool 9:30am Stretch with Renee Laurel Room 11:00am Catholic Mass Laurel Room 1:00pm Seamstress-Canceled Activities Room 2:00pm Intermediate Bridge Card Room 3:00pm Afternoon Tea Garden Grille 3:30pm Beginner Bridge Card Room 4:00pm Robert Henrey Lecture Laurel Room	8:30am Water Aerobics with Tamara Pool 9:30am Arthritis Mobility with Tamara Laurel Room 10:30am Tech Class *Sign-up Required Tech Suite 11:00am Protestant Service Card Room 11:00am Movie Committee Board Room 1:00pm Mahjong Card Room 1:00pm Tech Class *Sign-up Required Tech Suite 2:30pm Art with Michelle *Sign-up Required Activities Room 7:00pm Poker Night Card Room 7:30pm Movie Showing It Ends With Us Laurel Room	8:30am Water Aerobics with Tamara Pool 9:30am Sit and Tone with Renee Laurel Room 11:15am Yoga Laurel Room 2:00pm Stitch & Chat Activities Room 2:00pm Shabbat Card Room 3:00pm The Modernistics Trio Laurel Room 4:00pm Happy Hour Living Room	9:00am Sit and Tone with Renee Laurel Room 1:30pm Bingo Activities Room 3:00pm Movie Showing Flow Laurel Room 7:30pm Harold Rosenbaum Music Lecture Laurel Room





 **Fun Fact (Provided by the Welcoming Committee)**
 The front & south entry gates are closed each evening about 8pm. Your security fob will open them. After they are closed, VISITORS need to come in the front gate and use the callbox to ask for the gates to be opened.

 **Health Fact**
 Protein in your diet helps people at midlife and beyond maintain muscle mass.

Managers On Duty		
Independent Living		
30-Mar	Jay Shankar	phone (203)-595-2345
5-Apr	Caver Pusey	(203)-595-2334
Health Center		
30-Mar	Latrina Annosier	phone (203)-595-2331
5-Apr	Michael Prinszano	(203)-595-2410

Movies & Showtimes

March 30th to April 5th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 30th	March 31st	April 1st	April 2nd	April 3rd	April 4th	April 5th
<p>2:00pm Movie Showing The Seed of the Sacred Fig Drama 2h 47m (2024) *Prime*</p>  <p>Shot entirely in secret, Mohammad Rasoulof's award-winning thriller, THE SEED OF THE SACRED FIG, centers on a family thrust into the public eye when Iman is appointed as an investigating judge in Tehran. As political unrest erupts in the streets, Iman realizes that his job is even more dangerous than expected, making him increasingly paranoid and distrustful, even of his own wife Najmeh and daughters Sana and Rezvan.</p>		<p>7:30pm Movie Showing The Social Dilemma Docu/Drama 1h 34m (2020) *Netflix*</p>  <p>Tech experts sound the alarm on the dangerous human impact of social networking.</p>		<p>7:30pm Movie Showing It Ends With Us Romance/Drama 2h 10m (2024) *Netflix*</p>  <p>IT ENDS WITH US, the first Colleen Hoover novel adapted for the big screen, tells the story of Lily Bloom, a woman who overcomes a traumatic childhood to embark on a new life in Boston and chase a lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid sparks an intense connection, but as the two fall deeply in love, Lily begins to see sides of Ryle that remind her of her parents' relationship. When Lily's first love, Atlas Corrigan, suddenly reenters her life, her relationship with Ryle is upended, and Lily realizes she must learn to rely on her own strength to make an impossible choice for her future.</p>		<p>3:00pm Movie Showing Flow Adventure/Family 1h 24m (2024) *Prime*</p>  <p>BEST FOREIGN FILM. A wondrous journey, through realms natural and mystical, Flow follows a courageous cat after his home is devastated by a great flood. Teaming up with a capybara, a lemur, a bird, and a dog to navigate a boat in search of dry land, they must rely on trust, courage, and wits to survive the perils of a newly aquatic planet. From the boundless imagination of the award-winning Gints Zilbalodis (<i>Away</i>) comes a thrilling animated spectacle as well as a profound meditation on the fragility of the environment and the spirit of friendship and community. Steeped in the soaring possibilities of visual storytelling, Flow is a feast for the senses and a treasure for the heart.</p>