

happy Valentine's day



February 2025



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Life Enrichment Office Phone 212-534-6464 Ext. 5153 Janicia's Ext. 5131	Janicia, Noemi, and Tashawnda are your Life Enrichment Team. We are here 7 days a week and our offices are on C.	The Salon is open every Wednesday from 8:30a-12p Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard		1 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Decorate Wall of Love (AR) 3:30p- Hangman with Words (AR) 7p- Movie: The Age of Adeline (AR)
2 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Bingo (AR) 7p- Movie: Back in Action (AR)	3 10a- Virtual Exercise 10:30a- Virtual Yoga 1p- Weekly Current Events (AR) 2p- Scategories (AR) 7p- Movie: Obsessed (AR)	4 10a- Virtual Exercise 10:30a- Virtual Yoga 11a- TRIP (AR) 1:30p- Writing Group (LIB) 1p- Art in the Afternoon (AR) 2p- Manicures (AR) 7p- Movie: Blended (AR)	5 10a- Virtual Exercise 10:30a- Virtual Yoga 1p- Trivia: General Knowledge (AR) 2p- Dominoes/Board Tournament (AR) 3p- Movie Selection Day (AR) 7p- Movie: 28 Days (AR)	6 10a- Virtual Exercise 10:30a- Virtual Yoga 1p- The Word Game (AR) 2:30p- Bingo (AR) 7p- Movie: It Ends with Us (AR)	7 10a- Virtual Exercise 10:30a- Virtual Yoga 2p- February Birthday celebration Live singing w/Linda Impanema (AR) 3:15p- Martial Arts (AR) 7p- Movie: Meet the Parents (AR)	8 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Black History Month Trivia (AR) 2p- Name That Tune (AR) 7p- Movie: Meet the Fockers (AR)
9 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 4p- Refreshment Hour (AR) 6:30p - Superbowl Live (AR) SUPER BOWL SUNDAY! 	10 10a- Virtual Exercise 10:30a- Virtual Yoga 1p- Weekly Current Events (AR) 2p- Dominoes Tournament (AR) 7p- Movie: Lil Fockers (AR)	11 9:00a - Seated Yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a - Step Class (AR) 10a Shopping TRIP (AR) 1p- Valentine's Day Gift Making Class (AR) 2p- Manicure Day (AR) 7p- Movie: Wine Country (AR)	12 9:00a - Total Body Stretching (AR) 9:45a - Lower Body Exercise (AR) 10:30a - Seated Boxing (AR) 1p- The Word Game (AR) 2p- The Price is Right (AR) 3p- Virtual Concert: The Doobie Brothers (AR) 7p- Movie: In the Heart of the Sea (AR) Lincoln's Birthday	13 9:00a - Neck and Back Stretching (AR) 9:45a - Seated Abs (AR) 10:30a - Choose Your Exercise (AR) 1:00p Virtual Tour of Paris (AR) 2p- Bingo (AR) 7p- Movie: Rain Man (AR)	14 9:00a - Total Body Stretching (AR) 9:45a - Balance (AR) 10:30a - Cardio (AR) 2p- Live singing w/ Nick King (AR) 3:15p- Martial Arts (AR) 7p- Movie: Notting Hill (AR) Valentine's Day	15 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Valentine's Day Party (AR) 2p- Music performance: Happiness Factory (AR) 7p- Movie: The Deep Blue Sea (AR)
16 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Bingo (AR) 4p- Afternoon TV Series (AR) 7p- Movie: The Scorpion King (AR)	17 9:00a - Mindful Mediation (AR) 9:45a - Total Body Exercise (AR) 10:30a - Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- Dominoes (AR) 7p- Movie: Shirley (AR) President's Day	18 9:00a - Seated yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a - Step Class (AR) 1p- Family Feud: Love Edition (AR) 1:30p- Writing Group (LIB) 7p- Movie: Barry (AR)	19 9:00a - Total Body Stretching (AR) 9:45a - Lower Body Exercise (AR) 10:30a - Seated Boxing (AR) 1-3p- Free Market (AR) 7p- Movie: The Greatest Night in Pop (AR)	20 9:00a - Neck and Back Stretching (AR) 9:45a - Seated Abs (AR) 10:30a - Choose your exercise (AR) 1p- Karaoke (AR) 2p- Bingo (AR) 7p- Movie: A Star is Born: The Original (AR)	21 9:00a - Total Body Stretching (AR) 9:45a - Balance (AR) 10:30a - Cardio (AR) 2p- Live Singing w/ Rebecca (AR) 3:15p- Martial Arts (AR) 7p- Movie: Thunder Force (AR)	22 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2p- Jewish Service (AR) 3:15p- Presidential Trivia (AR) 7p- Movie: Bad Words (AR) Washington's Birthday
23 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Dominoes Tournament (AR) 7p- Movie Night: Heart of Stone (AR)	24 9:00a - Mindful Mediation 9:45a - Total Body Exercise 10:30a - Seated Cardio 1p- Weekly Current Events (AR) 2p- Bingo (AR) 7p- Movie: Emilia Perez (AR)	25 9:00a - Seated yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a - Step Class (AR) 1:30p- Food Committee Meeting (AR) 2p- Resident Council (AR) 3:30p Virtual Jazz Concert (AR) 7p- Movie: Public Enemies (AR)	26 9:00a - Total Body Stretching (AR) 9:45a - Lower Body Exercise (AR) 10:30a - Seated Boxing (AR) 1p- 500 pc Puzzle Day (AR) 3:15p- Collage Making Class (AR) 7p- Movie: Much Ado About Nothing (AR)	27 9:00a - Neck and Back Stretching (AR) 9:45a - Seated Abs (AR) 10:30a - Choose your exercise (AR) 2p- Health Jeopardy w. Tinisi (AR) 3p- Karaoke (AR) 7p- Movie: The Boy Who Could Fly (AR)	28 9:00a - Total Body Stretching (AR) 9:45a - Balance (AR) 10:30a - Cardio (AR) 2p- Live Piano w/ Avery (LB) 3:15p Martial Arts (AR) 7p- Movie: Curly Sue (AR)	

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