

happy Valentine's day



February 2024



happy Valentine's day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>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.</p>	<p>The Salon is open every Wednesday from 9a-3p</p> <p>Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard</p>	<p>1 9:00a – Neck and Back Strength/ Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 1p- Decorate Wall of Love (AR) 2:30p- Bingo (AR) 7p- Hulu Series- Only Murders in the Building (AR)</p>	<p>2 9:00a – Mindful Meditation (AR) 12:30p – Afternoon Exercise (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 2p- Music w/ Henry! (AR) 5p- Martial Arts w/ John (AR) 7p-Movie Night: The Great Escape (AR)</p>	<p>3 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Spelling Bee (AR) 3p- Karaoke (AR) 7p-Movie Night: Tombstone (AR)</p>
4	5	6	7	8	9	10
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 7p-Movie Night: Double Jeopardy (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise (AR) 1P- Weekly Discussions (AR) 2p- Bingo (AR) 7p- Hulu Series- Only Murders in the Building (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) 2p- Pre-Valentine's Day Holiday Market (AR) 3p- Netflix Series (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 12:30p- Afternoon Exercise (AR) 1:30p- Pet Therapy w/ Pippa (AR) 2p- Scattergories (AR) 3p- Movie Selection Day (AR)	9:00a – Neck and Back Strength/ Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 12:30p – Afternoon Exercise (AR) 1p- Trivia Thursdays (AR) 2p- Nail Salon (LIB) 2:30p- Bingo (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2p- Greenaway Jazz Trio (AR) 7p-Movie Night: A Fish Called Wanda (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2p- Jewish Services (AR) 7p-Movie Night: Along Came a Spider (AR)
11	12	13	14	15	16	17
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2:30p- Bingo (AR) 7p-Movie Night: Dr. No (AR) SUPER BOWL SUNDAY!	9:00a – Mindful Meditation (AR) 9:45a – Total Body exercise (AR) 10:30a – Seated cardio (AR) 1P- Weekly Discussions (AR) 2p- Pascal Plays Piano (LB) 3p- Name That Tune! 50's Edition (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) 1p- Valentine's Day Gift Making Class (AR) 2p- Selma Art Class (AR) 3p- Mobility and Falls Education Class (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) 2p- Communion Service & Ashes (AR) 3p- Virtual Concert-The Rolling Stones (AR) ASH WEDNESDAY HAPPY VALENTINES DAY!	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 12:30p- Afternoon Exercise (AR) 1p- Trivia Thursdays (AR) 1p- Neal Storrs Reads Short Stories (LIB) 2:30p-Bingo (AR) 7p- Hulu Series- Only Murders in the Building (AR)	9:00a – Mindful Mediation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 12:30p- Afternoon Exercise (AR) 2p- Birthday Party & Music w/ Carl on Sax (AR) 7p-Movie Night: 12 Angry Men (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Valentine's Day Party 7p-Movie Night: A Mad Mad World (AR)
18	19	20	21	22	23	24
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- The Word Game (AR) 7p-Movie Night: The Big Country (AR)	9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise 1P- Weekly Discussions (AR) 2p- Bingo (AR)	9:00a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) 2:00p – Price is right w/ Prizes (AR) 7p- Hulu Series- Only Murders in the Building (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Pet Therapy w/ Pippa (AR) 2p- Neal Reads Short Stories (AR) 3p- Netflix Series (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose your exercise (AR) 12:30p – Afternoon Exercise (AR) 1p- HPH Jeopardy w/ Tinisi (AR) 2p-Nail Salon (AR) 3p- Netflix Series (AR) 7p- Opera on 5th -Guillio Cesare Disc 2 (AR)	9:00a – Mindful Mediation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2p- Singing for Seniors w/ Julliard (AR) 7p-Movie Night: Pink Panther (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2P- Bingo (AR) 7p-Movie Night: The Music Man (AR)
25	26	27	28	29		
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Taboo Game (AR) 7p-Movie Night: The Lavender Hill Mob (AR)	9:00a – Mindful Mediation 9:45a – Total Body Exercise 10:30a – Seated Cardio 12:30p – Afternoon Exercise 1P- Weekly Discussions (AR) 2p-Bingo (AR)	9:00a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Food Committee Meeting (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) 1p- Neal Storrs Reads Short Stories (AR) 2p- Selma Art Class (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose your exercise (AR) 12:30p – Afternoon Exercise (AR) 2p- Family Feud: Love Edition Staff vs. Resident (AR)		

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3p- Netflix Series (AR)

2p- Resident Council (AR)

3p- Marion's Discussion Group (AR)

7p- Hulu Series- Only Murders in the Building (AR)

7p- Evening Musical- Annie Get Your Gun (AR)

