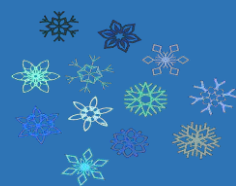




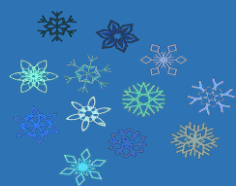
January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Recreation office phone # 212-534-6464 Ext. 5131	Janet, Noemi & Tyler. We are on site 7 days a week and our office is on Room 211	Movie Selection Days are: TUESDAY, THURSDAY & SATURDAY				9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Zumba AR 2:00 Music with Henry AR 3:00 Nail Art Fun AR
2	3	4	5	6	7	8
9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Zumba AR 1:00 Religious Service AR 2:00 Bingo AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Trivia AR 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with Guitar Den AR 3:00 Riddles Fun AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Pizza Making Fun AR 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 HPH Talk AR 2:00 Music with Joe Pace AR 3:00 Wii Game AR	9:30 Morning Social AR 10:00 Exercise AR 10:30 Self Defense Class AR 1:15 Jewelry Making AR 1:15 Computer Class AR 2:15 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Yoga AR 2:00 Jewish Service AR 3:00 Coffee/Tea Social AR
9	10	11	12	13	14	15
9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Zumba AR 1:00 Religious Service AR 2:00 Bingo AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Art Class AR 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Res. Council Meeting AR 3:00 Music with Anthony AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 French Language Class AR 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with John Adisano AR 3:00 Guessing Game AR	9:30 Morning Social AR 10:00 Seated Tai- Chi AR 10:30 Self Defense Class AR 1:15 Word Jumble Game AR 2:15 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Zumba AR 2:00 Nail Art Fun AR 3:00 Piano Tunes with Avery LB
16	17	18	19	20	21	22
9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Yoga AR 1:00 Religious Service AR 2:00 Bingo AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Open Table Games AR 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Walking Trip AR 2:00 Music with Linda AR 3:00 Velvet Art Fun AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Spanish Language Class AR 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Bingo All You Can AR 3:00 Music Madness AR	9:30 Morning Social AR 10:00 Exercise AR 10:30 Self Defense Class AR 1:15 Spelling Bee AR 2:15 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Yoga AR 2:00 Coffee/Tea Social AR 3:00 Music with Tommy & Ellen AR
23	24	25	26	27	28	29
9:00 Morning Social AR 10:00 Exercise AR 10:30 Seated Yoga AR 1:00 Religious Service AR 2:00 Bingo AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Fun with Markers AR 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Resident Council Meeting AR 3:00 Music with Marjan K. LB	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Reminiscing and Tell Game 2:15 Movie Matinee AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Food Committee AR 3:00 Music with Victoria AR	9:30 Morning Social AR 10:00 Seated Tai- Chi AR 10:30 Self Defense Class AR 1:15 Painting Class AR 1:15 Computer Class AR 2:15 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 10:30 Meditation & Relaxation AR 2:00 Nail Art Fun AR 3:00 Music with Richard Jean AR
30	31					
9:00 Morning Social AR 10:00 Exercise AR 10:30 Meditation & Relaxation 1:00 Religious Service AR 2:00 Bingo AR	9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Mandala Art AR 2:15 Movie Matinee AR					

happy new year



January 2022



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