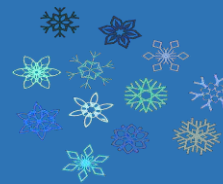




January 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
The Salon is open every Wednesday from 9a-3p Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard	10a- Virtual Seated Exercise (AR) 1p- Decorate New Year Resolution Wall (write your resolution) (AR) 2p- Netflix Series (AR) <i>HAPPY NEW YEAR!</i>	9:00a – Seated Yoga (AR) 9:45a – Upper Body exercise 10:30a – Step Class (AR) 1p- Taboo Tuesdays (AR) 2:30p- Bingo (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- Neal Storrs reads his Twilight Zone Stories (LIB) 2p- Virtual Memory Game (AR)	9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 2p- Eric Lindsey & The Believe Magic Show! (AR) 3p- Trivia Thursdays (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 2p- Live Performance w/ The Silvertones! (AR) 3p- Social Hour W/ Neighbors (LB) 7p- Movie Night: <u>Indiscreet</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2:30p- Bingo (AR) 7p- Movie Night: <u>Maestro</u> (AR)
7	8	9	10	11	12	13
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 1:30p- Movie Selection Day (AR) 2:30p- The Word Game (AR) 3p- Netflix Series (AR) 7p- Movie Night: <u>Nine to Five</u> (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events Discussion Group (AR) 2:30p- Bingo (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper body exercise (AR) 10:30a – Step Class (AR) 1p- The Price is Right (AR) 2p- Virtual Memory Game (AR) 3p-Virtual Concert <u>Elton John Live at Dodgers Stadium 2022</u> (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- Neal Storrs reads short stories (LIB) 2p- Friendly Visits w/ Dan & Friends (AR) 3p- Orchestra Performance w/ French School (AR)	9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 1p- Trivia Thursdays (AR) 2:30p- Bingo (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 2p- Suzanne the American Songbook (AR) 3p- Social Hour W/ Neighbors (LB) 7p- Movie Night: <u>Wall Street: Money Never Sleeps</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2p- Jewish Services (AR) 3p- Singing Group Practice (AR) 7p- Movie Night: <u>The November Man</u> (AR)
14	15	16	17	18	19	20
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 1:30p- Scattogories (AR) 3p- Netflix Series (AR) 7p- Movie Night: <u>Focus in the Crowd</u> (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events Discussion Group (AR) 2p- The Word Game (AR) 3p- Netflix Series (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p- Taboo Tuesdays (AR) 2:30p- Bingo (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- Low Vision Discussion Group (AR) 2p- Art Class w/ Selma C. (AR) 3p- Netflix Series (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise 1p-Singing Group Practice (AR) 2p- Trivia Thursdays (AR) 3p- Virtual Memory Game (AR)	9:00a – Mindful Mediation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 2p- Live Jazz w/ Yooyoun (AR) 3p- Social Hour W/ Neighbors (LB) 7p- Movie Night: <u>Rabbit Hole</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2:30p- Bingo (AR) 7p- Movie Night: <u>The Way of the Gun</u> (AR)
21	22	23	24	25	26	27
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 1:30p- The Word Game (AR) 3p- Netflix Series (AR) 7p- Movie Night: <u>Support Your Local Gunfighter</u> (AR)	9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events Discussion Group (AR) 2:30p- Bingo (AR)	9:00a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p- HPH jeopardy w/ The One and Only Tinisi! (AR) 2p- Scavenger Hunt (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p-Singing Group Practice (AR) 2p-Wheel of Fortune w/ Prizes (AR) 3p-Netflix Series (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose your Exercise (AR) 1p- Trivia Thursdays (AR) 2:30p- Bingo (AR) 7p- Opera on 5th- "Guilio Cesare" by George Frideric Handel	9:00a – Mindful Mediation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 1p- January Birthday Celebration Live Guitar w/ Jeffrey (AR) 3p- Netflix Series: Life on Our Planet 7p- Movie Night: <u>The Horse Soldiers</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p-Singing Group Practice (AR) 2p- Wheel of Fortune (AR) 3p- Netflix Series (AR) 7p- Movie Night: <u>Sea Biscuit</u> (AR)
28	29	30	31			
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 1:30p- Dominoes (AR) 3p- Netflix Series (AR) 7p- Movie Night: <u>Stagecoach (1939 John Wayne)</u> (AR)	9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events Discussion Group (AR) 2p Scattogories (AR) 3p- Rummikub Tournament (AR)	9:00a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1:30p- Food Committee (AR) 2p- Resident Council (AR) 3p- Marion Discussion Group (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- Scattogories (AR) 2p- Art Class w/ Selma C. (AR) 3p- Singing Group Performance (AR)		Life Enrichment Office Phone # 212-534-6464 Ext. 5153 Janicia's Ext. 5131 Janicia, Tyler, and Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C.	