



# DECEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- <b>GiGi's Playhouse Musical Performance (AR)</b> 7p- Movie: Almost Christmas (AR)	<b>2</b> 10a- Virtual Exercise (AR) 10a- <b>Boomers and Tech (AR)</b> 1p- Horoscopes/Current Events Discussion Group (AR) 2:30p- Bingo (AR) 7p- Movie: White Christmas (AR)	<b>3</b> 10a- Virtual Exercise (AR) 1p- <b>Salvation Army Gift Giving (AR)</b> 2p- Hot cocoa Bar (AR) 7p- Movie: The Family Stone (AR)	<b>4</b> 10a- Virtual Exercise (AR) 1p- The Word Game (AR) 2p- <b>Manicure Day (AR)</b> 7p- Movie: The Last Holiday (AR)	<b>5</b> 10a- Virtual Exercise (AR) 1:30p- <b>Tree Lighting (LB)</b> 2:30p- Bingo (AR) 7p- Movie: <u>The Nutcracker</u> (AR)	<b>6</b> 10a- Virtual Exercise (AR) 1p- Discussion Group: Physical and Mental Well-being (AR) 2p- <b>Live Piano by Dennis K. (LB)</b> 3:15p- Martial Arts (AR) 7p- Movie: Diamonds Are Forever (AR)	<b>7</b> 10a- Virtual Seated Exercise (AR) 1p- Name That Tune (AR) 2p- <b>Songs by Ava and Matt (AR)</b> 7p- Movie: Midnight in Paris (AR)
<b>8</b> 10a- Seated Virtual Exercise (AR) 10:30a- Seated Virtual (AR) 2p- <b>Caroling by St. Ignacius (AR)</b> 3p- Afternoon Holiday Trivia (AR) 7p- Movie: Roman J. Israel, Esq. (AR)	<b>9</b> 9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Horoscopes/Current Events Discussion Group (AR) 2:30P- Bingo (AR) 7p- Movie: Left Behind 2001 (AR)	<b>10</b> 9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p- <b>Confessions and Mass</b> 2p- <b>Art: Pinecone Painting (AR)</b> 7p- Movie: Ray (AR)	<b>11</b> 9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- <b>Trivia: Christmas Edition (AR)</b> 2:30p- Bingo (AR) 7p- Movie Airplane (AR)	<b>12</b> 9a- Neck and Back Strength (AR) 9:45a- Seated Abs (AR) 10:30a- Cardio (AR) 1p-Gift Giving (LB) 2p- <b>Caroling by Students from Democracy Prep (AR)</b> 3p- <b>Afternoon Refreshments (AR)</b> 7p- Movie: Rocky 2 (AR)	<b>13</b> 10a- Virtual Exercise (AR) 1p- The Word Game (AR) 2p- <b>Singing for Seniors w/ Julliard (LB)</b> 3:15p- Martial Arts (AR) 7p- Movie: Twins (AR)	<b>14</b> 10a- Virtual Exercise (AR) 1p- Trivia: Guess the Landmark (AR) 2p- Dominoes (AR) 1-4p- <b>Holiday Free Market (AR)</b> 7p- Movie: Monty Python Holy Grail (AR)
<b>15</b> 10a- Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- <b>Art in the Afternoon (AR)</b> 7p- Movie: The Italian Job (AR)	<b>16</b> 9:00a- Mindful Meditation (AR) 9:45a- Upper Body Exercise (AR) 10:30a- Seated Cardio (AR) 1p- Horoscopes/Current Events Discussion Group (AR) 2:30p- Bingo (AR) 7p- Movie: Good Will Hunting (AR)	<b>17</b> 9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1:30p- <b>Food Committee Meeting (AR)</b> 2p- <b>Resident Council Meeting (AR)</b> 7p- Movie: Major League 2 (AR)	<b>18</b> 9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10a- <b>Walking Trip to MCNY</b> 10:30a – Seated Boxing (AR) 1p- Virtual Concert: James Brown (AR) 2p- <b>Manicure Day (AR)</b> 7p- Movie: Roll Bounce (AR)	<b>19</b> 9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio (AR) 1p- <b>Jeopardy Trivia w. Tinisi (AR)</b> 2p- <b>The Price is Right (AR)</b> 7p- Movie: Our Little Secret (AR)	<b>20</b> 9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Seated Cardio (AR) 1p- The Word Game (AR) 2p- <b>Birthday Cake &amp; Live Saxophone by Carl (AR)</b> 3:15p- Martial Arts (AR) 7p- Movie: Best Christmas Ever (AR)	<b>21</b> 10a- Virtual Exercise (AR) 1p- Virtual Tour Holidays in NYC (AR) 2p- <b>Singing by The Happiness Factory (AR)</b> 7p- Movie: Before and After (AR)
<b>22</b> 10a- Virtual Exercise (AR) 1p- Catholic Service (AR) 3p- <b>Dominoes (AR)</b> 7p- Movie: Major League 3: Back to the Minors (AR)	<b>23</b> 9:00a- Mindful Meditation (AR) 9:45a- Upper Body Exercise (AR) 10:30a- Seated Cardio (AR) 1p- Horoscopes/Current Events Discussion Group (AR) 2:30p- Bingo (AR) 7p- Movie: Born Yesterday (AR)	<b>24</b> 10a- Virtual Exercise (AR) 1p- <b>Holiday Sing-along (AR)</b> 2p- Refreshment Hour (AR) 7p- Movie: It's A Wonderful Life (AR)	<b>25</b> 10a- Virtual Exercise (AR) 2p- <b>Afternoon Holiday Movie and Refreshments (AR)</b> 7p- Movie: The Bishops Wife (AR)  <b>First Night of Hanukkah</b>  <b>Merry Christmas!</b>	<b>26</b> 9a – Neck Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio (AR) 1p- <b>The Word Game (AR)</b> 2:30p- Bingo 7p- Movie: Meet Me Next Christmas (AR)	<b>27</b> 9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Seated Cardio (AR) 2p- <b>New Year Celebration &amp; Live Singing by Linda Miller (AR)</b> 3:15p- Martial Arts (AR) 7p- Movie: Focus (AR)	<b>28</b> 10a- Virtual Exercise (AR) 2p- <b>Jewish Service (AR)</b> 3p- Trivia-Through the years (AR) 7p- Movie: The Family Man (AR)
<b>29</b> 10a- Seated Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- <b>The Word Game (AR)</b> 3p- Afternoon Movie (AR) 7p- Movie: One Special Night (AR)	<b>30</b> 9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Horoscopes/Current Events Discussion Group (AR) 2p- Art in the Afternoon (AR) 7p- Movie: A Christmas Story (AR)	<b>31</b> 10a- Virtual Exercise (AR) 1-3p- <b>Bingo Marathon (AR)</b> 7pm- Movie: <u>Die Fledermaus</u> (AR)	Life Enrichment Office Phone # 212-534-6464 Ext. 5153 Janicia's Ext. 5131 Janicia, Tyler, and Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C.	The Salon is open every <b>Wednesday from 8:30a-1p</b>  Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard		