



June 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Love is Love Happy Pride Month!	Life Enrichment Office 212-534-6464 Ext. 5153 Janicia's Ext. 5131	Salon is open every Wednesday 8:30a-1p Janicia, Tyler, and Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C	Location Key: AR- Activity Room PDR- Private Dining Room LB- Lobby LIB- Library CY- Courtyard			1 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise 2p- Bingo (AR) 7p- MOVIE My Big Fat Greek Wedding 3 (AR)
2 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 2p- Table Games (AR) 7pm MOVIE- Book Club: The Next Chapter (AR)	3 9a – Mindful Meditation (AR) 9:45a – Lower Body Exercise (AR) 10:30a - Step Class (AR) 1p-Weekly Current Events (AR) 2p-Bingo (AR) 7pm MOVIE- And So It Goes (AR)	4 9:00a – Seated Yoga (AR) 9:45a – Seated Abs (AR) 10:30a – Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Arts & Crafts (AR) 3p- Walking Club (LB) 7pm MOVIE- My Sailor, My Love (AR)	5 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) 2:30p Online and Telephone Scam Education course (AR) 7pm MOVIE- Hot Pursuit 2015 (AR)	6 9a-Neck & Back Strengthening (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Manicure Day (AR) 1:30p-Writing Group (LIB) 3p-Trivia- Name that Landmark (AR) 7pm Musical- Cats 2019(AR)	7 9:00a – Mindful Meditation (AR) 9:45a - Lower Body Exercise (AR) 10a- Walking Club (LB) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) 2p-Julliard (AR) 3p-Health Talk w/ Dr. David (AR) 7pm MOVIE- Sylvie's Love (AR)	8 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 2:30p-Bingo (AR) 7pm MOVIE- This is Me Now (AR)
9 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise 11am- PUERTORICAN DAY PARADE (AR) 1p-Catholic Service (AR) 2p- Arts & Crafts (AR) 7pm MOVIE- Hawa (AR) 	10 9a – Mindful Meditation (AR) 9:45a – Seated Abs (AR) 10:30a – Seated Boxing (AR) 1p-Weekly Current Events (AR) 2p-Bingo (AR) 7pm MOVIE- Creed III (AR)	11 9a-Seated Yoga (AR) 9:45a –Balance (AR) 10a- Walking Club FL 2-4 (LB) 10:30a – Cardio with music from the 70s (AR) 12:30p – Afternoon Exercise (AR) 2-4p- Free Market (AR) 7pm MOVIE- Breathe of Life (AR)	12 10a-Virtual Seated Exercise (AR) 10:30a-General Election Voting (LB) 1p-Live Karaoke (AR) 2p- Virtual Tour of Puerto Rico (AR) 3p-Walking Club (LB) 7pm MOVIE- Judy (AR)	13 9a-Neck & Back Strengthening (AR) 9:45a - Lower Body Exercise (AR) 10:30a – Step Class (AR) 1:30p-Writing Group (LIB) 3p- Virtual Concert- Marc Anthony (AR) 7pm MOVIE- Top Gun (AR)	14 9:00a – Mindful Meditation (AR) 9:45a – Seated Abs (AR) 10a- Walking Club (LB) 10:30a - Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) 2p-Live Sax w/ Carl (AR) 3p-Health Talk w Dr. David (AR) 7pm MOVIE-Rope (AR)	15 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 2p-Bingo (AR) 7pm MOVIE- Charade (AR)
16 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2p-Father's Day Mini golf & donuts (AR) 7pm MOVIE-The Boys in the Boat (AR) HAPPY FATHER'S DAY	17 9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Cardio with music from the 80s (AR) 1p-Weekly Current Events (AR) 2p- Singing w/ Pascale (LB) 7pm MOVIE- Sylvie's Love (AR)	18 9:00a – Seated Yoga (AR) 9:45a – Total Body Exercise (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2p-Bingo (AR) 3p-Walking Club 7pm MOVIE- Annie Hall (AR)	19 9:00a – Total Body Stretching (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Seated Cardio (AR) 1:30p- Pet Therapy w Pippa (LB) 2p- HPH Jeopardy (AR) 3p-Low Vision Group (AR) 7pm MOVIE- Women in Gold Celebrate Juneteenth	20 9a-Neck & Back Strengthening (AR) 9:45a – Seated Abs (AR) 10:30a – Seated Boxing (AR) 1p- Manicure Day (AR) 1:30p-Writing Group (LIB) 3p-Discussion Group (AR) 7pm Movie-The Pianist	21 9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10a- Walking Club (LB) 10:30a – Cardio with music from Michael Jackson (AR) 12:30p – Afternoon Exercise (AR) 1p- Volunteer Appreciation w/ Magic from Eric (AR) 3p-Health Talk w Dr. David (AR) 7pm- The Strange Love of Martha Ivers(AR)	22 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 2p- Jewish Service (AR) 7pm MOVIE- It Could Happen to You (AR)
23 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 1p-Catholic Service (AR) 2p- Arts & Crafts (AR) 7pm MOVIE-Beverly Hills Cop (AR)	24 9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Cardio (AR) 1p-Weekly Current Events (AR) 2p-Bingo (AR) 7pm MOVIE- Memoirs of A Geisha (AR)	25 9:00a – Seated Yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise 1:30p- Food Committee Meeting (AR) 2p-Resident Council Meeting (AR) 3p-Walking Club (AR) 7pm MOVIE- A Good Person (AR)	26 9:00a – Total Body Stretching (AR) 9:45a – Total Body Exercise (AR) 10:30a – Step Class (AR) 1p-Trivia- Human Body (AR) 2p-What's Cooking in the Neighborhood (AR) 3p-The Word Game (AR) 7pm MOVIE- Wonderful Wheel (AR)	27 9a- Neck & Back Strengthening (AR) 9:45a - Upper Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise (AR) 1p- Arts & Crafts (AR) 1:30p-Writing Group (LIB) 7p-Opera Night on 5 th (LB)	28 9:00a – Mindful meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Cardio with music from the Caribbean (AR) 2p-Celebrate June's Birthday w/ Tommy A & Friends (AR) 3p-Health Talk w Dr. David (AR) 7pm MOVIE- Letters to Juliet (AR)	29 
30 10a-Virtual Exercise (AR) 10:30a- Virtual Exercise (AR) 1p-Catholic Service (AR) 2p- Arts & Crafts (AR) 7pm MOVIE- Manhattan (AR)						



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