



NOVEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Life Enrichment Office Phone # 212-534-6464 Ext. 5153 Janicia's Ext. 5131	The Salon is open every Wednesday from 8:30a-12p Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard	<i>"Gratitude is one of the most powerful human emotions. Once expressed, it changes attitude, brightens outlook, and broadens our perspective."</i>	Janicia, Tyler & Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on level C.	<i>We are grateful for our family of staff and residents.</i> 😊	9a- Mindful meditation (AR) 9:45a- Balance (AR) 10:30a- Cardio (AR) 2p- Live Singing with Nick King (AR) 3:15p- Martial Arts (AR) 7p- Movie- Bad Boys: Ride or Die (AR)	10a- Virtual Exercise (AR) 1p- Name That Tune (AR) 2:30p- Bingo (AR) 7p- Movie- Lift
3	4	5	6	7	8	9
10a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2p-Dominoes (AR) 7p- Movie- Queen Bees (AR)	9a- Mindful Meditation (AR) 9:45a- Total Body Exercise (AR) 10:30a- Seated Cardio (AR) 1p- Current Events Discussion Group 2p- Art in the Afternoon (AR) 7p- Movie- His Girl Friday (AR)	9a- Seated Yoga (AR) 9:45a- Upper Body Exercise (AR) 10:30a- Step Class (AR) 1:30p- Pet Therapy with Cody the Dog (AR) 2p- Writing Group (LIB) 2:30p- Bingo (AR) 7p- Movie- Superman 1978 (AR)	9a- Total Body Stretching (AR) 9:45a- Lower Body Stretching (AR) 10:30a- Seated Boxing (AR) 1p- Family Feud: Thanksgiving Edition 2p- Manicure Day (AR) 7p- Movie-Father Hood (AR)	9a- Neck & Back Strength/Stretching (AR) 9:45a- Seated Abs (AR) 10:30a- Choose Your Exercise (AR) 1p- Trivia: Movies & TV Shows (AR) 2p- Art with Selma (AR) 7p- Movie- A Star is Born (AR)	9a- Mindful meditation (AR) 9:45a- Balance (AR) 10:30a- Cardio (AR) 2p- November Birthday Celebration & Live Singing w/ Linda Miller (AR) 3:15p- Martial Arts (AR) 7p- Movie- Wild Oats (AR)	10a- Virtual Exercise (AR) 2p-Jewish Shabbat Service 7p- Movie- Indiana Jones and the Raiders of the Lost Ark (AR)
10	11	12	13	14	15	16
10a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2:30p-Bingo 7p- Movie- Thunderball (AR)	9a- Mindful Meditation (AR) 9:45a- Total Body Exercise (AR) 10:30a- Seated Cardio (AR) 1p- Current Events Discussion Group 2p- Dominoes (AR) 7p- Movie- The Chine Syndrome (AR)	9a- Seated Yoga (AR) 9:45a- Upper Body Exercise (AR) 10:30a- Step Class (AR) 1p-Pet Therapy with Blue (AR) 1p- The Word Game (AR) 2:30p-Bingo (AR) 7p- Movie- Luv (AR)	9a- Total Body Stretching (AR) 10a- Senior Awareness Meet & Greet with NYPD (AR) 1p- Trivia: Thanksgiving Edition 2p- Scattergories (AR) 7p- Movie- Bell, Book and Candle (AR)	9a- Neck & Back Strength/Stretching (AR) 9:45a- Seated Abs (AR) 10:30a- Choose Your Exercise (AR) 1p- Virtual Discussion on Finding Happiness Within (AR) 2p- Art in the Afternoon (AR) 7p- Movie- The Long Way Home (AR)	9a- Mindful meditation (AR) 9:45a- Balance (AR) 10:30a- Cardio (AR) 2p-Live Singing for Seniors w/ Julliard (AR) 3:15p- Martial Arts (AR) 7p- Movie- The Last Dance (AR)	10a- Virtual Exercise (AR) 1p- Hot Cider & Painting (AR) 3p- Afternoon Social (AR) 7p- Movie- Mr. & Mrs. Smith (AR)
17	18	19	20	21	22	23
10a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2:30p- Bingo (AR) 7p- Movie- The Wedding Planner (AR)	9a- Mindful Meditation (AR) 9:45a- Total Body Exercise (AR) 10:30a- Seated Cardio (AR) 1p- Current Events Discussion Group 2p- Art in the Afternoon (AR) 7p- Movie- Marnie (AR)	9a- Seated Yoga (AR) 9:45a- Upper Body Exercise (AR) 10:30a- Step Class (AR) 1:30p- Food Committee (AR) 2p- Resident Council (AR) 7p- Movie: A Madea Homecoming (AR)	9a- Total Body Stretching (AR) 9:45a- Lower Body Stretching (AR) 10:30a- Seated Boxing (AR) 1p- Virtual Tour of Washington D.C. 2p- Manicure Day (AR) 7p- Movie: Queen Bees (AR)	9a- Neck & Back Strength/Stretching (AR) 9:45a- Seated Abs (AR) 10:30a- Choose Your Exercise (AR) 1p-Trivia: Human Body (AR) 2:30p- Bingo (AR) 7p- Movie: Made in Italy (AR)	10a- Virtual Exercise 1p-Vista On 5 th Holiday Tree Lighting and Gift Giving (LB) 2p- Live Saxophone by Carl (AR) 3:15p- Martial Arts (AR) 7pm- The Nutcracker (AR)	10a- Virtual Exercise (AR) 2p- Virtual Food Tour: Italy (AR) 3p- Afternoon Social (AR) 7p- Movie: Family Pack (AR)
24	25	26	27	28	29	30
10a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- Table Games 7p- Movie: Book Club (AR)	10a- Virtual Exercise (AR) 1p- Current Events Discussion Group 2p- Dominoes (AR) 7p- Movie: Wimbledon (AR)	10a- Virtual Exercise (AR) 1p- The Word Game (AR) 1:30p-Pet Therapy with Blue (AR) 2:30p- Bingo 7p- Movie: Dragnet 1987 (AR)	10a- Virtual Exercise (AR) 1p- Karaoke (AR) 2p- Art in the Afternoon (AR) 7p- Movie: Two Weeks' Notice (AR)	8:30a- Macy's Thanksgiving Day Parade (AR) 7p- The Holiday Calendar (AR)	10a- Virtual Exercise (AR) 2p- Live Singing by Linda Impanema 3:15p- Martial Arts (AR) 7p- Movie: Falling Inn Love (AR)	10a- Virtual Exercise (AR) 1:30p-Bingo (AR) 3p-Virtual Concert (AR) 7p-Movie: Breakfast at Tiffany's (AR)
				Happy Thanksgiving!		



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