



March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
TRIPS East River Mall 2/10 Tour Around the City 2/17 Ferry Trip 2/17 Trip to Battery Park 2/24	Recreation office phone # 212-534-6464 Ext. 5131	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Upper Body Strength AR 10:30 Seated Abs AR 2:00 Trivia AR 3:00 Music with Tommy AR	9:00 Seated Tai-Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength 10:30 Neck Exercise AR 1:30 Movie Matinee AR 3:30 Ash Wednesday Salon 10am - 2pm	9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Total Body Strength 10:30 Seated Abs AR 2:00 Jewelry Making AR 3:00 Virtual Concert Show AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Zumba AR 10:30 Step Class AR 2:00 Music with Louis AR 3:00 Let's Sip and Talk AR	9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 2:00 Movie AR
6	7	8	9	10	11	12
9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 1:00 Religious Services AR 2:00 Bingo AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Muscular Endurance AR 10:30 Balance Exercise AR 1:15 Art Class with Marie AR 2:00 Movie Matinee AR	9:00 Seated Tai-Chi AR 9:30 Morning Social AR 9:45 Seated Abs AR 10:30 Neck Exercise AR 2:00 Charades AR 3:00 Music with Randy AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Lower Leg Strength AR 10:30 Neck Exercise AR 1:15 Ceramics Painting AR 2:00 Movie Matinee AR Salon 10am - 2pm	9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Upper Body Strength AR 2:00 Memory Tree Programs AR 3:00 Refreshment Cart AR	9:00 Seated Yoga AR 9:30 Morning Social AR 9:45 Cardio AR 10:30 Musical Chair AR 2:00 Piano Tunes with Reuben 3:00 Computer Class AR	9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 2:00 Movie AR
13	14	15	16	17	18	19
9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 1:00 Religious Services AR 2:00 Bingo AR	9:00 Seated Tai-Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength AR 10:30 Seated Abs AR 1:15 Name That Tune AR 2:00 Movie Matinee AR	9:00 Total Body Stretching AR 9:30 Morning Social AR 10:30 Seated Abs AR 2:00 Smoothie Social AR 3:00 Music with Michael AR	9:00 Seated Exercise AR 9:30 Morning Social AR 9:45 Seated Zumba AR 10:30 Seated Tai-Chi AR 1:15 Bachelorette Fill Me In Game AR 2:00 Movie Matinee AR Salon 10am - 2pm	9:00 Meditation Exercise AR 9:30 Morning Social AR 9:45 Seated Dancing AR 10:30 Qi Gong AR 2:00 Challah Bread Making AR 3:00 Virtual Live Concert AR	9:00 Exercise AR 9:30 Morning Social AR 9:45 Self Defense Class AR 10:30 Yoga Exercise AR 2:00 Music with Gene Matera AR 3:00 Computer Class AR	9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 2:00 Movie AR
20	21	22	23	24	25	26
9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 1:00 Religious Services AR 2:00 Bingo AR	9:00 Meditation Exercise AR 9:30 Morning Social AR 9:45 Seated Tai Chi AR 10:30 Seated Zumba AR 1:15 Family Feud AR 2:00 Movie Matinee AR	9:00 Meditation Exercise AR 9:30 Morning Social AR 9:45 Seated Tai-Chi AR 10:30 Seated Zumba AR 2:00 Ice Cream Social AR 3:00 Music with Linda AR	9:00 Meditation Exercise AR 9:30 Morning Social AR 9:45 Seated Dancing AR 10:30 Qi Gong AR 1:15 Spanish Class w/ Carmen AR 2:00 Movie Matinee AR Salon 10am - 2pm	9:00 Exercise AR 9:30 Morning Social AR 9:45 Seated Dancing AR 10:30 Qi Gong AR 2:00 Bingo All You Can AR 3:00 Refreshment Cart AR	9:00 Exercise AR 9:30 Morning Social AR 9:45 Self Defense Class AR 10:30 Yoga Exercise AR 2:00 Music with Victoria AR 3:00 Let's Sip and Talk AR	9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 2:00 Jewish Service AR
27	28	29	30	31		
9:30 Morning Social AR 10:00 Seated Exercise AR 10:30 Seated Dancing AR 1:00 Religious Services AR 2:00 Bingo AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Upper Body Strength AR 10:30 Seated Abs AR 1:15 Quick Counts Game AR 2:00 Movie Matinee AR	9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 y Body Strength AR 10:30 Seated Abs AR 2:00 Resident Council Meeting A 3:00 Music with Joe Pace AR	9:00 Seated Tai-Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength AR 10:30 Neck Exercise AR 1:15 Food Committee AR 2:00 Movie Matinee AR	9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Balance Exercise AR 10:30 Seated Abs AR 2:00 Bingo All you Can AR 3:00 Refreshment Cart AR	The Recreation team is Janet, Noemi & Tyler. We are on site 7 days a week and our office is on C-Level	AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.



March 2022



			Insert Salon 10-2			
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