

# Spring



## April 2022



# Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Salon is open every Wednesday 10:00 am-2:00pm	Recreation office phone # 212-534-6464 Ext. 5131	The Recreation team is Janet, Noemi & Tyler. We are on site 7 days a week and our office is on Room 1308	AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change		9:30 Morning Social AR 10:00 Meditation Exercise AR 10:30 Aerobics AR 2:00 Piano Tunes with Avery LB 3:00 Wii Game AR	9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Dancing AR 1:15 Nail Art Fun AR 2:00 Bingo AR
3	4	5	6	7	8	9
9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Dancing AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Upper Body Strength 10:30 Seated Cardio AR 1:15 Jewelry Making AR 2:00 Movie Matinee AR	9:00 Seated Tai- Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength 10:30 Neck & Back AR 2:00 meeting Top 4 AR 3:00 Music with Jamal AR	9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Total Body Strength 10:30 Seated Yoga AR 1:15 Crepes Fun AR 2:00 Movie Matinee AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Zumba AR 10:30 Step Class AR 2:00 Art Class with Marie AR 3:30 Virtual Concert Show AR	9:30 Morning Social AR 10:00 Curl those Biceps AR 10:30 Self Defense Class AR 2:00 Music w/ Don Anthony AR 3:00 Reminiscing and Tell AR	9:30 Morning Social AR 10:00 Walk In The Park 1:15 Open Table Games AR 2:00 Bingo AR
10	11	12	13	14	15	16
9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Yoga AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	9:00 Seated Ta-Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength 10:30 Neck & Back Exercise 1:15 Karaoke Fun AR 2:00 Movie Matinee AR	9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Total Body Strength AR 10:30 Seated Yoga AR 1:15 HPH Talk AR 2:00 Music with Randy AR 3:00 Let's Sip and Talk AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Masculine Endurance AR 10:30 Balance Exercise AR 1:15 Pizza Making AR 2:00 Movie Matinee AR	9:00 Seated Yoga AR 9:30 Morning Social AR 9:45 Cardio Exercise AR 10:30 Musical Chairs AR 2:00 Bingo All you Can AR 3:00 Refreshment C AR	9:30 Morning Social AR 10:00 Qi Gong AR 10:30 Full Body Stretch AR 2:00 Music with Henry AR 3:00 Let's Sip and Talk AR	9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Yoga AR 1:15 Pet Therapy AR 2:00 Jewish Service AR
17	18	19	20	21	22	23
9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Tai- Chi AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	9:00 Total Body Stretching 9:30 Morning Social AR 9:45 Balance Exercise AR 10:30 Seated Abs AR 1:15 Charades AR 2:00 Movie Matinee AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Lower Leg Strength AR 10:30 Neck & Back Exercise 2:00 Music with Michael AR 3:00 Let's Sip and Talk AR	9:00 Seated Yoga AR 9:30 Morning Social AR 9:45 Cardio Exercise AR 10:30 Total Body Exercise AR 1:15 Churrolicious Making AR 2:00 Movie Matinee AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Total Body Strength AR 10:30 Balloon Volleyball AR 2:00 Bingo All you Can AR 3:30 Movie Selection AR	9:30 Morning Social AR 10:00 Meditation Exercise AR 10:30 Self Defense Class AR 2:00 Piano Tunes w/ Marjan LB 3:00 Let's Sip and Talk AR	9:30 Morning Social AR 10:00 Walk In The Park 1:15 Nail Art Fun AR 2:00 Bingo AR
24	25	26	27	28	29	30
9:30 Morning Social AR 10:00 Exercise AR 10:30 Meditation Exercise AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	9:00 Total Body Stretching 9:30 Morning Social AR 9:45 Balance Exercise AR 10:30 Seated Abs AR 1:15 Jewelry Making AR 2:00 Movie Matinee AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Upper Body Strength 10:30 Seated Cardio AR 2:00 Resident Council AR 3:00 Music with Louis & Joanna AR	9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Muscular Endurance AR 10:30 Balance 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 Total Body Strength AR 10:30 Balloon Volleyball AR 2:00 Soap Making AR 3:00 Ice Cream Social AR	9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Tai- Chi AR 2:00 Music w/ Priya David AR 3:00 Word Jumble Game AR	9:30 Morning Social AR 10:00 Walk In The Park 1:15 Open Table Games AR 2:00 Bingo AR

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