



Activities & Fitness August 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>12:00 Daily Meditation-MR 3:00 Doc Martin Series (Prime)- THR 7:00 pm Movie: Open Night-THR</p>	<p>3</p> <p>10:00 Chair Yoga – via Zoom 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 12:00 Daily Meditation-MR 1:00 Mahjong - HH 2:00 Discussion Group: Monetary Theory - MPR 3/7:00 Movie: The Art of Racing in the Rain (Prime) - THR</p>	<p>4</p> <p>10:00 Sit to Be Fit –Via Google Meet 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 10:00 Mall-Colonie-(sign-up reception) 11:00 Bocce, Outdoors 12:00 Daily Meditation- MR 1:00 Pinochle – HH 2:00 Chat: Kay & Lauren– MPR (no drawing) 3/7:00 Movie: The Pier (Prime) - THR 6:00 Doane Brook Wine & Cheese w/ John Hill Guitar & Vocals -Bistro Patio</p>	<p>5</p> <p>10:00 Cardio Sculpt – via Google Meet 10:30 Current Events– AR 12:00 Daily Meditation-MR 1:50 Religious Studies: Who Are We – THR 1:00 Bridge Game – HH 2:00 Color Medium -AR 3/7:00 Movie: Temple Grandin (Prime) - THR</p>	<p>6</p> <p>10:00 Body in Balance –via Google Meet 10:00 Grocery Shopping (sign-up reception) 12:00 Daily Meditation-MR 1:00 Wii Bowling-MPR 2:00 pm Shaker Voices- via Zoom 2:00 Hand & Foot - HH 3/7:00 Movie: Come Sunday (Netflix) - THR</p>	<p>7</p> <p>10:00 Drums Alive – via Google Meet 10:00 Chat: Kay & Lauren-MPR 12:00 Daily Meditation-MR 2:00 Chat: Kay & Lauren – MPR (no bingo) 3/7:00 Movie: Sergio (Netflix)- THR</p>	<p>1 and 8</p> <p>10:00 Zumba Gold – via Google Meet 12:00 Daily Meditation-MR 12:30 Bridge Game -HH 7/1 3/7:00 PBS Masterpiece: World on Fire- Last episodes -THR 7/8 3/7:00 PBS (Prime) Masterpiece: Sanditon Episodes 1 & 2-THR</p>
<p>9</p> <p>12:00 Daily Meditation-MR 3:00 Doc Martin Series (Prime)- THR 7:00 pm Movie: Open Night-THR</p>	<p>10</p> <p>10:00 Chair Yoga – via Zoom 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 12:00 Daily Meditation-MR 12:30 Mahjong - MR 2:00 Discussion Group: Why We're So Polarized - MPR 3/7:00 Movie: The Circle (Prime)- THR</p>	<p>11</p> <p>10:00 Sit to Be Fit – via Zoom 10:00 Walmart Shopping 11:00 Bocce, Outdoors 12:00 Daily Meditation-MR 1:00 Pinochle – HH 2:00 Drawing– AR 3/7:00 Movie: The Adventures of Tintin (Prime) - THR 6:00 Spirit Tree Wine & Cheese with Maurizio Guitar & Vocals - Bistro Patio</p>	<p>12</p> <p>10:00 Cardio Sculpt – via Zoom 10:30 Current Events– AR 12:00 Daily Meditation-MR 1:50 Religious Studies: Stoicism – THR 1:00 Bridge Game – HH 3/7:00 Movie: Leave No Trace (Prime)- THR 3:00 Environmental Committee-AR</p>	<p>*T-Shirt Drive Deadline* 13</p> <p>10:00 Body in Balance – via Zoom 10:00 Grocery Shopping (sign-up reception) 10:30 Color Medium -AR 12:00 Daily Meditation-MR 1:00 Wii Bowling-MPR 2:00 pm Shaker Voices- via Zoom 2:00 Hand & Foot - HH 3/7:00 Movie: Murder Mystery (Netflix) -THR</p>	<p>14</p> <p>10:00 Drums Alive – via Zoom 10:00 iPad, Smart Phone & Computer Assistance (sign up for time in AR) 12:00 Daily Meditation-MR 1:00 Bingo – MPR 2:00 Crafting with Maddy: 'T-Shirt Totes 518' Bag Making Pt 1 3/7:00 Movie: The Children Act (Prime) -THR</p>	<p>15</p> <p>10:00 Zumba Gold – via Zoom 12:00 Daily Meditation-MR 12:30 Bridge Game -HH 3/7:00 PBS Masterpiece: Sanditon Episodes 3 & 4-THR (Prime)</p>
<p>16</p> <p>12:00 Daily Meditation-MR 3:00 Doc Martin Series (Prime)- THR 7:00 pm Movie: Open Night-THR</p>	<p>17</p> <p>10:00 Chair Yoga – via Zoom 10:00 iPad, Smart Phone & Computer (sign up AR) 12:00 Daily Meditation-MR 12:30 Mahjong - MR 2:00 Discussion Group: Money in The World Economy - MPR 3/7:00 Movie: Agatha and The Truth of Murder (Netflix) - THR</p>	<p>18</p> <p>10:00 Sit to Be Fit – via Zoom 10:00 Mall-Colonie-(sign-up reception) 11:00 Bocce, Outdoors 12:00 Daily Meditation-MR 1:00 Pinochle – HH 2:00 Drawing– AR 3/7:00 Movie: Ad Astra (Prime) - THR 6:00 Carriage House/Courtyard/Cottages Wine & Cheese with CHMR Patio</p>	<p>19</p> <p>10:00 Cardio Sculpt – via Zoom 10:30 Current Events– AR 12:00 Daily Meditation-MR 1:50 Religious Studies: Human Finitude – THR 1:00 Bridge Game – HH 3/7:00 Movie: Loving (Prime) - THR</p>	<p>20</p> <p>10:00 Body in Balance – via Zoom 10:00 Grocery Shopping (sign-up reception) 10:30 Color Medium -AR 12:00 Daily Meditation-MR 1:00 Wii Bowling-MPR 2:00 pm Shaker Voices- via Zoom 2:00 Hand & Foot - HH 3/7:00 Movie: The Mercy (Prime) -THR</p>	<p>21</p> <p>10:00 Drums Alive – via Zoom 10:00 iPad, Smart Phone & Computer Assistance (sign up for time in AR) 12:00 Daily Meditation-MR 1:00 Bingo - MPR 3/7:00 Movie: Bad Education (Prime) - THR</p>	<p>22</p> <p>10:00 Zumba Gold – via Zoom 12:00 Daily Meditation-MR 12:30 Bridge Game -HH 3/7:00 PBS Masterpiece: Sanditon Episodes 5 & 6-THR (Prime)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">23</p> <p>12:00 Daily Meditation-MR 3:00 Doc Martin Series (Prime)- THR 7:00 pm Movie: Open Night-THR</p>	<p style="text-align: right;">24</p> <p>10:00 Chair Yoga – <u>via Zoom</u> 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 12:00 Daily Meditation-MR 12:30 Mahjong - MR 2:00 Discussion Group: Why Finland & Denmark are Happier Than The U.S. - MPR 3/7:00 Movie: Finding Your Feet (Prime) - THR</p>	<p style="text-align: right;">25</p> <p>10:00 Sit to Be Fit – <u>via Zoom</u> 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 10:00 Mall-Styvesant-(sign-up reception) 11:00 Bocce, Outdoors 12:00 Daily Meditation-MR 1:30 Pinochle – HH 2:00 Drawing Class– AR 3:00 <i>Birthday Celebration!</i> –TBA 3/7:00 Movie: The Meyerowitz Stories (Netflix) - THR</p>	<p style="text-align: right;">26</p> <p>10:00 Day trip to The Clark Museum 10:00 Cardio Sculpt – <u>via Zoom</u> 10:30 Current Events Discussion – AR 12:00 Daily Meditation-MR 1:50 Religious Studies: Confucius – THR 1:00 Bridge Game – HH 3/7:00 Movie: Miss Sloane (Prime) - THR</p>	<p style="text-align: right;">27</p> <p>10:00 Body in Balance – <u>via Zoom</u> 10:00 Grocery Shopping (sign-up reception) 10:30 Color Medium -AR 12:00 Daily Meditation-MR 1:00 Wii Bowling-MPR 2:00 pm Shaker Voices- <u>via Zoom</u> 2:15 Hand & Foot - HH 3/7:00 Movie: The Immortal Life of Henrietta Lacks (Prime) -THR</p>	<p style="text-align: right;">28</p> <p>10:00 Drums Alive – <u>via Zoom</u> 10:00 iPad, Smart Phone & Computer Assistance (sign up for time in AR) 12:00 Daily Meditation-MR 1:00 Bingo – MPR 2:00 Crafting with Maddy: ‘T-Shirt Totes 518’ Bag Making Pt 2 3/7:00 Movie: Tolkien (Prime)- THR</p>	<p style="text-align: right;">29</p> <p>10:00 Zumba Gold – <u>via Zoom</u> 12:00 Daily Meditation-MR 12:30 Bridge Game -HH 3/7:00 PBS Masterpiece: Sanditon Episodes 7 & 8-THR (Prime)</p>
<p style="text-align: right;">30</p> <p>12:00 Daily Meditation-MR 3:00 Doc Martin Series (Prime)- THR 7:00 pm Movie: Open Night-THR</p>	<p style="text-align: right;">31</p> <p>10:00 Chair Yoga – <u>via Zoom</u> 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 12:00 Daily Meditation-MR 12:30 Mahjong - MR 2:00 Discussion Group: Climate Change - MPR 3/7:00 Movie: Justine (Netflix) - THR</p>				<p style="text-align: center;">T-Shirt Drive to benefit</p>  <p style="text-align: center;">Info in newsletter</p>	

Pool hours:

8:00 am -5:00 pm Mon. – Fri.

8:00 am-4:00 pm Sat. & 8:00 am-12:00 noon Sun.

If you need help connecting to Zoom Fitness: fitness@shakerpointe.org or X1115 for Kerry Engle, Director of Fitness.

Room Key:

AR- Activities Room/Studio

FC – Fitness Center Studio

GR – Great Room

MPR Multipurpose Room

LNG – Lounge

MR – Meditation Room

THR - Theater

RDR – Shaker Fare/Resident Dining

DDR – Display Dining

Bistro – Bistro Meeting Room

R@P – Restaurant at the Pointe

LBR - Library

CHMR – Carriage House Meeting Room

