




















# SEPTEMBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>ALL PROGRAMS ARE SUBJECT TO CHANGE</b></p>	<p><b>AR - ACTIVITY ROOM</b></p> <p><b>L - LIBRARY</b></p> <p><b>M - MEDITATION ROOM</b></p>	<p><b>TRIPS EVERY WEDNESDAY</b></p> 			<p><b>1</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Tai-Chi AR 3:00 Pet Therapy AR 4:30 Yoga AR</p>	<p><b>2</b></p> <p>10:00 Walk with N.Y. Cares Lobby AR 10:15 Exercise Nikkie AR 2:00 Movie Matinee AR 3:00 Catholic Mass MR</p> 
<p><b>3</b></p> <p>9:45 Communion MR 10:15 Exercise AR 2:00 Movie Matinee AR</p> 	<p><b>4 Labor Day</b></p> <p>10:15 Exercise AR 2:00 Music Performance AR</p> 	<p><b>5</b></p> <p>10:15 Balance Coordination AR 2:00 Music &amp; Movement AR</p> 	<p><b>6</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Table Games AR 4:30 Yoga AR</p>	<p><b>7</b></p> <p>10:15 Balance Coordination AR 1:30 Rosary MR 2:00 Healthy Snacks w/ David AR 2:00 Drama Club L</p> 	<p><b>8</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Reuben Wilson Jazz Quartet AR 4:30 Yoga AR</p>	<p><b>9</b></p> <p>10:15 Exercise AR 11:00 Pet Therapy AR 2:00 N.Y. Cares Variety Day AR 3:00 Catholic Mass MR</p> 
<p><b>10</b></p> <p>9:45 Communion MR 10:15 Exercise AR 2:00 Bingo AR</p> 	<p><b>11</b></p> <p>9:30 Ball Toss AR 10:15 Cardio Blast AR 11:00 Get To Know Your Body AR 2:00 Facercise AR 3:00 Spanish Club L</p>	<p><b>12</b></p> <p>10:15 Balance Coordination AR 2:00 Outreach Singers AR 3:00 Piano Tunes w/ Larry AR</p> 	<p><b>13</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Ken Brady Piano/ Music AR 3:00 Learn Spanish L 4:30 Yoga AR</p>	<p><b>14</b></p> <p>10:15 Balance Coordination AR 1:30 Rosary MR 2:00 Bible Distribution AR 2:00 Food &amp; Fuel L Discussion For Staff 2:30 Elliot Gordon Hollywood Stories AR</p>	<p><b>15</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Parkinson's Disease Discussion AR 4:30 Yoga AR</p>	<p><b>16</b></p> <p>10:15 Zumba w/Frances AR 2:00 Movie Matinee AR 3:00 Catholic Mass MR</p> 
<p><b>17</b></p> <p>9:45 Communion MR 10:15 Exercise AR 2:00 Cherub Improv</p> 	<p><b>18</b></p> <p>9:30 Ball Toss AR 10:15 Cardio Blast AR 11:00 Get To Know Your Body AR 2:00 Crafts &amp; Crochet AR 3:00 Spanish Club L</p>	<p><b>19</b></p> <p>10:15 Balance Coordination AR 2:00 Guided Audio AR Autobiography AR</p> 	<p><b>20 ROSH HASHANAH</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Danielle Hendrix AR 2:30 Jewish Service L</p>	<p><b>21</b></p> <p>10:15 Balance Coordination AR 1:30 Rosary MR 2:00 Birthday Party AR</p> 	<p><b>22</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Tai-Chi AR 3:00 Pet Therapy AR 4:30 Yoga AR</p>	<p><b>23</b></p> <p>10:15 Exercise AR Nikkie AR 2:00 Sing Alongs AR 3:00 Catholic Mass MR</p> 
<p><b>24</b></p> <p>9:45 Communion MR 10:15 Exercise AR 2:00 High Stakes Bingo</p> <p><b>31</b></p> <p>9:45 Communion MR 10:15 Exercise AR 2:00 Bingo AR</p>	<p><b>25</b></p> <p>9:30 Ball Toss AR 10:15 Cardio Blast AR 11:00 Get To Know Your Body AR 2:00 Sweating To The Oldies AR 3:00 Spanish Club L</p>	<p><b>26</b></p> <p>10:15 Balance Coordination AR 2:00 Resident Council AR 3:00 Book Club L</p> 	<p><b>27</b></p> <p>9:30 Ball Toss AR 10:15 Let's Get Physical AR 11:00 Get To Know Your Body AR 2:00 Danielle Hendrix AR 2:00 Creative Art L 4:30 Yoga AR</p>	<p><b>28</b></p> <p>10:15 Balance Coordination AR 1:30 Rosary L 2:00 Happy Hour/ Karaoke AR</p> 	<p><b>29 YOM KIPPUR</b></p> <p>10:00 Morning Social w/ N.Y. Cares AR 11:00 Jewish Service L 2:00 Music David Wynne AR 4:30 Yoga AR</p>	<p><b>30</b></p> <p>10:15 Exercise AR 11:00 Pet Therapy AR 2:00 Gospel Singing AR 3:00 Catholic Mass MR</p> 