



# August 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Life Enrichment Office 212-534-6464 Ext. 5153 Janicia's Ext. 5131	<b>The salon is open for walk-ins every Wednesday from 8:30a-1p</b>  Janicia, Tyler & Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C	<b>Location Key:</b> AR- Activity Room PDR- Private Dining Room LB- Lobby LIB- Library CY- Courtyard		9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Balance (AR) 10:30a – Seated Boxing (AR) 1p- Manicure Day (AR) 1:30p- Writing Group (LIB) 7p- Movie- Shaft (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10a-Walking Club (LB) 10:30a-Cardio (AR) <b>2p- Music w/ Amanda (AR)</b> 7p- Movie- Ghostbusters Frozen Empire (AR)	10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 2p- Bingo (AR) 7p- Movie- The Great Debaters
4	5	6	7	8	9	10
10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 11a- Gardening in the courtyard (AR) 1p- Catholic Service (AR) 7p- Movie- Find Me Falling (AR)	9:00a- Mindful Meditation (AR) 9:45a- Upper Body Exercise (AR) 10:30a- Seated Cardio (AR) 1p- Weekly Horoscopes (AR) 2p- Bingo (AR) 7p- Movie- One Night in Miami (AR)	9:00a- Seated Yoga (AR) 9:45a- Lower Body Exercise (AR) 10a-Walking Club (LB) 10:30a- Step Class (AR) <b>1p-KPMG Impact Day Party</b> 7p- Movie- Elvira Mistress of the Dark (AR)	9:00a- Total Body Stretching (AR) 9:45a- Seated Abs (AR) 10:30a- Seated Boxing (AR) <b>12p- Bus Trip: Shopping on Columbus Ave (LB)</b> <b>2p- Discussion Group- What can we do better? (AR)</b> 7p- Movie- Wonderland (AR)	9a- Neck/Back Strength/Stretching (AR) 9:45a- Balance (AR) 10:30a- Seated Boxing (AR) <b>1p- Trivia: World History (AR)</b> 1:30p- Writing Group (LIB) 7p- Movie- No Hard Feelings (AR)	9a- Mindful Meditation (AR) 9:45a- Total Body Exercise (AR) 10a-Walking Club (LB) 10:30a- Cardio (AR) <b>2p- American Dance Salon (AR)</b> 7p- Movie- Look Both Ways (AR)	10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) <b>2p- Jewish Service (AR)</b> 7p- Movie- Faye (AR)
11	12	13	14	15	16	17
10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 11a- Gardening in the Courtyard (AR) 1p- Catholic Service (AR) 7p- Movie- Crazy Rich Asians (AR)	9:00a- Mindful Meditation (AR) 9:45a- Upper Body Exercise (AR) 10:30a- Upper Body Exercise (AR) 1p- Weekly Horoscopes (AR) 2p- Bingo (AR) 7p- Movie- Family Affair (AR)	9:00a- Seated Yoga (AR) 9:45a- Lower Body Exercise (AR) 10a-Walking Club (LB) 10:30a- Step Class (AR) <b>1p: Bus Trip Governor's Island (LB)</b> <b>1p- Table Games (AR)</b> 7p- Movie- Cirque Du Soleil: Without a Net (AR)	9:00a- Total Body Stretching (AR) 9:45a- Seated Abs (AR) 10:30a- Seated Boxing (AR) <b>10a- Wash and Roll Day (AR)</b> 7p- Movie- Glengary Glen Ross (AR)	9:00a- Neck/Back Strength/Stretching (AR) 9:45a- Balance (AR) 10:30a-Choose your Exercise (AR) <b>1p- HPH Jeopardy w/ Tinisi! (AR)</b> 1:30p- Writing Group (LIB) <b>2p- Manicure Day (AR)</b> 7p- Movie- Dark Waters (AR)	9:00a- Mindful Meditation (AR) 9:45a- Balance (AR) 10a-Walking Club (LB) 10:30a- Choose your Exercise (AR) <b>2p- Live Singing w/ Linda Miller (AR)</b> <b>1p- The Word Game (AR)</b> 7p- Movie- Pride	10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 2p- Bingo (AR) 7p- Movie- Junior (AR)
18	19	20	21	22	23	24
10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 11a- Gardening in the courtyard (AR) 1p- Catholic Service (AR) 7p- Movie- Selma (AR)	9:00a- Mindful Meditation (AR) 9:45a- Total Body Exercise (AR) 10:30a- Cardio (AR) 1p- Weekly Horoscopes (AR) 2p-Bingo (AR) 7p- Movie- Imagine That (AR)	9:00a- Seated Yoga (AR) 9:45a- Upper Body Exercise (AR) 10a-Walking Club (LB) 10:30a- Seated Cardio (AR) <b>1p- Bus Trip: Tour of the City (LB)</b> <b>1p- Table Games (AR)</b> 7p- Movie- My Man Godfrey (AR)	9:00a- Total Body Stretching (AR) 9:45a- Lower Body Exercise (AR) 10:30a- Step Class (AR) 1p- Art-Stained Glass Painting (AR) <b>2p- Discussion Group- My Good Neighbor (AR)</b> 7p- Movie- Elvis (AR)	10:00a- Virtual Exercise (AR) 10:30a- Seated Exercise (AR) 1:30p- Writing Group (LIB) 2p- Virtual Concert: Chaka Khan (AR) 7p- Movie- Blue Miracle (AR)	10:00 Virtual Exercise (AR) 10a-Walking Club 10:30a- Seated Exercise (AR) <b>11:15a-1:30p- End of Year BBQ and Live Sax w/ Carl (AR)</b> <b>2p-</b> 7p- Movie- Beach Blanket Bingo (AR)	10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 2p- Bingo (AR) 7p- Movie- Oklahoma! (AR)
25	26	27	28	29	30	31
10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 11a- Gardening in the courtyard (AR) 1p- Catholic Service (AR) 7p- Movie- Breakfast at Tiffany's (AR)	9:00a-Mindful Meditation (AR) 9:45a- Total Body Exercise (AR) 10:30a- Cardio (AR) 1p- Weekly Horoscopes (AR) 2p-Bingo (AR) 7p- Movie- Mrs. Winterbourne (AR)	10:00- Virtual Exercise (AR) 10a-Walking Club (LB) 10:30a- Seated Exercise (AR) <b>1:30p- Food Committee Meeting (AR)</b> <b>2p- Resident Council Meeting (AR)</b> 7p- Movie- A Dream is a Wish Your Heart Makes: The Annette Funicello Story (AR)	9:00a- Total Body Stretching (AR) 9:45a- Lower Body Exercise (AR) 10:30a- Step Class (AR) <b>1p- Flower Pressing Project (AR)</b> <b>1p-Bus Trip: Beach Day (AR)</b> 7p- Movie- Eight on the Lam (AR)	9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Balance (AR) 10:30a- Seated Boxing (AR) 1p- Manicure Day (AR) 1:30p- Writing Group (LIB) 7p- Movie- A Song is Born (AR)	9:00a- Mindful Meditation (AR) 9:45a- Balance (AR) 10a-Walking Club (LB) 10:30a- Choose your Exercise (AR) <b>2p- Live Singing w/ Nick King (AR)</b> 7p- Movie- New Orleans (AR)	10a-Virtual Exercise (AR) 10:30a-Virtual Exercise (AR) 2p- Bingo (AR) 7p- Movie- Born in Chicago (AR)



**August 2024**

