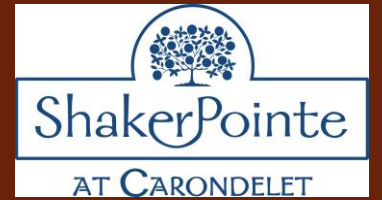







# Shaker Pointe's September 2020 Activities and Fitness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:00 Sit to Be Fit –<a href="#">Google Meet</a></p> <p>10:00 Mall-Colonie - (sign-up reception)</p> <p>11:00 Bocce, Outdoors</p> <p>11:30 Wii Bowling League-MPR</p> <p>12:00 Daily Meditation- MR</p> <p>1:00 Pinochle – HH</p> <p>12:00 <del>AquaPiyoChi - Cancelled</del>-Pool</p> <p>2:00 PBS: American Masters-MPR</p> <p>3/7:00 Movie: <u>And So It Goes</u> - (Hulu) THR</p> <p>4:00 <b>Wine &amp; Cheese – Rick Bedrosian - Doane Brook</b>-HH</p>	<p>2</p> <p>10:00 Body In Balance – via Google Meet</p> <p>10:00 Honest Weight Food Co-Op -Sr. Day Discount 8% -Lobby</p> <p>10:30 Current Events– AR</p> <p>12:00 Daily Meditation-MR</p> <p>12:00 Wii Bowling League-MPR</p> <p>1:00 Bridge Game – HH</p> <p>1:00 Cardiofit -GES</p> <p>1:50 The Meaning of Life – THR</p> <p>3/7:00 Movie: <u>Nina</u>- (Hulu) THR</p>	<p>Happy Birthday Danielle Bonetti 3</p> <p>10:00 Zumba Gold –<a href="#">Google Meet</a></p> <p>10:00 Grocery Shopping (sign-up reception)</p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Sit To Be Fit -GES</p> <p>1:00 <b>Wii Bowling</b>-MPR</p> <p>2:00 Hand &amp; Foot - HH</p> <p>3/7:00 Movie: <u>One Last Thing</u> -(Netflix) THR</p>	<p>4</p> <p>10:00 Chair Yoga – Zoom</p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Bingo-MPR</p> <p>1:00 Drums Alive -GES</p> <p>3/7:00 Movie: <u>Radioactive</u>-(Prime) THR</p>	<p>5</p> <p>12:00 Daily Meditation-MR</p> <p>12:30 Bridge Game -HH</p> <p>3:00 Balleykissangel (PBS) -THR</p> <p>7:00 pm Movie: <b>Open Night</b>-THR</p>
<p>6</p> <p>12:00 Daily Meditation-MR</p> <p>3:00 Doc Martin Series (PBS)-THR</p> <p>7:00 pm Movie: <b>Open Night</b>-THR</p>	<p><i>Labor Day!</i> 7</p> <p>10:00 <del>Chair Yoga Cancelled for Holiday</del> –<a href="#">Zoom</a></p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Mahjong - HH</p> <p>1:00-2:00-<b>Strenghtify</b>-Group Exercise Studio Canceled</p> <p>2:00 Discussion Group: <b>America's Great Divide</b>- MPR</p> <p>3/7:00 Movie: <u>The Last of The Blonde Bombshells</u> - (Prime) THR</p>	<p>8</p> <p>10:00 Sit to Be Fit –<a href="#">Google Meet</a></p> <p>10:00 Mall-Walmart - (sign-up reception)</p> <p>11:00 Bocce, Outdoors</p> <p>11:30 Wii Bowling League-MPR</p> <p>12:00 Daily Meditation- MR</p> <p>12:00 AquaPiyoChi -Pool</p> <p>1:00 Pinochle – HH</p> <p>2:00 PBS: American Masters-MPR</p> <p>3/7:00 Movie: <u>The Kid</u>- (Prime) THR</p> <p>4:00 <b>Wine &amp; Cheese -Laura Melanie Collins</b>-Spirit Tree</p>	<p>Happy Birthday Donna Byron &amp; Carole Egan 9</p> <p>10:00 Body In Balance –<a href="#">Google Meet</a></p> <p>10:30 Current Events– AR</p> <p>12:00 Daily Meditation-MR</p> <p>12:00 Wii Bowling League-MPR</p> <p>1:00 Bridge Game – HH</p> <p>1:00 Cardiofit –GES</p> <p>1:50 The Meaning of Life -THR</p> <p>3/7:00 Movie: <u>Walking Out</u>- (Netflix) THR</p> <p>3:00 Defenders of the Earth-MPR</p>	<p>10</p> <p>10:00 Zumba Gold –<a href="#">Google Meet</a></p> <p>10:00 Grocery Shopping (sign-up reception)</p> <p>11:30 Wii Bowling League -MPR</p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Sit To Be Fit -GES</p> <p>2:00 Hand &amp; Foot – HH</p> <p>2:30 pm Music Appreciation: <u>Amen! Music in the Black Church</u> - MPR</p> <p>3/7:00 Movie: <u>Brexit</u> -(Prime) THR</p>	<p>Happy Birthday Jeanne Pomponio 11</p> <p>10:00 iPad, Smart Phone &amp; Computer Assistance (sign up AR)</p> <p>10:00 Chair Yoga – Zoom</p> <p>11:30 Wii Bowling League-MPR</p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Bingo-MPR</p> <p>1:00 Drums Alive -GES</p> <p>3/7:00 Movie: <u>Where'd You Go, Bernadette?</u> - (Hulu) THR</p>	<p>Happy Birthday Michael Murphy 12</p> <p>12:00 Daily Meditation-MR</p> <p>12:30 Bridge Game -HH</p> <p>3:00 Balleykissangel (PBS) -THR</p> <p>7:00 pm Movie: <b>Open Night</b>-THR</p>
<p>13</p> <p>12:00 Daily Meditation-MR</p> <p>3:00 Doc Martin Series (PBS)- THR</p> <p>7:00 pm Movie: <b>Open Night</b>-THR</p>	<p>14</p> <p>10:00 – 12:00 Rite Aid Flu Clinic-MPR (must sign up in AR)</p> <p>10:00 Chair Yoga –<a href="#">Zoom</a></p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Mahjong – HH</p> <p>1:00 Strenghtifty -GES</p> <p>2:00 Discussion Group: <b>Green New Deal</b>- MPR</p> <p>6:00 MasterClass3/7:00 Movie: <u>Rebel in the Rye</u> - (Hulu) THR</p>	<p>15</p> <p>10:00 Sit to Be Fit –<a href="#">Google Meet</a></p> <p>10:00 Mall - Lee Premium Outlets (<u>sign up with Activities for this trip only</u>)</p> <p>11:00 Bocce, Outdoors</p> <p>11:30 Wii Bowling League - MPR</p> <p>12:00 Daily Meditation- MR</p> <p>12:00 AquaPiyoChi -Pool</p> <p>1:00 Pinochle – HH</p> <p>2:00 PBS: American Masters-MPR</p> <p>3/7:00 Movie: <u>Starfish</u>- (Prime) THR</p> <p>4:00 <b>Wine &amp; Cheese -Rick Bedrosian-CHMR</b></p>	<p>Happy Birthday Peter Bendon, Barbara Sefcik &amp; John Murray 16</p> <p>10:00 Body In Balance –<a href="#">Google Meet</a></p> <p>10:30 Current Events– AR</p> <p>12:00 Daily Meditation-MR</p> <p>12:00 Wii Bowling League-MPR</p> <p>1:00 Bridge Game – HH</p> <p>1:00 Cardiofit -GES</p> <p>1:50 The Meaning of Life -THR</p> <p>3/7:00 Movie: <u>Love &amp; Friendship</u> - (Prime) THR</p>	<p>Happy Birthday Fran Livernoise &amp; Ronnie Uss 17</p> <p>10:00 Zumba Gold –<a href="#">Google Meet</a></p> <p>10:00 Grocery Shopping (sign-up reception)</p> <p>11:30 Wii Bowling League - MPR</p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Sit To Be Fit -GES</p> <p>2:00 Hand &amp; Foot – HH</p> <p>2:30 pm Music Appreciation: <u>Majesty of Music &amp; Math</u> - MPR</p> <p>3/7:00 Movie: <u>Lucky</u> -(Hulu) THR</p>	<p>18</p> <p>10:00 depart for <b>Walkway Over the Hudson</b> and Lunch, <b>Shadows on the Hudson, Poughkeepsie</b> (<i>rain date 9/25</i>)</p> <p>10:00 Chair Yoga –Zoom</p> <p>11:30 Wii Bowling League -MPR</p> <p>12:00 Daily Meditation-MR</p> <p>1:00 Bingo-MPR</p> <p>1:00 Drums Alive -GES</p> <p>3/7:00 Movie: <u>Loving Vincent</u> - (Hulu) THR</p>	<p>19</p> <p>12:00 Daily Meditation-MR</p> <p>12:30 Bridge Game -HH</p> <p>3:00 Balleykissangel (PBS) -THR</p> <p>7:00 pm Movie: <b>Open Night</b>-THR</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 12:00 Daily Meditation-MR 3:00 Doc Martin Series (PBS)- THR 7:00 pm Movie: Open Night-THR	21 10:00 – 12:00 Rite Aid Flu Clinic-MPR (must sign up in AR) 10:00 Chair Yoga –Zoom 12:00 Daily Meditation-MR 1:00 Mahjong – HH 1:00 Strenghtify -GES 2:00 Chat with Kay & Lauren – MPR 2:00 Discussion Group: Nationalism vs Globalism-Bistro - Limit 12 individuals due to venue 3/7:00 Movie: <u>Dog Days</u> - (Hulu) THR	Happy Birthday Russell Hogue 22 10:00 Sit to Be Fit –Google Meet 10:00 Mall-Colonie - (sign-up reception) 11:00 Bocce, Outdoors 11:30 Wii Bowling League -MPR 12:00 Daily Meditation- MR 12:00 AquaPiyoChi -Pool 1:00 Pinochle – HH 2:00 PBS: American Masters -MPR 3/7:00 Movie: <u>Mary Shelley</u> - (Hulu) THR	Happy Birthday Nancy Myers & Jane Pattison 23 10:15 depart for Mabee Farm Historic Site and Lunch, The River Road House, Rotterdam 10:00 Body In Balance –Google Meet 10:00 Chat with Kay & Lauren-MPR 10:30 Current Events– AR 12:00 Daily Meditation-MR 12:00 Wii Bowling League-MPR 1:00 Bridge Game – HH 1:00 Cardiofit –GES 1:50 The Meaning of Life -THR 3/7:00 Movie: <u>An Interview with God</u> - (Netflix) THR	24 10:00 Zumba Gold –Google Meet 10:00 Grocery Shopping (sign-up reception) 10:00 Chat with Kay & Lauren-MPR 11:30 Wii Bowling League -MPR 12:00 Daily Meditation-MR 1:00 Sit To Be Fit -GES 2:00 Chat with Kay & Lauren-MPR - No Music Appreciation 2:00 Hand & Foot - HH 3/7:00 Movie: <u>Castles in The Sky</u> - (Prime) THR	25 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 10:00 Chair Yoga –Zoom 11:30 Wii Bowling League-MPR 12:00 Daily Meditation-MR 1:00 Bingo-MPR 1:00 Drums Alive -GES 3/7:00 Movie: <u>The Stand at Paxton County</u> - (Netflix) THR	26 12:00 Daily Meditation-MR 12:30 Bridge Game -HH 3:00 Balleykissangel (PBS) -THR 7:00 pm Movie: Open Night-THR
27 12:00 Daily Meditation-MR 3:00 Doc Martin Series (PBS)- THR 7:00 pm Movie: Open Night-THR	28 10:00 Chair Yoga –Zoom 10:00 iPad, Smart Phone & Computer Assistance (sign up AR) 12:00 Daily Meditation-MR 1:00 Mahjong – HH 1:00 Strenghtify -GES 2:00 Discussion Group: The Importance of Institutions-MPR 2:00 Art Class-AR 3/7:00 Movie: <u>The Polka King</u> - (Netflix) THR	29 10:00 Sit to Be Fit –Google Meet 10:00 Mall-Target- (sign-up reception) 11:00 Bocce, Outdoors 11:30 Wii Bowling League -MPR 12:00 Daily Meditation- MR 12:00 AquaPiyoChi -Pool 1:00 Pinochle – HH 2:00 PBS: American Masters-MPR 3:00 <u>BirthDay Celebration</u> - GR/MPR 3/7:00 Movie: <u>Where Hands Touch</u> - (Hulu) THR	30 10:00 Body In Balance –Google Meet 10:30 Current Events– AR 12:00 Daily Meditation-MR 12:00 Wii Bowling League-MPR 1:00 Bridge Game – HH 1:00 Cardiofit–GES 1:50 The Meaning of Life -THR 2:00 Art Class -AS 3/7:00 Movie: <u>Blinded by The Light</u> - (Prime) THR 6:30 Michael Barrett: Lecture: Russell Sage, the Money King-MPR			

**Open Swim:**

**Monday** 10:00 – 12:00 noon (*except* Labor Day, 9/7)

**Tuesday** 8:30 – 10:30 am,  
w/ neighbors 1:30 – 3:00 pm

**Wednesday** 10:00- 12:00 noon

**Thursday** 8:30 – 10:30 am,  
w/ neighbors 1:30 – 3:00 pm

**Friday** 10:00 – 12:00 noon

**Saturday** 1:00 – 3:00 pm



**Room Key:**

AR/AS – Activities Room/Studio

GR – Great Room

LBR – Library

MPR – Multi-Purpose Room

THR - Theater

Google Meet – Virtual Fitness Class

LNG – Lounge

DD – Display Dining

SF – Shaker Fare

HH – Hospitality Hall

Bistro – Private Bistro Dining/Meeting Room

R@P – The Restaurant at the Pointe

GES – Group Exercise Studio

