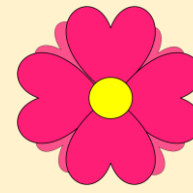
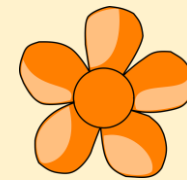
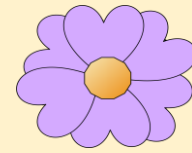
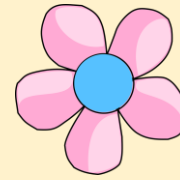


May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Dancing AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	2 9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Upper Body Strength 10:30 Seated Cardio AR 1:15 Wii Game AR 2:00 Movie Matinee AR	3 9:00 Seated Tai- Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength AR 10:30 Neck & Back AR 2:00 Music with Gene AR 3:00 Let's Park and Talk AR	4 9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Total Body Strength 10:30 Seated Yoga AR 1:15 Price is Right AR 2:00 Movie Matinee AR	5 9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Zumba AR 10:30 Step Class AR 1:15 HPH Talk AR 2:00 Music with Anthony Mer AR 3:00 Cinco De Mayo Party AR	6 9:30 Morning Social AR 10:00 Curl those Biceps AR 10:30 Self Defense Class AR 2:00 Piano Tunes with Avery LB 3:00 Let's Sip and Talk AR	7 9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Dancing AR 1:15 Open Table Games AR 2:00 Jewish Service AR
8 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 9:00 Seated Ta-Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength AR 10:30 Neck & Back Exercise AR 1:15 Art Class with Marie AR 2:00 Movie Matinee AR	10 9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Total Body Strength AR 10:30 Seated Yoga AR 2:00 Music with Randy. AR 3:00 Mother's Day AR	11 9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Muscular Endurance AR 10:30 Balance Exercise AR 1:15 Family Feud AR 2:00 Movie Matinee AR	12 9:00 Seated Yoga AR 9:30 Morning Social AR 9:45 Cardio Exercise AR 10:30 Musical Chairs AR 2:00 Cookie Decorating Fun AR 3:00 Refreshment Cart	13 9:30 Morning Social AR 10:00 Qi Gong AR 10:30 Full Body Stretch AR 2:00 Ice Cream Social AR 3:00 Music with Gregory AR	14 9:30 Morning Social AR 10:00 Walk In The Park AR 1:15 Nail Art Fun AR 2:00 Bingo AR
15 9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Dancing AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	16 9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Balance Exercise AR 10:30 Seated Abs AR 1:15 Word Jumble AR 2:00 Movie Matinee AR	17 9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Lower Leg Strength AR 10:30 Neck & Back Exercise AR 2:00 Music with Jeffrey AR 3:00 Ice Cream Social AR	18 9:00 Seated Yoga AR 9:30 Morning Social AR 9:45 Cardio Exercise AR 10:30 Total Body Exercise AR 1:15 Riddles Fun AR 2:00 Movie Matinee AR	19 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 3:00 Refreshment Cart AR	20 9:30 Morning Social AR 10:00 Meditation Exercise AR 10:30 Self Defense Class AR 2:00 Music with Henry AR 3:00 Let's Park and Talk AR	21 9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Yoga AR 1:15 Open Table Games AR 2:00 Bingo AR
22 9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Dancing AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	23 9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Balance Exercise AR 10:30 Seated Abs AR 1:15 Spanish Class AR 2:00 Movie Matinee AR	24 9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Upper Body Strength AR 10:30 Seated Cardio AR 2:00 Resident Council AR 3:00 Saxophone Tunes with Carl AR	25 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	26 9:00 Total Body Stretching AR 9:30 Morning Social AR 9:45 Total Body Strength AR 10:30 Balloon Volleyball AR 2:00 Bingo All you Can AR 3:00 Refreshment Cart AR	27 9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Tai- Chi AR 2:00 Music with Linda AR 3:00 Let's Sip and Talk AR	28 9:30 Morning Social AR 10:00 Walk In The Park AR 1:15 Nail Art Fun AR 2:00 Bingo AR
29 9:30 Morning Social AR 10:00 Exercise AR 10:30 Seated Dancing AR 1:00 Catholic Service AR 2:00 Movie Matinee AR	30 9:00 Mindful Meditation AR 9:30 Morning Social AR 9:45 Upper Body Strength AR 10:30 Seated Cardio AR 1:15 Trivia AR 2:00 Movie Matinee AR	31 9:00 Seated Tai- Chi AR 9:30 Morning Social AR 9:45 Lower Body Strength AR 10:30 Neck & Back AR 2:00 Music with Tommy AR 3:00 Refreshment Cart AR	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 1308	(AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.	Salon is open every Wednesday 10:00 am- 2:00pm