

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2022

GARDEN OF PALMS SOUL CALENDAR

						1							
<p>9:30 Morning Motown Soul Music 10:00 Chair Zumba 11:00 Dear Safta Life Advice 1:00 Love on a Leash 1:30 Bingo 2:00 Flutist Michelle Luger 3:00 Happy Hour - Frozen Treats 4:00 Brain HQ Comedy Series 6:00 Comedy Series: Grace and Frankie</p>	2	<p>9:30 Name That Tune 10:00 Stretch and Strengthen 11:00 Current Events Chronicle 1:30 The Meaning of Tashlich 2:00 Art Series: Sukkah Decorations 3:00 Volleyball 4:00 Torah Talk 6:00 Monday Musicals</p>	3	<p>9:30 Tikva Records Radio 10:00 Balance Training 11:00 Famous Singers of the 50's: Elvis Presley 1:30 Midwest Tours: Iowa 2:00 Bingo 3:00 The Importance of Yom Kippur 4:30 Evening Walk 6:00 Inspirational Movies Yom Kippur Begins</p>	4	<p>9:30 Morning Meditation 10:00 Power of Psalms 11:00 Karaoke Sing-Along 2:00 Yom Kippur Relaxation: Games & Stories 4:00 Yom Kippur Services 5:00 Fairfax Street Stroll 6:00 Classic Films of the 40's Yom Kippur</p>	5	<p>9:30 Hot off the Press Periodicals 10:00 Weight Training Circuit 11:00 Music Appreciation: The Eagles 1:30 Karaoke Sing Along 3:00 Live Entertainment on the Patio 3:30 Hoops Basketball 4:00 Parsha of the Week Discussion 5:00 Zen Walking Meditation 6:00 Yiddish Movies: The Hebrew Hammer</p>	6	<p>9:30 Jewish Women of Valor 10:00 SOUL Dance Fitness 11:00 Aromatherapy Scents and Inspiration 1:30 Summer Movie Matinee 2:00 Shabbos Nail Salon 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 Shabbat Davening 6:59 Shabbat Begins</p>	7	<p>9:30 Guided Meditation 10:00 Breathe Yoga 11:00 Patio Iced Tea Cart 1:30 SOUL Spa Afternoon: Facial Masks, Massage, and Manicures! 3:30 Music Therapy 4:30 Santa Monica Blvd Stroll 6:00 Israel Lights! Camera! Action! 8:01 Shabbat Ends</p>	8
<p>9:30 Positive Energy Piano Tunes 10:00 Dance Aerobics 11:30 The Story of Sukkot & Why We Celebrate 1:30 Bingo 2:30 Sukkot Photoshoot 3:00 The Lucky Club - Old Maid 4:00 Brainteaser Challenge 6:00 Comedy Series: Grace and Frankie te Sukkot Begins</p>	9	<p>9:30 Guess in 10 Challenge 10:00 Chair Fitness 11:00 Sing Along with Lawrie Chiaro 1:30 Ushpizim Day 1: The Story of Abraham 2:00 Edgar Allan Poe Poetry: A Reading and Discussion 3:00 SOUL Bowl 4:00 The Little Midrash 6:00 Evening Opera Film First Day of Sukkot</p>	10	<p>9:30 Cuppa and Conversation 10:00 Resistance Band Workout 11:00 Famous Singers of the 50's: Elvis Presley 1:30 Midwest Tours: Michigan 2:00 Ushpizim Day 2: The Story of Issac 3:00 BINGO 4:30 Fairfax Street Stroll 6:00 Inspirational Movies Second Day of Sukkot</p>	11	<p>9:30 Positive Affirmations 10:00 Carlebach Cardio! 11:00 Ushpizim Day 3: Jacob 1:30 Art Appreciation Part 2: Michelangelo 2:30 Bubbe's Bakery Creations 4:00 Karaoke with Instruments 6:00 Classic Films of the 40's Chol Hamoed</p>	12	<p>9:30 Jewish Journal 10:00 Juke and Jive Stretch 11:00 Ushpizim Day 4: Joseph 1:30 Sing Along to Rat Pack Classics 2:00 Happy Hour and Live Entertainment on the Patio 3:30 Badminton 4:00 Parsha of the Week Discussion 5:00 Relaxing Walk 6:00 Yiddish Movies: Fiddler on the Roof Chol Hamoed</p>	13	<p>9:30 Jewish Women of Valor 10:00 Fit to the Core 11:00 Relaxing Essential Oils 1:30 Summer Movie Matinee 2:00 Shabbos Nail Salon 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 Shabbat Davening 6:50 Shabbat Begins</p>	14	<p>9:30 Guided Meditation 10:00 Breathe Yoga 11:00 Patio Iced Tea Cart 1:30 SOUL Spa Afternoon: Facial Masks, Massage, and Manicures! 3:30 Music Therapy 4:30 Santa Monica Blvd Stroll 6:00 Israel Lights! Camera! Action! 7:42 Shabbat Ends Chol Hamoed</p>	15
<p>9:30 Morning Motown Soul Music 10:00 Chair Zumba 11:00 Dear Safta Life Advice 1:00 Love on a Leash 1:30 Bingo 2:30 Pumpkin Spice Happy Hour 3:00 Ushpizim Day 7: The Story of King David 4:00 Brain HQ 6:00 <i>Sunday Sitcom:</i> Grace and Frankie Hoshanah Rabah</p>	16	<p>9:30 Name That Tune 10:00 Stretch and Strengthen 11:00 Current Events Chronicle 1:30 Autumn Almanac 2:00 The Meaning of Shemini Atzeret 3:00 Volleyball 4:00 Torah Talk 6:00 Monday Musicals Shemini Atzeret</p>	17	<p>9:30 Tikva Records Radio 10:00 Balance Training 11:00 Famous Singers of the 50's: Tony Bennett 1:30 Midwest Tours: Ohio 2:00 Bingo 3:00 The Importance of Simchat Torah 4:30 Evening Walk 6:00 Inspirational Movies Simchat Torah</p>	18	<p>9:30 Morning Meditation 10:00 Shvitz & Sit 11:00 Name That Tune 1:30 Art Appreciation Part 3: Jackson Pollack 2:30 Bubbe's Bakery Creations 4:00 Music Mania: Exploring Instruments and Rhythm 6:00 Classic Films of the 40's</p>	19	<p>9:30 Hot off the Press Periodicals 10:00 Weight Training Circuit 11:00 Fall Decor Crafting Series 1:30 Americana Karaoke 2:30 Happy Hour and Live Entertainment on the Patio 3:30 Hoops Basketball 4:00 Parsha of the Week Discussion 5:00 Zen Walking Meditation 6:00 Yiddish Movies: Yentl</p>	20	<p>9:30 Jewish Women of Valor 10:00 SOUL Dance Fitness 11:00 Aromatherapy Scents and Inspiration 1:30 Summer Movie Matinee 2:00 Shabbos Nail Salon 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 Shabbat Davening 6:40 Shabbat Begins</p>	21	<p>9:30 Musical Meditation 10:00 Chair Tai Chi 11:00 Patio Coffee Cart 1:30 SOUL Spa Afternoon: Facial Masks, Massage, and Manicures! 3:30 Broadway Musical Sing Along 4:30 Santa Monica Blvd Stroll 6:00 Israel Lights! Camera! Action! 7:32 Shabbat Ends</p>	22
<p>9:30 Positive Energy Piano Tunes 10:00 Dance Aerobics 11:00 Great Art Explained: da Vinci 1:00 Patio Pet Therapy 1:30 Bingo 2:30 History of Medicine 3:00 Sunset Stroll 4:00 Brainteaser Challenge 6:00 Comedy Series: Grace and Frankie</p>	23	<p>9:30 Famous Last Words 10:00 Chair Fitness 11:00 Dear Safta 1:30 History of the United Nations 2:00 Dickinson's Poetry: A Reading and Discussion 3:00 Soul Bowl 4:00 The Little Midrash 6:00 Monday Musicals</p>	24	<p>9:30 Apple Tea and Honey 10:00 Resistance Band Workout 11:00 Famous Singers of the 50's: Ella Fitzgerald 11:45 BINGO 1:30 Midwest Tours: Michigan 2:00 Bingo 3:00 National Sour Day Treats 4:30 Fairfax Street Stroll 6:00 Inspirational Movies</p>	25	<p>9:30 Positive Affirmations 10:00 Carlebach Cardio! 11:00 Natural World Aquapainting 1:30 High Tea 2:30 Bubbe's Bakery Creations 4:00 Karaoke with Instruments 6:00 Classic Films of the 40's</p>	26	<p>9:30 Jewish Journal 10:00 Juke and Jive Stretch 11:00 Handmade Holidays: Rosh Hashanah 1:30 Sing Along to Rat Pack Classics 2:30 Fall Happy Hour and Live Entertainment on the Patio 3:30 Badminton 4:00 Parsha of the Week Discussion 5:00 Relaxing Walk 6:00 Yiddish Movies: Taxi!</p>	27	<p>9:30 Jewish Women of Valor 10:00 Fit to the Core 11:00 Relaxing Essential Oils 1:30 Autumn Movie Matinee 2:00 Shabbos Nail Salon 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 Shabbat Davening 6:30 Shabbat Begins</p>	28	<p>9:30 Guided Meditation 10:00 Breathe Yoga 11:00 Patio Iced Tea Cart 1:30 SOUL Spa Afternoon: Facial Masks, Massage, and Manicures! 3:30 Music Therapy 4:30 Santa Monica Blvd Stroll 6:00 Israel Lights! Camera! Action! 7:42 Shabbat Ends</p>	29
<p>9:30 Morning Motown Soul Music 10:00 Chair Zumba 11:00 Dear Safta Life Advice 1:00 Love on a Leash 1:30 Bingo 2:30 Harvest Happy Hour 3:00 Stories of Fall Beginnings 4:00 Brain HQ 6:00 <i>Sunday Sitcom:</i> Grace and Frankie</p>	30	<p>9:30 Name That Tune 10:00 Stretch and Strengthen 11:00 Current Events Chronicle 1:30 Autumn Almanac 2:00 Harvest Celebration 3:00 Volleyball 4:00 Torah Talk 6:00 Monday Musicals Harvest Day</p>	31	 <p style="font-size: 2em; font-weight: bold; color: red;">ELUL/CHESHVAN 5783</p> <p style="font-size: 3em; font-weight: bold; color: red;">OCTOBER 2022</p>									