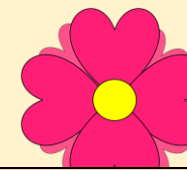
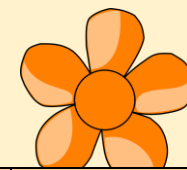
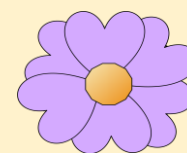
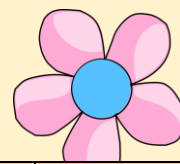
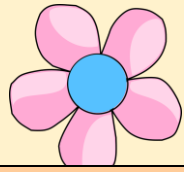
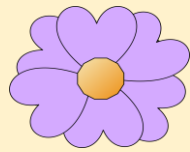
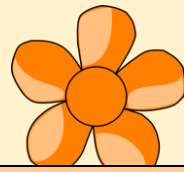
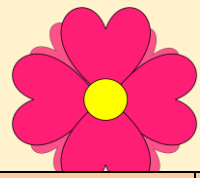


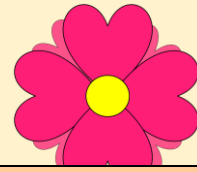
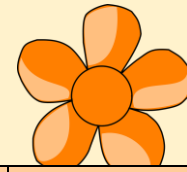
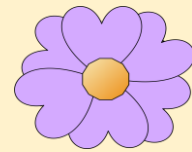
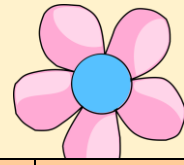
May 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Life Enrichment Office Phone # 212-534-6464 Ext. 5153 Angela's Ext. 5131	9:00a - Mindful Meditation 9:45a - Total Body Exercise 10:30a – Cardio 1p- Weekly Horoscopes & Current Events 2p- Board Games/Card Games	9:00a – Seated Yoga 9:45a - Upper Body Exercise 10:30a - Seated Cardio 1p- Pet Therapy w/ Humphrey 2p- Live Violin w/ Albert 3p- Spelling Bee Challenge! Week 1	9:00a – Total Body Stretching 9:45a – Lower Body Exercise 10:30a - Step Class 1p- Virtual Self Defense Class 3p- Power Hour Bingo	9:00a – Neck and Back Strengthening 9:45a – Seated Abs 10:30a – Seated Boxing 10:30a- TRIP: Casino 1p- Rummikub	9:00a – Mindful Meditation 9:45a - Balance 10:30a – Choose Your Exercise 1:00p- Pet Therapy w/ Riley 2p- Live Music w/ Linda Ipanema 7p- Movie Night- The Stolen	9:30a Morning Social 10a- Virtual Exercise 2p- Jewish Service 3p- Power Hour Bingo 7p- Movie Night- Zorba the Greek
7	8	9	10	11	12	13
10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- French Class	9:00a - Mindful Meditation 9:45a – Upper Body Exercise 10:30a – Seated Cardio 1p- Weekly Horoscopes & Current Events 2p- Pictionary	9:00a – Seated Yoga 9:45a - Lower Body Exercise 10:30a – Step Class 1p- Pet Therapy w/ Humphrey 2p- Art Class w/ Selma 3p- The Price is Right Live w/ Prizes!	9:00a – Total Body Stretching 9:45a – Seated Abs 10:30a – Seated Boxing 12:30p- TRIP: UWS Shopping 1:30p- Pet Therapy w/ Pippa 2p- Scattergories	9:00a – Neck and Back Strengthening 9:45a - Balance 10:30a – Choose Your Exercise 2p- Live Music w/ John A 3p- An Afternoon of Culture w/ Cheese & Crackers	10a- Virtual Groove 1:00p- Pet Therapy w/ Riley 2p- Live Music w/ Linda Miller 7p- Movie Night- The Water Man	9:30a- Morning Social 10a- Virtual Seated Exercise 1p- Make a Mother's Day Video Wish 3p- Power Hour Bingo 7p- Movie Night- Troll
14	15	16	17	18	19	20
10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 1:30p- Happy Mother's Day- Make Your Own Floral Bouquet w/ Angela & Mia	9:00a - Mindful Meditation 9:45a - Lower Body Exercise 10:30a – Step Class 1p- Weekly Horoscopes & Current Events 2p- Board Games/Card Games	9:00a – Seated Yoga 9:45a – Seated Abs 10:30a - Seated Boxing 1p- Pet Therapy w/ Humphrey 2p- Community Walking Club 3p- Spelling Bee Challenge! Week 2	9:00a – Total Body Stretching 9:45a – Balance 10:30a – Choose Your Exercise 2p- Garden Club (CY) 3p- Hot Potato Music Trivia!	9:00a – Neck and Back Strengthening 9:45a – Total Body Exercise 10:30a – Cardio 10:30a- TRIP: Queens County Farm 1p- Netflix Series 3p- Board Games/Card Games	9:00a – Mindful Meditation 9:45a – Upper Body Exercise 10:30a – Seated Cardio 1:00p- Pet Therapy w/ Riley 1:30p- Make your own Pizza (PDR) 7p- Movie Night – Te Ata	9:30a- Morning Social 10a Virtual Seated Exercise 2p- Power Hour Bingo 7p- Movie Night- Collateral Beauty
21	22	23	24	25	26	27
10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- French Class	9:00a - Mindful Meditation 9:45a – Seated Abs 10:30a – Seated Boxing 1p- HPH Health Jeopardy w/ Tinisi 2p- Weekly Horoscopes & Current Events 3p- Brain Teasers	9:00a – Seated Yoga 9:45a - Balance 10:30a – Choose Your Exercise 1p- Pet Therapy w/ Humphrey 2p- Dr Eve Small Group Mental Health Talk 3p- Power Hour Bingo	9:00a – Total Body Stretching 9:45a – Total Body Exercise 10:30a – Cardio 1:30p- Pet Therapy w/ Pippa 2p- Friendly Visitors Day! 3p- Learn Your Cell Phone	9:00a – Neck and Back Strengthening 9:45a - Upper Body Exercise 10:30a – Seated Cardio 10:30a- TRIP: Asian Lunch Buffet 1p- Netflix Series 3p- Board Games/Card Games	9:00a – Mindful Meditation 9:45a – Total Body Exercise 10:30a – Step Class 1:00p- Pet Therapy w/ Riley 2p- Live Music w/ Henry & Resident Birthday Party! 3p- Afternoon Social 7p- Movie Night- La La Land	9:30a- Morning Social 10a- Virtual Seated Exercise 2p- Power Hour Bingo 7p- Movie Night- Fried Green Tomatoes
28	29	30	31			
10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Table Games	10a- Virtual Exercise 10:30a- Virtual Groove 1p- Fresh Lemonade Making Happy Memorial Day! *BBQ will be June 2nd	9:00a – Seated Yoga 9:45a – Total Body Exercise 10:30a – Cardio 1p- Pet Therapy w/ Humphrey 1:30p- Food Committee 2p- Resident Council 3p- I Remember THAT! w/Marion	9:00a – Total Body Stretching 9:45a – Upper Body Exercise 10:30a – Seated Cardio 1p- Garden Club (5th Ave) 2p- Lemonade Stand (5th Ave)	Location Key: AR- Activity Room PDR- Private Dining 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 Salon is open for walk ins every Wednesday 9a-1p	SPRING, A LOVELY REMINDER OF HOW BEAUTIFUL CHANGE CAN TRULY BE. 



May 2023



Happy Memorial Day!

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