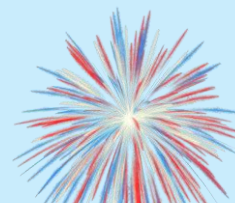


July 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Life Enrichment Office 212-534-6464 Ext. 5153 Janicia's Ext. 5131	9:00a – Mindful meditation (AR) 9:45a – Lower Body Exercise (AR) 10:30a - Step Class (AR) 1p- Weekly Horoscopes (AR) 2p- The Word Game (AR) 7p- Movie- The Idea of You (AR)	9:00a – Seated Yoga (AR) 9:45a – seated abs (AR) 10p- Walking Club (LB) 10:30a – Seated boxing (AR) 12:30p – Afternoon Exercise (AR) 1p- Manicure Day (AR) 7p Movie- Borrowed Hearts (AR)	9:00a – Total body Stretching (AR) 9:45a – Balance (AR) 10:30a – Cardio with music from the 60s (AR) 1:30p- Pet Therapy w/ Pippa (LB) 2-3p- Lemonade Stand (Front) 7p Movie- The Wedding Planner (AR)	10a Virtual Exercise (AR) 1:30p- Writing Group (AR) 3p-The Word Game (AR) 7p Movie- Legal Eagles (AR) HAPPY 4TH OF JULY	9:00a – Mindful meditation (AR) 9:45a - Lower Body Exercise (AR) 10p- Walking Club (LB) 10:30a – Step Class (AR) 11:15am-1:30p-Independence Day wknd BBQ w/ Linda Miller (CY) 3p-Health Talk w Dr. David (AR) 7p- Movie- Ali (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 2p- Bingo (AR) 7p- Movie- The Hill (AR)
7	8	9	10	11	12	13
10a- Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2p-Table Games (AR) 7p Movie- Wonder (AR)	9a- Mindful Meditation (AR) 9:45a- Seated Abs (AR) 10:30a- Seated Boxing (AR) 1p- Weekly Horoscopes AR 2p- The Word Game (AR) 7p Movie- Our Souls at Night (AR)	9:00a – Seated Yoga (AR) 9:45a – Balance (AR) 10a- Walking Club (AR) 10:30a – Cardio with music from the 70s (AR) 12:30p – Afternoon Exercise (AR) 2p- Bingo (AR) 7p Movie- Airport 1975 (AR)	9:00a – Total body Stretching (AR) 9:45a – Total body exercise (AR) 10:30a – Cardio with music from the 60s (AR) 1p- Trivia- Music from the 50's (AR) 2p- Make your own Ice Cream (AR) 7p Movie- Mother of the Bride (AR)	9:00a - Neck and back strengthening (AR) 9:45a - Lower Body Exercise (AR) 10:30a – Step class (AR) 1:30p- Writing Group (AR) 3p- Virtual Concert: Michael Jackson (AR) 7p- Movie- Hard Lessons (AR)	10a- Virtual Exercise (AR) 2p- Live Singing w/ Linda Impanema (LB) 3p-Health Talk w Dr. David (AR) 7p Movie- Agatha Christie's: The Mirror Crack'd (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 2p- Jewish Service (AR) 7p- Movie- The Man Who Knew Too Much (AR)
14	15	16	17	18	19	20
10a- Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- Table Games (AR) 7p- Movie- Baby of the Bride (AR)	10a- Virtual Exercise (AR) 1p- Weekly Horoscopes (AR) 2p- Dominoes Tournament (AR) 7p Movie- The Book of Henry (AR)	9:00a – Seated Yoga (AR) 9:45a – Total body exercise (AR) 10a- Walking Club (LB) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2p- Bingo (AR) 7p- Movie- Red Notice (AR)	9:00a – Total body Stretching (AR) 9:45a – Upper body exercise (AR) 10:30a – Seated cardio (AR) 1p- Learn to Dance Salsa w/ Daniel (AR) 1:30p- Pet Therapy w/ Pippa (LB) 2p-What's Cooking in the Neighborhood (AR) 7p- Movie- Walk. Ride. Rodeo. (AR)	9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Seated Boxing (AR) 1p- Manicure Day (LIB) 1:30p- Writing Group (AR) 7p- Movie- Saturday Night Fever (AR)	9:00a – Mindful meditation (AR) 9:45a – Balance (AR) 10a- Walking Club (LB) 10:30a – Cardio with music from Michael Jackson (AR) 2p- Live Saxophone and Dancing w/ Carl (AR) 3p-Health Talk w Dr. David (AR) 7p- Movie- How To Murder Your Wife (AR)	10a- Virtual Exercise (AR) 10:30a- Seated Exercise (AR) 2p- Bingo (AR) 7p- Movie- Arsenic and Old Lace (AR)
21	22	23	24	25	26	27
10a- Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- Dominoes/Table Games (AR) 7p- Movie- The Secret Life of Walter Mitty (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Cardio (AR) 1p- Weekly Horoscopes (AR) 2p- Art with Noemi (AR) 7p- Movie- The Front (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10a- Walking Club (LB) 10:30a – Seated Cardio (AR) 2p- Bingo (AR) 7p- Movie- The Simple Life of Noah Dearborn (AR)	9:00a – Total Body Stretching (AR) 9:45a –Total body Exercise (AR) 10:30a – Step Class (AR) 1p- HPH Jeopardy w/ Tinisi (AR) 2p- Interactive Music w/ Mind and Melody (AR) 7p- Movie- Somewhere in Time (AR)	9:00a – Neck and Back Strengthening (AR) 9:45a - Upper Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Writing Group (AR) 7p-Movie- Ghost (AR)	9:00a – Mindful meditation (AR) 9:45a – Total Body Exercise (AR) 10a- Walking Club (LB) 10:30a – Cardio with music from the Caribbean (AR) 2p- Live Music w/ Tommy and Friends (AR) 3p-Health Talk w Dr. David (AR) 7p- Movie- On A Wing and A Prayer (AR)	10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 2p- Bingo (AR) 7p- Movie- Born on the Fourth of July (AR)
28	29	30	31			
10a- Virtual Seated Exercise (AR) 10:30a-Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- Table Games (AR) 7p- Movie- Guarding Tess (AR) National Parents Day	9:00a – Mindful meditation (AR) 9:45a – Seated Abs (AR) 10:30a – Seated Boxing (AR) 1p- Weekly Horoscopes (AR) 2:30p- Bingo (AR) 7p- Movie- The Love Punch (AR)	9:00a – Seated Yoga (AR) 9:45a - Upper Body Exercise (AR) 10a- Walking Club (Alb) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Food Committee (AR) 2p- Resident Council Meeting (AR) 7p- Movie- Man's Favorite Sport? (AR)	9:00a – Total Body Stretching (AR) 9:45a – Balance (AR) 10:30a – Cardio with music from the 50s (AR) 1p- Family Feud (AR) 7p Musical- Pal Joey (AR)	Janicia, Tyler & Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C.	Salon is open Wednesdays from 8:30a-1p <i>SWEET SWEET SUMMER</i>	Location Key: AR- Activity Room PDR- Private Dining Room LB- Lobby LIB- Library CY- Courtyard