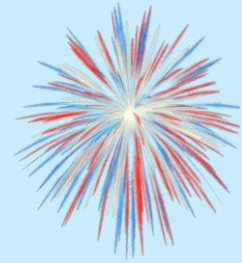
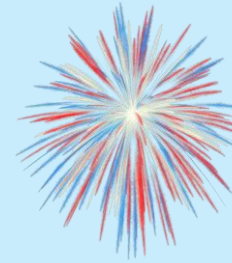




Happy July 4th



July 2022



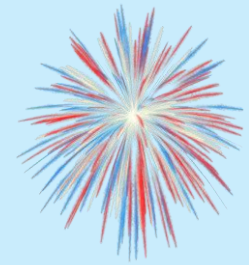
Happy July 4th



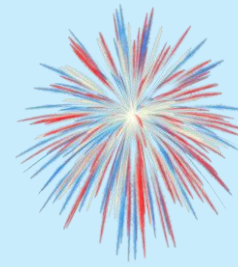
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation office phone # 212-534-6464 Ext. 5131	The Recreation team is Janet, Noemi & Tyler. We are on site 7 days a week and our office is on Room 1308	Movie Selection Day every Friday @ 1:30 Movie Days are Sunday, Monday & Wednesday	Salon is open every Wednesday 10:00 am- 3:00pm	AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.	1 9:30 Morning Social LB 10:00 Exercise AR 10:30 Seated Dancing AR 2:00 Music with Linda AR 3:00 Nice Day out & Trivia	2 9:30 Morning Social LB 10:00 Meditation Exercise AR 10:30 Chair Yoga AR 1:15 Open table Games AR 2:00 Bingo All You Can AR
3	4	5	6	7	8	9
9:30 Morning Social LB 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 LB 9:45 Total Body Exercise AR 10:30 Cardio Exercise AR 1:30 Karaoke fun AR 2:15 Movie Matinee AR	9:00 Seated Yoga AR 9:30 Morning Social LB 9:45 Upper Body Exercise AR 10:30 Balance Exercise AR 2:00 4 th of July Party w/ D.J Dee CY 3: 00 Refreshment Cart AR	9:00 Total Body Stretching AR 9:30 Morning Social LB 9:45 Lower Body Exercise AR 10:30 Seated Cardio AR 1:30 Charades AR 2:00 Music with Gene AR	9:00 Seated Tai- Chi AR 9:30 Morning Social LB 9:45 Seated Abs AR 10:30 Neck & Back Exercise A 2:00 Recreation-Resident Meeting AR 3:00 Word Games	9:30 Morning Social LB 10:00 Yoga Recital Dance AR 10:30 Self Defense Lecture AR 2:00 Saxophone Tunes with Carl AR 3:00 Popsicle Day Out	9:30 Morning Social LB 10:00 Walk In The Park 1:15 Open table Games AR 2:00 Jewish Service AR
10	11	12	13	14	15	16
9:30 Morning Social LB 10:00 Meditation Exercise 10:30 Chair Yoga 1:00 Catholic Service 2:00 Movie Matinee	9:00 Mindful Meditation 9:30 Morning Social LB 9:45 Upper Body Strength A 10:30 Balance Exercise AR 1:30 Virtual Spanish Class A 2:15 Movie Matinee AR	9:00 Seated Yoga AR 9:30 Morning Social LB 9:45 Lower Body Exercise AR 10:30 Seated Cardio AR 1:30 Health Talk AR 3:00 Music with Albert AR	9:00 Total Body Stretch AR 9:30 Morning Social LB 9:45 Seated Abs AR 10:30 Neck & Back AR 1:30 Karaoke Fun AR 2:15 Movie Matinee AR	9:00 Seated Tai-Chi AR 9:30 Morning Social LB 9:45 Total Body Exercise 10:30 Cardio Exercise AR 2:00 Bingo All you Can AR 3:00 Refreshment Cart AR	9:30 Morning Social LB 10:00 Qigong Exercise AR 10:30 Music Appreciation AR 2:00 Music with Henry AR 3:00 Nice Day Out & Refreshment	9:30 Morning Social LB 10:00 Curl That Biceps AR 10:30 Yoga Dance Recital AR 1:15 Open Table Games AR 2:00 Bingo All You Can AR
17	18	19	20	21	22	23
9:30 Morning Social LB 10:00 Meditation Exercise AR 10:30 Leg Exercise AR 1:00 Catholic Exercise AR 2:00 Movie Matinee AR	9:00 Mindful Meditation AR 9:30 Morning Social LB 9:45 Lower Body Exercise A 10:30 Seated Cardio AR 1:30 Word Games AR 2:15 Movie Matinee AR	9:00 Seated Yoga AR 9:30 Morning Social LB 9:45 Seated Abs AR 10:30 Neck & Back Exercise A 2:00 Music with Anthony AR 3:00 Let's Sip & Talk AR	9:00 Total Body Stretching AR 9:30 Morning Social LB 9:45 Total Body Exercise AR 10:30 Cardio Exercise AR 1:30 Trivia AR 2:15 Movie Matinee AR	9:00 Seated Tai- Chi AR 9:30 Morning Social LB 9:45 Upper Body Exercise AR 10:30 Balance Exercise AR 2:00 Bingo All you Can AR 3:00 Refreshment Cart AR	9:30 Morning Social LB 10:00 Salsa Dance Lesson AR 10:30 Self Defense Lecture AR 2:00 Birthday Party with Victoria AR 3:00 Popsicle Day Out	9:30 Morning Social LB 10:00 Walk In The Park 1:15 Nail Art Fun CY 2:00 Bingo All You Can AR
24	25	26	27	28	29	30
9:30 Morning Social LB 10:00 Meditation 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 LB 9:45 Seated Abs AR 10:30 Neck & Back Exercise 1:30 Virtual French Class AR 2:15 Movie Matinee AR	9:00 Seated Yoga AR 9:30 Morning Social LB 9:45 Total Body Exercise AR 10:30 Cardio Exercise AR 2:00 Resident Council Meeting 3:00 Music with Jeffrey AR	9:00 Total Body Exercise AR 9:30 Morning Social LB 9:45 Upper Body exercise AR 10:30 Balance Exercise AR 1:30 Food Committee Meeting 2:15 Movie Matinee AR	9:00 Seated Tai-Chi AR 9:30 Morning Social LB 9:45 Lower Body Exercise AR 10:30 Seated Cardio AR 2:00 Bingo all you Can AR 3:00 Refreshment Cart AR	9:30 Morning Social LB 10:00 Exercise AR 10:30 Seated Dancing AR 2:00 Ice Cream Social AR 3:00 Nice Day out & Trivia AR	9:30 Morning Social LB 10:00 Head and Shoulder Exercise AR 10:30 Seated Dancing AR 1:15 Open table Games AR 2:00 Bingo All You Can AR



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