



April 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
<p>The salon is open every Wednesday from 8:30a-1p.</p> <p>Sign-up sheet posted on TUESDAYS in ACTIVITY ROOM</p>		9a-Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p-The Word Game (AR) 2:30p- Bingo (AR) 7p-Movie: Glass Onions Knives Out (AR) APRIL FOOL’S DAY 😊	9a-Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 10a- TRIP-SHOPPING (LB) 1p-TRIVIA- The Human Body (AR) 2p-Karaoke (AR) 3p- Crochet Group (AR) 7p-Movie: True Spirit (AR)	9a- Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio w/ Michael Jackson (AR) 1p- Art in the Afternoon (AR) 2:30p- Writing Group (LIB) 7p-Elona Holmes (AR)	9a-Total Body Stretching (AR) 9:45a – Balance exercise (AR) 10:30a – Cardio (AR) 2p-Susan Organic Dance Group (AR) 7p-Elona Holmes 2 (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p-Singing w/ Lara (AR) 2:30p- Bingo (AR) 7p- Movie- The Flintstones (AR)
	6	7	8	9	10	11
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- The Word Game (AR) 3p- Table Games (AR) 7p- Movie: A Deadly Invitation (AR)	9a – Mindful Meditation (AR) 9:45a – Total Body exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- Dominoes Group (AR) 3p- TV Series (AR) 7p- Movie: The Last List (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p- Manicure Day (AR) 3p- Virtual Concert – Sly and the Family Stone (AR) 7p- Movie: Runaway Jury (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 10a-TRIP- BEACH (AR) 1p-Discussion Group: What Makes You Smile (AR) 2:30p-Bingo (AR) 7p-Movie: Trap (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio w/ Hits from the 70s (AR) 1p-Trivia-Modern Technology (AR) 2p- Karaoke (AR) 7p- Movie: Annie -2019 (AR)	9:00a – Total Body Stretching (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 2p-Live Piano w/ Dennis K (AR) 7p- Movie: Heart of Champions (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2p- Passover Sedar (AR) 7p- Movie: Honeymoon Crasher (AR) PASSOVER STARTS
13	14	15	16	17	18	19
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2:30p- Bingo (AR) 7p- Movie: 80 for Brady (AR) PALM SUNDAY	9a – Total Body Stretching (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 1p- Weekly Current Events (AR) 2p- Dominoes (AR) 3p- TV Series (AR) 7p- Movie: Lift (AR)	9a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 10a- Mass & Confessions (AR) 10a- Queens County Farm Museum (AR) 7p- Movie: Rambo-2008 (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- Scattergories (AR) 2p- Karaoke (AR) 3p- Crochet Group (AR) 7p- Movie: Super 8 (AR)	9a – Neck and Back Stretching 9:45a – Seated Abs (AR) 10:30a – Cardio w/ Caribbean Hits (AR) 1p- The Word Game (AR) 2p-Writing Group (LB) 2:30p- Bingo (AR) 7p- Movie: Maria (AR)	9:00a – Total Body Stretching (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 2p- April Birthday Celebration/Live Saxophone by Carl (AR) 7p- Movie: Judy (AR) GOOD FRIDAY	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Trivia (AR) 2p- Egg Painting (AR) 7p- Movie: The Marriage Story (AR)
20	21	22	23	24	25	26
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p-Refreshment Hour (AR) 7p- Movie: FROM THE ROUGH (AR) EASTER SUNDAY 🐰	9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- Dominoes (AR) 3p- TV Series (AR) 7p- Movie: Limitless (AR)	9:00a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 10a- TRIP- CONEY ISLAND (AR) 1p Globe Painting (AR) 3p-The Wonders of Earth Doc. (AR) 7p- Movie: A Good Person (AR) EARTH DAY 🌍	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- The Word Game (AR) 2p- Karaoke (AR) 7p- Movie: The Royal Tenenbaums (AR)	9a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a-Cardio w/ Hits from the 80s (AR) 1p- Health Jeopardy w/ Tinisi (AR) 2:30p- Bingo (AR) 7p- Movie: The Hurricane (AR)	9:00a – Total Body Stretching (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 2p- Live Singing w/ Linda Miller (AR) 7p- Movie: Man of the Year (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Table Games/Puzzles (AR) 2p- Trivia- Geography (AR) 7p- Movie: Jurassic World (AR)
27	28	29	30			
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p-Table Games (AR) 7p- Movie Night- World’s Greatest Dad (AR)	9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- Dominoes (AR) 3p- TV Series (AR) 7p- Movie: Hardball (AR)	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 Meeting (AR) 7p- Movie: Life of a King (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p-Manicure Day (AR) 3p- Bingo (AR) 7p- Movie: One Love (AR)	Location Key: AR- Activity Room PDR- Private Dining Room LB- Lobby LIB- Library CY- Courtyard	Janicia, Noemi, and Ms. T are your Life Enrichment Team. We are here 7 days a week and our offices are on C Level.	Life Enrichment Office Phone #212-534-6464 Ext. 5153 Janicia’s Ext. 5131

ACTIVITIES AND DATES ARE SUBJECT TO CHANGE