



DECEMBER 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Life Enrichment Office Phone # 212-534-6464 Ext. 5153 Angela's Ext. 5131	The Salon is open every Wednesday from 10a-3p Ask us about small group memory programs.	Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard	Angela, Noemi, Tyler & Janicia are your Life Enrichment Team. We are here 7 days a week and our offices are on C.	1 9:00a- Seated Tai Chi 9:45a- Lower Body Exercise 10:30a- Seated Cardio 1p- Joy to the World Wall! 2p- Tree Lighting/Decorating 3p- Christmas Movie!	2 9:00a- Neck and Back 9:45a- Seated Abs 10:30a- Cardio 1p- Current Events 2p- Live Accordion & Sax w/ Grig!	3 10a- Morning Social 10:30a- Seated Exercise 1p- Express Bingo
4 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- St. Ignacious Christmas Caroling (Lobby)	5 9:00a- Mindful Meditation 9:45a- Upper Body Exercise 10:30a- Seated Cardio 1:30p- Weekly Horoscopes 2p- Bingo Extravaganza	6 9:00a- Seated Yoga 9:45a- Lower Body Exercise 10a- Ask Dr. Eve- Therapy Talk: Coping w/ The Holidays 10:30a- Step Class 1p- Art Class w/ Christelle 1:30P- Winter Wonderland Hot Cocoa Bar!	7 9:00a- Total Body Stretching 9:45a- Seated Abs 10:30a- Seated Boxing 1:30p- Pet Therapy w/ Pippa 2p- Live Music w/ John A! 3p- Netflix Series	8 9:00a- Seated Tai Chi 9:45a- Balance 10:30a- Cardio 1p- Scattogories 2p- Live Magic Show! 3p- Charades	9 9:00a- Neck and Back 9:45a- Total Body Exercise 10:30a- Corn Hole 2p- Singing w/ Seniors & Julliard	10 10a- Morning Social 10:30a- Seated Exercise 1p- Movie Matinee
11 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Polar Express Bingo	12 9:00a- Mindful Meditation 9:45a- Lower Body Exercise 10:30a- Step Class 1:30p- Weekly Horoscopes 2p- Current Events 2:30- Holiday Movie	13 9:00a- Seated Yoga 9:45a- Seated ABs 10:30a- Seated Boxing 1p- Holiday Ornament Painting 2p- Secret Santa Candy Canes	14 9:00a- Total Body Stretching 9:45a- Balance 10:30a- Cardio 1p- HPH Family Feud w/ Tinisi 2p- Tote Bag Tie Dye Class	15 9:00a- Seated Tai Chi 9:45a- Total Body Exercise 10:30a- Seated Cardio 1p- Apples to Apples Game 2p- Live Music w/ Tommy & co! 3p- Netflix Series	16 9:00a- Neck and Back 9:45a- Upper Body Exercise 10:30a- Choose our Exercise 1p- Pet Therapy w/ Riley 2p- Piano w/ Avery	17 10a- Morning Social 10:30a- Seated Exercise 1p- Express Bingo
18 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Jewish Service & Hanukkah Party HANUKKAH SAMEACHI!	19 9:00a- Mindful Meditation 9:45a- Seated Abs 10:30a- Seated Boxing 1:30p- Weekly Horoscopes 2p- Current Events 2:30p- Movie Matinee	20 9:00a- Seated Yoga 9:45a- Balance 10:30a- Cardio 1p- Dr. P READS FROM HIS NEW BOOK! 2p- Live Guitar/Vocal Duo w/ Amanda & co.	21 9:00a- Total Body Stretching 9:45a- Total body exercise 10:30a- Seated Cardio 1:30p- Pet Therapy w/ Pippa HOLIDAY MARKET 10A-4P	22 9:00a- Seated Tai Chi 9:45a- Upper Body Exercise 10:30a- Step class 1p- Pictionary 2p- Bingo Extravaganza	23 9:00a- Neck and Back 9:45a- Lower Body Exercise 10:30a- Virtual Exercise 1p- Pet Therapy w/ Riley 2p- Live Music w/ Grig	24 10a- Morning Social 10:30a- Seated Exercise 1p- Christmas Eve Polar Express Bingo!
25 10:30a- Christmas Waffle Bar! 1p- Catholic Service 2p- Christmas Movie MERRY CHRISTMAS!	26 10a- Virtual Groove 1p- Weekly Horoscopes 130p- Bracelet Making	27 9:00a- Seated Yoga 9:45a- Total Body Exercise 10:30a- Seated Cardio 1p- Pictionary 2p- Resident Council Meeting	28 9:00a- Total Body Stretching 9:45a- Upper body exercise 10:30a- Step Class 1:30p- Food Committee Meeting 2p- Birthday Cake Party Day & Live Music w/ Henry! 3p- Netflix Series	29 9:00a- Seated Tai Chi 9:45a- Total Body Exercise 10:30a- Seated Cardio 1p- Hot Potato Trivia 2p- Bingo Extravaganza	30 9:00a- Neck and Back 9:45a- Seated Abs 10:30a- Cardio 1p- Pet Therapy w/Riley 2p- Movie Matinee	31 1p- NYE Party w/Linda Miller & Resident Variety Show! WELCOME 2023!