


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Church Services – Ch 3 12:30 – 2:00 Sunday Brunch – Metcalf Dining 1:30 Ecumenical Communion Service – Chapel	9:00 Exercise – TH/Ch3 1:30 “Cards” – Card Room 7:00 Harmony in Motion - TH 7:00 Movie-Channel	9:00 Exercise – CH3/TH <b>9:15 Shopping in Newton *NA*</b> 9:30 Morning Fitness - TH <b>10:30 Current Events – CCR</b> 1:00 Quilt Group – AC <b>1:30 Shopping in Newton</b> 7:00 Movie -Ch 3	9:00 Exercise –/Ch 3 <b>11:00 Presentation –“Laughter” Stephanie Antosiewicz - TH</b> 2:00 Chapel Choir Rehearsal - Chapel 2:30 Chapel 6:30 Mah Jongg – AC 6:30 Bridge Club – Metcalf 2 <sup>nd</sup> Fir Lounge 7:00 Movie – Ch3/TH	9:00 Exercise TH/ Ch 3 1:00 Veterans Committee - AC 1:15 Bingo-3 <sup>rd</sup> Floor AL (Volunteer) 1:30 “Chip Poker” – Garden Dining Rm Metcalf 3:00 Chronic Pain Association - AC <b>4:30 Dinner Trip – Olive Garden</b> 7:00 Movie- Ch 3/TH	9:00 Exercise TH/Ch3 9:00 Eucharist - TH 9:30 Morning Fitness - TH 10:00 All Stitched Up/Knitting – Metcalf 1 <sup>st</sup> Fl 10:00 Exec Comm Resident Council – Adm Conference Rm 11:00 Dining Comm – Tice Dining Rm 7:00 Movie – TH/Ch3	9:00 Exercise – TH/Ch3 <b>1:00 – 2:00 Grandparents Day/Make a Sundae – Sign Up Required - AC</b> 1:30 “Cards/Games” – Card Room <b>2:00 Sy and Sheila Mendel – Organ and Violin Music and Memories - TH</b> 7:00 Movie – TH/Ch3
10:00 Church Services – Ch 3 12:30 – 2:00 Sunday Brunch – Metcalf Dining	9:00 Exercise – TH/Ch3 9:30 Morning Fitness – TH 10:00 Spiritual Life Comm – CCR 10:30 Bible Study – AL+ AC <b>11:30 Lunch Trip – Charlotte’s Web</b> 1:30 “Cards” – Card Room 7:00 Movie-Channel 3	9:00 Exercise – CH3/TH <b>9:15 Shopping in Newton</b> 9:30 Morning Fitness – TH <b>11:30 Tour of Newton – Sign Up Required</b> 1:00 Quilt Group – AC <b>2:00 Residents Council - TH</b> 7:00 Movie -Ch 3	9:00 Exercise –/Ch 3 <b>10:30 Catholic Mass – TH</b> <b>1:00 Shopping in Newton</b> 2:00 Chapel Choir Rehearsal - Chapel 2:30 Chapel 6:30 Mah Jongg – AC 6:30 Bridge Club – Metcalf 2 <sup>nd</sup> Fir Lounge 7:00 Movie – Ch3/TH	9:00 Exercise TH/ Ch 3 9:30 Move Today – TH 10:00 Art Class/Watercolors - AC 10:30 Line Dancing - TH 10:30 Prayer Group- AC <b>10:45 Shopping in Newton</b> 11:15 Chair Yoga – AC <b>1:00 Bank Visit/Farm Stand/ Shopping</b> 1:15 Bingo-3 <sup>rd</sup> Floor AL 3:30 Bereavement Meeting – Chapel Conference Room 7:00 Movie- Ch 3/TH	9:00 Exercise TH/Ch3 9:00 Eucharist - TH 10:00 All Stitched Up/Knitting – Metcalf 1 <sup>st</sup> Fl <b>10:30 Sharing Time/ 1940 WWII – TH</b> 10:30 – 12:00 Visual Eyes – AC 7:00 Movie – TH/Ch3	9:00 Exercise – TH/Ch3 1:00 – 3:00 Technology Help - AC 1:30 “Cards/Games” – AC 7:00 Movie – TH/Ch3
10:00 Church Services – Ch 3 12:30 – 2:00 Sunday Brunch – Metcalf Dining 6:30 “Birthday Party” – Metcalf Dining Room <b>7:00 Entertainment”</b>	9:00 Exercise – TH/Ch3 9:30 Morning Fitness – TH <b>9:00 Auxiliary Bake Sale – Rotunda</b> <b>10:30 Auxiliary Meeting - TH</b> 1:30 “Cards” – Card Room 7:00 Harmony in Motion – TH 7:00 Movie – Channel 3	9:00 Exercise – Ch3/TH <b>9:15 Shopping in Newton - *NA</b> 9:30 Morning Fitness - TH <b>10:30 Current Events – AC</b> <b>10:45 Bank Visits/Shopping</b> 1:00 Quilt Group – AC <b>1:30 Shopping in Newton - *NA</b> <b>4:30 Dinner Trip Charlie Browns</b> 7:00 Movie – Ch 3 <b>7:30 Civil War Roundtable - TH</b>	9:00 Exercise –/Ch 3 <b>10:00 Presentation: Master Gardners</b> <b>Don’t Let Your Houseplants go to Pot.</b> 2:00 Chapel Choir Rehearsal - TH 2:30 Chapel - TH 6:30 Mah Jongg – AC 6:30 Bridge Club – Metcalf 2 <sup>nd</sup> Fir Lounge 7:00 Movie – Ch3/TH	9:00 Exercise TH/ Ch 3 9:30 Move Today – TH 10:30 Line Dancing - TH 10:30 Community Life Comm – Tice Dining RM <b>10:00 – 3:00 “Jewelry Lady “- Rotunda</b> 10:30 Prayer Group- AC 11:15 Chair Yoga – AC 1:00 Chef’s Demo - TH 1:15 Bingo-3 <sup>rd</sup> Floor AL (Volunteer) 1:30 “Chip Poker” – Garden Dining Rm Metcalf 7:00 Movie- Ch 3/TH	9:00 Exercise TH/Ch3 9:00 Eucharist -TH 10:00 All Stitched Up/Knitting– Metcalf 1 <sup>st</sup> Fl <b>11:00 Lunch Trip – Apple Valley</b> 7:00 Movie – TH/Ch3 <b>8:00 – 2:00 Sussex County Senior Services Healthy Living Fair - *Registration Required*</b>	9:00 Exercise – TH/Ch3 1:30 “Cards/Games” – AC 7:00 Movie – TH/Ch3
10:00 Church Services – Ch 3 12:30 – 2:00 Sunday Brunch – Metcalf Dining	9:00 Exercise – TH/Ch3 9:30 Morning Fitness – TH <b>10:30 Catholic Mass - TH</b> 10:30 Bible Study – AL+AC 1:30 “Cards” – Card Room 7:00 Harmony in Motion - TH 7:00 Movie-Channel 3	9:00 Exercise – Ch3/TH <b>9:15 Shopping in Newton - *NA</b> 9:30 Morning Fitness - TH <b>10:45 Bank Visits/Farm Stand/ Shopping</b> 1:00 Quilt Group – AC <b>1:30 Shopping in Newton - *NA</b> 7:00 <b>Orchid Society - TH</b> 7:00 Movie – Ch3	9:00 Exercise –/Ch 3 <b>12:00 Ladies Lunch – TH *Sign Up Required*</b> 2:00 Chapel Choir Rehearsal - TH 2:30 Chapel - TH 6:30 Mah Jongg – AC 6:30 Bridge Club – Metcalf 2 <sup>nd</sup> Fir Lounge 7:00 Movie – Ch3/TH	9:00 Exercise TH/ Ch 3 9:30 Move Today – TH 10:30 Line Dancing - TH 10:30 Prayer Group- AC <b>10:45 – Shopping in Newton</b> 11:15 Chair Yoga – AC <b>1:00 Tour of Sparta – Sign Up Required</b> 1:15 Bingo-3 <sup>rd</sup> Floor AL 1:30 “Chip Poker” – Garden Dining Rm Metcalf 7:00 Movie- Ch 3/TH	9:00 Exercise TH/Ch3 9:00 Eucharist -TH 9:30 Morning Fitness - TH 10:00 All Stitched Up/Knitting – Metcalf 1 <sup>st</sup> Fl <b>10:00 Rockaway Mall – Shopping and Lunch Bus return 1:30</b> 1:30 Faith on Film – TBD –Chapel 7:00 Movie – TH/Ch3	9:00 Exercise – TH/Ch3 1:00 – 3:00 Technology Help - AC 1:30 “Cards/Games” – AC 7:00 Movie – TH/Ch3
10:00 Church Services – Ch 3 12:30 – 2:00 Sunday Brunch – Metcalf Dining	9:00 Exercise – TH/Ch3 9:30 Morning Fitness – TH 10:30 Bible Study – AL+AC 1:30 “Cards” – Card Room 7:00 Harmony in Motion – TH 7:00 Movie – Channel 3	 <p><b>September 2019</b></p>				
<h1>Metcalf Woods Community Life</h1>						

Labor Day

Grandparents' Day

Oktoberfest Begins

Autumn Begins

Rosh Hashanah (first Day)