



# June 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Salon is open every Wednesday 10:00 am- 3:00pm</b></p>	<p><b>Recreation office phone # 212-534-6464 Ext. 5131</b></p>	<p><b>(AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.</b></p>	<p><b>1</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Upper Body Strength <b>AR</b> 10:30 Seated Cardio <b>AR</b> 1:30 Peppa's Day <b>AR</b> 2:00 Music with John Adisano <b>AR</b> 3:00 Let's Sip &amp; talk <b>AR</b></p>	<p><b>2</b> 9:00 Seated Tai-Chi <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Lower Body Strength <b>AR</b> 10:30 Neck &amp; Back <b>AR</b> 2:00 Movie Matinee <b>AR</b> 3:00 Refreshment Cart <b>AR</b></p>	<p><b>3</b> 9:30 Morning Social <b>AR</b> 10:00 Salsa Dance Lesson <b>AR</b> 10:30 Chair Yoga Recital <b>AR</b> 1:30 Movie Selection <b>AR</b> 2:00 Music with Simon <b>AR</b> 3:00 Popsicle Day Fun <b>AR</b></p>	<p><b>4</b> 9:30 Morning Social <b>AR</b> 10:00 Exercise <b>AR</b> 10:30 Seated Dancing <b>AR</b> 1:15 Nail Art Fun <b>AR</b> 2:00 Jewish Service <b>AR</b></p>
<p><b>5</b> 9:30 Morning Social <b>AR</b> 10:00 Meditation Exercise <b>AR</b> 10:30 Seated Dancing <b>AR</b> 1:00 Catholic Service <b>AR</b> 2:00 Movie Matinee <b>AR</b></p>	<p><b>6</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Zumba <b>AR</b> 10:30 Step Class <b>AR</b> 1:30 Charades <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>7</b> 9:00 Seated Tai-Chi <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Lower Body Strength <b>AR</b> 10:30 Neck &amp; Back Exercise <b>AR</b> 2:00 Music with Isaac <b>AR</b> 3:00 Smoothie Social <b>AR</b> </p>	<p><b>8</b> 9:00 Total Body Stretching <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Total Body Strength <b>AR</b> 10:30 Seated Yoga <b>AR</b> 1:30 Peppa's Day <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>9</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Masculine Endurance <b>AR</b> 10:30 Balance Exercise <b>AR</b> 2:00 Word Games <b>AR</b> 3:00 Karaoke Fun <b>AR</b></p>	<p><b>10</b> 9:30 Morning Social <b>AR</b> 9:45 Crepe Social &amp; Music <b>AR</b> 1:30 Movie Selection <b>AR</b> 2:00 Music with Shaila <b>AR</b>  3:00 Nice Day Out <b>AR</b></p>	<p><b>11</b> 9:30 Morning Social <b>AR</b> 10:00 Walk in the Park <b>AR</b> 1:15 Open table Games <b>AR</b> 2:00 Bingo All You Can <b>AR</b></p>
<p><b>12</b> 9:30 Morning Social <b>AR</b> 10:00 Meditation Exercise <b>AR</b> 10:30 Seated Yoga <b>AR</b> 1:00 Catholic Service <b>AR</b> 2:00 Movie Matinee <b>AR</b></p>	<p><b>13</b> 9:00 Seated Yoga <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Cardio Exercise <b>AR</b> 10:30 Musical Chairs <b>AR</b> 1:30 Art Class with Marie <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>14</b> 9:00 Total Body Stretching <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Balance Exercise <b>AR</b> 10:30 Seated Abs <b>AR</b> 2:00 Music with Paul <b>AR</b>  3:00 Ice Cream Social &amp; Recreation- Resident Meeting <b>AR</b></p>	<p><b>15</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Lower Leg Strength <b>AR</b> 10:30 Neck &amp; Back Exercise <b>AR</b> 1:30 Price is Right <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>16</b> 9:00 Seated Yoga <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Cardio Exercise <b>AR</b> 10:30 Total Body Exercise <b>AR</b> 2:00 Bingo All You Can <b>AR</b> 3:00 Refreshment Cart <b>AR</b></p>	<p><b>17</b> 9:30 Morning Social <b>AR</b> 10:00 Self Defense Class <b>AR</b> 10:30 Curve that Biceps <b>AR</b> 1:30 Movie Selection <b>AR</b> 2:00 Music with Henry <b>AR</b> 3:00 Popsicle Day Fun <b>AR</b></p>	<p><b>18</b> 9:30 Morning Social <b>AR</b> 10:00 Exercise <b>AR</b> 10:30 Yoga Rhythm <b>AR</b> 1:15 Nail Art Fun <b>AR</b> 2:00 Bingo All You Can <b>AR</b></p>
<p><b>19</b> 9:30 Morning Social <b>AR</b> 10:00 Meditation Exercise <b>AR</b> 10:30 Seated Tai-chi <b>AR</b> 1:00 Catholic Service <b>AR</b> 2:00 Movie Matinee <b>AR</b></p>	<p><b>20</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Total Body Strength <b>AR</b> 10:30 Balloon Volleyball <b>AR</b> 1:30 Virtual Spanish Class <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>21</b> 9:00 Total Body Stretching <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Balance Exercise <b>AR</b> 10:30 Seated Abs <b>AR</b> 2:00 Piano Tunes with Ellen <b>LB</b> 3:00 Watermelon Social <b>AR</b> </p>	<p><b>22</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Upper Body Strength <b>AR</b> 10:30 Seated Cardio <b>AR</b> 1:30 Karaoke Fun <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>23</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Masculine Endurance <b>AR</b> 10:30 Balance Exercise <b>AR</b> 2:00 Bingo All You Can <b>AR</b> 3:00 Refreshment Cart <b>AR</b></p>	<p><b>24</b> 9:30 Morning Social <b>AR</b> 10:00 Self Defense Class <b>AR</b> 10:30 Chair Yoga Dance Recital 1:30 Movie Selection <b>AR</b> 2:00 Birthday Party with Linda 3:00 Nice Day out <b>AR</b> </p>	<p><b>25</b> 9:30 Morning Social <b>AR</b> 10:00 Walk in the Park <b>AR</b> 1:15 Open Table Games <b>AR</b> 2:00 Bingo All You Can <b>AR</b></p>
<p><b>26</b> 9:30 Morning Social <b>AR</b> 10:00 Meditation Exercise <b>AR</b> 10:30 Qi Gong <b>AR</b> 1:00 Catholic Service <b>AR</b> 2:00 Movie Matinee <b>AR</b></p>	<p><b>27</b> 9:00 Total body Stretching <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Total Body Strength <b>AR</b> 10:30 Balloon Volleyball <b>AR</b> 1:30 Virtual French Class <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>28</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Upper Body Strength 10:30 Seated Cardio <b>AR</b> 2:00 Resident Council Meeting <b>AR</b> 3:00 Music with Louis &amp; Joanna <b>AR</b></p>	<p><b>29</b> 9:00 Seated Tai-Chi <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Lower Body Strength <b>AR</b> 10:30 Neck &amp; Back Exercise <b>AR</b> 1:30 Food Committee Meeting <b>AR</b> 2:15 Movie Matinee <b>AR</b></p>	<p><b>30</b> 9:00 Mindful Meditation <b>AR</b> 9:30 Morning Social <b>AR</b> 9:45 Cardio Exercise <b>AR</b> 10:30 Total Body Exercise <b>AR</b> 2:00 Bingo All You can <b>AR</b> 3:00 Refreshment Cart <b>AR</b></p>	<p><b>Movie Selection Day every Friday @ 1:30</b></p> <p><b>Movie Days are Sunday, Monday &amp; Wednesday</b></p>	



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