



March 2025



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 Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard				1 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 12p-Trivia (AR) 12:30p- Afternoon Cinema -Back in Action (AR) 7p- Movie Night: La Dolce Villa (AR) RAMADAN STARTS
2	3	4	5	6	7	8
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2:30p- Bingo (AR) 7p-Movie: Baby Driver (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body exercise (AR) 10:30a – Seated cardio (AR) 1p- Weekly Discussions (LIB) 2p- The Word Game (AR) 7p- Movie: The Mother (AR)	9:00a – Seated Yoga (AR) 9:45a– Upper Body Exercise (AR) 10:30a – Step Class (AR) 1:30p- Decorate a Mardi Gras Mask (AR) 3p- Tour of Louisiana Mardi Gras (AR) 7p- Movie Don't Look Up (AR) MARDI GRAS	9a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10a-Distribution of Ashes (LIB) 10:30a – Seated Boxing (AR) 1p- Name that Tune (AR) 2p- Scattergories (AR) 7p- Movie: Columbiana (AR) ASH WEDNESDAY/LENT	9a – Neck and Back Strength/ Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your exercise (AR) 1p- Trivia Women's History Month (AR) 2p- Canvas Art Painting (AR) 7p- Movie: The Children's Train (AR)	9a – Seated Yoga (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2p- Live Sax w/ Carl (AR) 7p- Movie Night: Grumpier Old Men (AR) EMPLOYEE APPRECIATION DAY	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2p- Bingo (AR) 7p- Movie Night: A Madea Homecoming (AR)
9	10	11	12	13	14	15
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- The Word Game (AR) 3p-Afternoon MovieSelection(AR) 7p-Movie Night: Maid in Manhattan (AR) DAY LIGHT SAVINGS BEGINS	9:00a – Mindful Meditation (AR) 9:45a – Total Body exercise (AR) 10:30a – Seated cardio (AR) 1p- Weekly Discussions (LIB) 2p- Dominoes (AR) 7p- Movie: Twins (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p- Manicure Day (AR) 3p-Crochet Class (AR) 7p- Movie- Emily in Paris (AR)	9a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 10a- ALL YOU CAN EAT BUFFET TRIP (AR) 1p Karaoke (AR) 2p- Dominoes (AR) 7p- Movies: The Beekeeper (AR)	9a – Neck and Back Strength/ Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your exercise (AR) 1p-Lucky Trivia (AR) 2p- Writing Group (LIB) 2:30p- Bingo (AR) 7p-Movie: The Adam Project (AR)	9a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 2p-Live Singing w/ Linda Miller (AR) 7p-Movie: Flight Risk (AR) PURIM STARTS	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p-St. Patrick's Day Party (AR) 2p-Purim Service (AR) 7p-Movie Night: Aftermath (AR)
16	17	18	19	20	21	22
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Bingo (AR) 7p-Movie Night: 1917 (AR)	9a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Discussions (LIB) 2p- Color A Shamrock (AR) 3p- Virtual Tour: Dublin, Ireland (AR) Movie; Mission Impossible (AR) ST. PATRICKS DAY	9a–Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p- Pictionary (AR) 2p- Bingo (AR) 7p- Movie: Beverly Hills Cop (AR)	9a– Total Body Stretching (AR) 9:45a–Lower Body Exercise (AR) 10:30a –Seated Boxing (AR) 10a- TRIP TO QUEENS MUSEUM 1p-Art Class w/ Ms. T (AR) 3p- Geography Trivia (AR) 7p- Movie: Furiosa- A Mad Max Saga (AR)	9a –Neck and Back Strength/ Stretching (AR) 9:45a –Seated Abs (AR) 10:30a –Choose Your exercise (AR) 1p- Board Games (AR) 2p- Writing Group (LIB) 7p- Movie; Kinda Pregnant (AR)	10a- Virtual Exercise (AR) 10:30a – Virtual Yoga (AR) 2p-March Birthday Celebration & Live Singing w/ The Silvertones (LB) 7p- Movie Night: Inception (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Trivia Human Body (AR) 2p-Crochet Class (AR) 7p- Movie Night: Wine Country (AR)
23	24	25	26	27	28	29
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Bingo (AR) 7p-Movie Night: Ghost Buster -The Frozen Empire (AR) 30 SUNDAY 10a- Virtual Exercise (AR) 1p-Catholic Service (AR) 2p-Art in the Afternoon (AR) 7p- Movie Night: Serena (AR)	9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Discussions (LIB) 2p- Dominoes (AR) 7p-Movie: The Most Beautiful Girl in the World (AR) 31 MONDAY 9a-Mindful meditation (AR) 9:45a-Total Body Exercise (AR) 10:30a-Seated Cardio (AR) 1p- Weekly Discussion (AR) 2p-Dominoes (AR) 7p-Movie-Richie Rich (AR)	9:00a – 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: The Union (AR)	9a–Total Body Stretching (AR) 9:45a –Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 10a- Lincoln Center TRIP 1p- Karaoke (AR) 2p-Manicure Day (AR) 7p- Movie: Rush Hour (AR)	9a-Neck and Back Strength/ Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 1p- Health Jeopardy w/ Tinisi (AR) 2p-Virtual Concert Fleetwood Mac (AR) 7p-Movie: An Affair to Remember (AR)	9:00a – Seated Yoga (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 2p- Julliard Singing for Seniors (LB) 7p- Movie: Always (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2:30p- Bingo (AR) 7p- Movie Night: The Good Shepherd (AR)



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