

# SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10a- Virtual Exercise (AR) 10:30a- Seated Yoga (AR) 1p- Catholic Services (AR) 2p- Art in the Afternoon (AR) 7p- Movie: Imitation of Life (AR)	<b>2</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Seated Exercise (AR) 1p- Weekly Horoscopes (AR) 2p- Art (AR) 7p- Movie: Lover Come Back (AR)  <b>HAPPY LABOR DAY</b>	<b>3</b> 9:00a-Seated Yoga (AR) 9:45a-Upper Body Exercise (AR) <b>10a-Governors Island Trip (LB)</b> 10:30a-Step Class (AR) 1p- The Word Game (AR) 2p-Dominoes (AR) 2p- Writing Group (LIB) <b>7p- Movie: Cooley High (AR)</b>	<b>4</b> 9:00a-Total Body Stretching (AR) 9:45a-Lower Body Exercise (AR) 10:30a-Seated Boxing (AR) 2p- Bingo (AR) 7p- Movie- Slap Shot (AR)	<b>5</b> 9:00a-Neck and Back Strength/Stretching (AR) 9:45a-Seated Abs (AR) 10:30a-Choose your exercise (AR) 1p- Hot Potato Trivia (AR) 2p- Mental Health and the Elderly 12 Key Points Discussion (AR) 7p- Movie Unfrosted (AR)	<b>6</b> 9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Seated Cardio (AR) 2p Music by Linda Impanema (LB) <b>7p- Movie The Little Rascals 1994 (AR)</b>	<b>7</b> 10a- Virtual Exercise (AR) 10a- Pedicab Rides (AR) 10:30a- Virtual Yoga (AR) 10:45a- Pedicab Rides (AR) 2p-Bingo (AR) <b>7p- Movie-Molly’s Game (AR)</b>
<b>8</b> 10a- Virtual Exercise (AR) 10:30a- Seated Yoga (AR) 1p- Catholic Services (AR) 2p- Art in the Afternoon (AR) 7p- Movie- The Secret of My Success (AR)  <b>Assisted Living Week</b>	<b>9</b> 9:00a-Mindful Mediation (AR) 9:45a-Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p-The Word Game (AR) 2p- Dominoes (AR) <b>7p- Movie- Kramer vs. Kramer (AR)</b>  <b>Happy Labor Day!</b>  <b>Assisted Living Week</b>	<b>10</b> 9:00a – Seated Yoga (AR) 9:45a – Upper body exercise (AR) 10:30a – Step Class (AR) 2p- Bingo (AR) <b>7p- Movie- Sabrina (1995) (AR)</b>  <b>Assisted Living Week</b>	<b>11</b> 9:00a-Total Body Stretching (AR) 9:45a- Lower Body Exercise (AR) <b>10a- Shopping Trip (LB)</b> 10:30a – Seated Boxing (AR) 1p- The Word Game (AR) 2p- Table Games (AR) <b>7p- Movie- Critical Thinking (AR)</b>  <b>Assisted Living Week</b>	<b>12</b> 9:00a – Neck & Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a-Choose Your Exercise (AR) <b>2p- Bingo (AR)</b> <b>7p- Movie- Death Becomes Her (AR)</b>  <b>Assisted Living Week</b>	<b>13</b> 9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Choose Your Exercise (AR) 2p- Live Sax w/ Carl (AR) 3p- Live Trivia (AR) <b>7p- Movie- Mrs. Palfrey At the Claremont (AR)</b>  <b>Assisted Living Week</b>	<b>14</b> 10a- Virtual Exercise (AR) 10a- Pedicab Rides (AR) 10:30a-Virtual Yoga (AR) 10:45- Pedicab Rides (AR) <b>2p- Jewish Service (AR)</b> 3p-Virtual Concert (AR) 7p- Movie-Bowfinger (AR)  <b>Assisted Living Week</b>
<b>15</b> 10a- Virtual Exercise (AR) 10:30a- Seated Yoga (AR) 1p- Catholic Services (AR) 2p- Art in the Afternoon (AR) 7p- Movie- The Union (AR)	<b>16</b> 9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Cardio (AR) <b>2p- Bingo (AR)</b> 7p- Movie Back to the Future (AR)	<b>17</b> 9a – Seated Yoga (AR) 9:45a-Upper Body Exercise AR) <b>10a- Tour the City Trip (LB)</b> 10:30a – Seated Cardio (AR) 1p- Name that Tune 70’s (AR) 2p- World History Trivia (AR) 2p- Writing Group (LIB) <b>7p- Movie- Back to the Future 2 (AR)</b>	<b>18</b> 9:00a – Total Body Stretching 9:45a – Lower Body Exercise 10:30a – Step Class 1p- Karaoke (AR) 2p- Art in the Afternoon (AR) <b>7p- Movie- Back to the Future 3 (AR)</b>	<b>19</b> 9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Seated Boxing (AR) <b>1p- HPH Jeopardy w/ Tinisi (AR)</b> 2:30p- Bingo (AR) 7p Movie- Find Me Falling (AR)	<b>20</b> 9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Seated Cardio (AR) 2p-September Birthday Celebration w/ Music by Linda Miller (AR) <b>7p- Movie Purple Hearts (AR)</b>	<b>21</b> 10a – Virtual Seated Exercise (AR) 10a- Pedicab Rides (AR) 10:30a – Chair Fitness w/ Music (AR) 10:45a- Pedicab Rides (AR) <b>2p- Bingo (AR)</b> <b>7p- Movie- Bank of Dave (AR)</b>
<b>22</b> 10a- Virtual Exercise (AR) 10:30a- Seated Yoga (AR) 1p- Catholic Services (AR) 2p- Bingo (AR) 7p- Movie Night A Beautiful Life (AR)	<b>23</b> 9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a –Step Class (AR) 1p- Current Events & Horoscopes (AR) 2p- Dominoes (AR) 7p- Movie- The Prom (AR)	<b>24</b> 9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Seated Cardio (AR) 1:30p- Food Committee (AR) 2p- Resident Council- New <u>Council Inauguration</u> (AR) 7p- Movie- Falling for Figaro (AR)	<b>25</b> 9a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) <b>10a- Aquarium Trip (LB)</b> 10:30a – Step Class (AR) 1p- Jewelry Making (AR) 2p- Trivia –The Human Body (AR) 7p- Movie- Long Story Short (AR)	<b>26</b> 9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Balance (AR) 10:30a – Seated Boxing (AR) 1p- Family Feud Trivia (AR) 7p- Movie-Troop Zero (AR)	<b>27</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Seated Yoga (AR) 2p-Singing by Julliard (LB) <b>7p Movie: Daddy Daughter Trip (AR)</b>	<b>28</b> 10a – Virtual Seated Exercise (AR) 10a- Pedicab Rides (AR) 10:30a – Chair Fitness w/ Music (AR) 10:45a- Pedicab Rides (AR) 2p- Bingo (AR) 7p- Movie Night (AR) Beautiful Boy
<b>29</b> 10a- Virtual Exercise (AR) 10:30a- Seated Yoga (AR) 1p- Catholic Services (AR) 2p- Art in the Afternoon (AR) 7p- Movie Night- <u>The Lost Daughter</u> (AR)	<b>30</b> 9:00a – Mindful Meditation (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Current Events & Horoscopes (AR) 2p-Table Games (AR) 7p- Movie- Superman IV: The Quest for Peace (AR)	<b>September is Healthy Aging Month!</b>	<b>Life Enrichment Office 212-534-6464 Ext. 5153</b>  <b>Janicia’s Ext. 5131</b>	<b>Salon is open every Wednesday 8:30a-12p</b> <b>SEE LIFE ENRICHMENT TEAM FOR MORE INFORMATION</b>	<b>Janicia, Tyler, and Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C-Level</b>	<b>Location Key:</b> <b>AR- Activity Room</b> <b>PDR- Private Dining Room</b> <b>LB- Lobby</b> <b>LIB- Library</b> <b>CY- Courtyard</b>



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