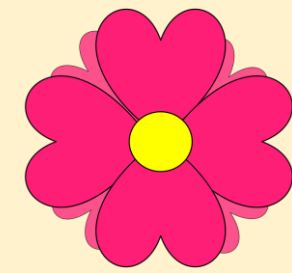
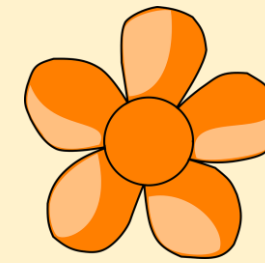
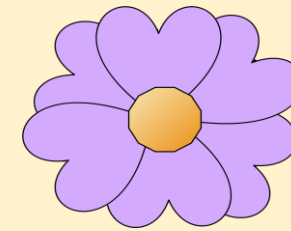
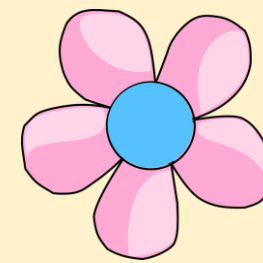
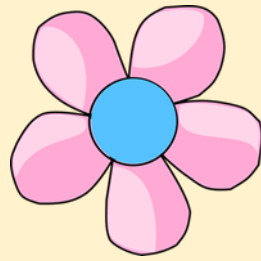
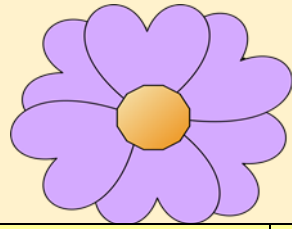
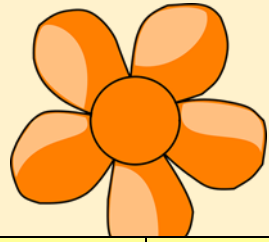
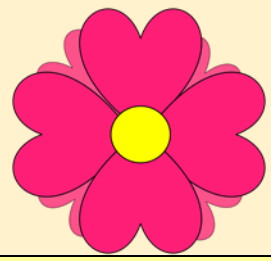


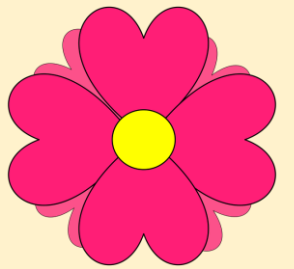
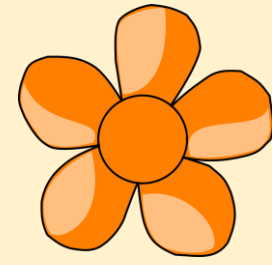
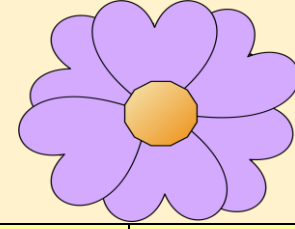
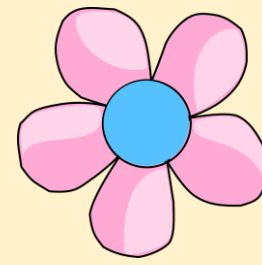
May 2024




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 level	Salon is open for walk-ins every Wednesday 8:30a-2p. Please see Life Enrichment Team to sign up	1 9a – Total Body Stretching (AR) 9:45a – Lower Body Exercise(AR) 10:30a - Step Class(AR) 2p- BINGO (AR) 7p- Movie-Miss Juneteenth (AR)	2 9a – Neck & Back Strengthening(AR) 9:45a – Seated Abs(AR) 10:30a – Seated Boxing 12:30p – Afternoon Exercise (AR) 1p-Karaoke(AR) 1:30p- Writing Group (LIB) 2p- Guys and Dolls The Musical (AR) 7p- Movie-Moneyball (AR)	3 9a – Mindful Meditation (AR) 9:45a - Balance(AR) 10:30a – Cardio with music from the 60s (AR) 2p- Nick King Live! (AR) 3p- Walking Club FI 2-5 (LB) 3p- Blood Pressure Education w/ Dr. David (AR) 7p- Movie-Always Be My Maybe (AR)	4 10a- Walking Club FI 6-9 (AR) 10:45a- Virtual Exercise (AR) 1p- Live Trivia w/ Prizes (AR) 2:30p-Watch the Kentucky Derby Live (AR) 3p- The Word Game (AR) 7p- Movie-Something's Gotta Give (AR)
5 10a- Virtual Exercise(AR) 10:30a- Seated Exercise(AR) 1p- Catholic Service (AR) 2:30p- French Family and Pascale (AR) 7p - Movie- Big Eyes (AR) CINCO DE MAYO	6 9:00a - Mindful Meditation(AR) 9:45a – Upper Body Exercise(AR) 10:30a – Seated Cardio(AR) 1p-Weekly Current Events(AR) 2p-BINGO (AR) 7p- Movie- The King (AR)	7 9:00a – Seated Yoga(AR) 9:45a - Lower Body Exercise(AR) 10:30a – Step Class(AR) 12:30p – Afternoon Exercise(AR) 1p- Virtual Low Vision Education Session (AR) 2p- Walking Club FI 10-13 (LB) 3p- Domino's Tournament! (AR) 7p- Movie- Won't You Be My Neighbor (AR)	8 9:00a – Total Body Stretching(AR) 9:45a – Seated Abs (AR) 10:30a – Seated Boxing(AR) Walk through Central Park 1p- Manicure Day (AR) 3p- Walking Club FI 2-5 (LB) 7p- Movie- Born on the 4th of July (AR)	9 9:00a – Neck & Back Strengthening(AR) 9:45a - Balance(AR) 10:30a – Cardio with music from the 70s(AR) 12:30p – Afternoon Exercise (AR) 1:30p- Writing Group (LIB) 2p-Trivia Hour: Geography (AR) 7p- Movie—Dumplin (AR)	10 9a – Mindful Meditation (AR) 9:45a – Total Body Exercise(AR) 10:30a – Cardio(AR) 2p- May Birthday Celebration & Music w/ Carl (AR) 3p- Walking Club FI 6-9 (LB) 7p- Movie- All Quiet on the West Front (AR)	11 10a- Walking Club FI 10-13 (LB) 10:45a- Virtual Exercise (AR) 2p-BINGO (AR) 7p- Movie- Otherhood (AR)
12 10a- Virtual Exercise(AR) 10:30a- Seated Exercise(AR) 1p- Catholic Service (AR) 2p- Mother's Day Refreshments (AR) 7p-Movie- The Women King (AR) HAPPY MOTHER'S DAY	13 9:00a - Mindful Meditation(AR) 9:45a - Lower Body Exercise(AR) 10:30a – Step Class (AR) 1p-Weekly Current Events(AR) 2p-Art w/ Noemi (AR) 7p- Movie- You've Got Mail (AR)	14 9:00a – Seated Yoga(AR) 9:45a – Seated Abs(AR) 10:30a - Seated Boxing(AR) 12:30p – Afternoon Exercise(AR) 2p- BINGO (AR) 7p- Movie- Out of Africa (AR)	15 9:00a –Total Body Stretching(AR) 9:45a – Balance (AR) 10:30a – Cardio with Music from the 80s(AR) 1p- Virtual Concert Tina Turner Live from Holland, Netherlands (AR) 3p- Walking Club FI 2-5 (LB) 7p- Movie- Me Time (AR)	16 9:00a – Neck & Back Strengthening(AR) 9:45a – Total Body Exercise(AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise(AR) 1:30p- Writing Group (LIB) 2p- Trivia Hour: Technology Then and Now (AR) 7p- Movie- Burlesque (AR)	17 9:00a – Mindful Meditation (AR) 9:45a – Upper Body (AR) 10:30a – Seated Cardio (AR) 2p- Live Singing w/ Julliard (AR) 3p- Walking Club FI 6-9 (LB) 7p- Movie- I Wanna Dance (AR)	18 10a- Walking Club FI 10-13 (LB) 10:45a- Virtual Exercise (AR) 2p- Jewish Service (AR) 3p- Table Games & Puzzles (AR) 7p- Movie-White House Down (AR)
19 10a- Virtual Exercise (AR) 10:30a- Seated Exercise (AR) 1p- Catholic Service (AR) 2p- Scrabble/Board Games (AR) 3p- The Word Game (AR) 7p- The Good Shepard (AR)	20 9:00a - Mindful Meditation (AR) 9:45a – Seated Abs (AR) 10:30a – Seated boxing (AR) 1p-Weekly Current Events (AR) 2p-BINGO (AR) 7p-Movie-Race (AR)	21 9:00a – Seated yoga (AR) 9:45a – Balance (AR) 10:30a – Cardio with music from Michael Jackson (AR) 12:30p – Afternoon Exercise (AR) 1p- Jewlery Making (AR) 3p- Walking Club FI 2-5 (LB) 7p- Darkest Hour (AR)	22 9:00a – Total body Stretching (AR) 9:45a – Total body exercise (AR) 10:30a – Cardio (AR) 2p- Trivia Hour: Human Body (AR) 3p- Walking Club FI 6-9 (LB) 7p-Places in the Heart (AR)	23 9a-Neck & Back Strengthening(AR) 9:45a- Upper Body Exercise (AR) 10:30a – Seated Ccardio (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Writing Group FI 10-13 (LIB) BINGO 7p-Moscow on the Hudson (AR)	24 9:00a – Mindful meditation (AR) 9:45a – total body Exercise (AR) 10:30a – step class (AR) 11:15a-1:30p-Memorial Day BBQ & Live Singing w Tommy A. & Friends (AR) 3p- Walking Club FI 2-5 (LB) 7p- Movie- Annie (AR)	25 10a- Walking Club FI 6-9 (LB) 10:45- Virtual Exercise (AR) 2p- Virtual Food Tour:What's Cook'n in the Neighborhood? (AR) 7p-Movie-Hustle (AR)
26 10a- Virtual Exercise (AR) 10:30a- Seated Exercise (AR) 1p- Catholic Service (AR) 2p- Table Games (AR) 3p- Karaoke (AR) 7p-Movie-Family Switch (AR)	27 10:00a- Virtual Exercise (AR) 1p-Weekly Current Events (AR) 2p-Art w/ Noemi (AR) 3p- The Word Game (AR) 7p-The 2 Popes (AR) HAPPY MEMORIAL DAY!	28 10a-Virtual Exercise (AR) 1:30p- Food Committee Meeting 2p- Resident Council Meeting (AR) 3p- Walking Club FI 10-13 (LB) 7p-Movie-Yes Day (AR)	29 10a- Virtual Exercise (AR) 1p- The Word Game (AR) 3p- Trivia Hour: 40's-70's Movie (AR) 3p- Walking Club FI 2-5 (LB) 7p-Movie- King Richard (AR)	30 9:00a – Neck & Back (AR) 9:45a - Upper Body Exercise(AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise(AR) 1:30p- Writing Group (LIB) 2p- BINGO (AR) 7p-Movie- The Greatest Night in Pop (AR)	31 9:00a – Mindful Meditation 9:45a – Total Body Exercise(AR) 10:30a – Cardio w music from the Caribbean(AR) 2p- Virtual Concert- Earth, Wind & Fire (AR) 3p- Walking Club FI 6-9 (LB) 7p-Movie-What Happened Miss Simone? (AR)	Location Key: AR- Activity Room PDR- Private Dining Room LB- Lobby LIB- Library CY- Courtyard



May 2024



								
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