


















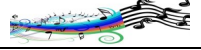







# JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>AR - ACTIVITY ROOM</b>  <b>L - LIBRARY</b>  <b>M - MEDITATION ROOM</b>	<b>Recreation Director</b> <b>Nicole Picariello</b> <b>212 - 534 - 6464</b> <b>Ext. 5131</b>	<b>1 New Year's Day</b> 10:15 Exercise AR 2:00 New Year's Celebration AR 	<b>2</b> 10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Spelling Challenge 7:00 Evening Movie AR 	<b>3</b> 10:15 Body Sculpting AR 1:30 Rosary MR 2:00 Art Studio AR 7:00 Evenina Movie AR 	<b>4</b> 9:30 Horoscopes & Weather AR 10:15 Brain Fitness AR 2:00 Tai- Chi AR 4:00 Yoga AR 	<b>5</b> 10:15 Exercise AR 11:00 Pet Therapy AR 2:00 Movie Matinee AR 2:00 Abstract Adventure 3:00 Catholic Mass MR 7:00 Evening Movie AR 
<b>6 THREE KINGS DAY</b> 10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR 	<b>7</b> 9:30 Neighbors in Conversation AR 10:15 Body Fusion Fitness Class AR 2:00 Word Games & Puzzles AR 3:00 Spanish Club L Alice & Noemi	<b>8</b> 10:15 Body Balance AR 2:00 Outreach Singers 3:00 Piano Tunes AR w/ Larry AR 4:00 Yoga AR 7:00 Evening Movie AR 	<b>9</b> 10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Computer Class L 2:00 Afternoon Series 7:00 Evening Movie AR 	<b>10</b> 10:15 Body Sculpting AR 1:30 Rosary MR 2:00 Welcome to your New Home AR 7:00 Evening Movie AR 	<b>11</b> 9:30 Complete the Phrase AR 10:15 Brain Fitness AR 2:00 Reuben Wilson Jazz Quartet AR 7:00 Evening Movie AR 	<b>12</b> 10:15 Zumba w/Frances AR 2:00 N.Y. Cares AR Variety Day 3:00 Catholic Mass MR 7:00 Evening Movie AR 
<b>13</b> 10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR 	<b>14</b> 9:30 Daily Chronicle & News AR 10:15 Fusion Body Fitness Class AR Class 2:00 Music Memories AR 3:00 Spanish Club L Alice & Noemi	<b>15</b> 10:15 Body Balance AR 2:00 Discussion w/ DR. Eve AR 4:00 Yoga AR 7:00 Evening Movie AR 	<b>16</b> 10:15 Super Seniors Exercise Class L 10:30 Trip Lobby 10:30 Sweet Readers 2:00 Creating Memories 7:00 Evening Movie AR 	<b>17</b> 10:15 Body Sculpting AR 1:30 Rosary AR 2:00 Classic Comedy Show AR 7:00 Evening Movie AR 	<b>18</b> 9:30 Horoscopes & Weather AR 10:15 Brain Fitness AR 2:00 Tai- Chi AR 4:00 Yoga AR 	<b>19</b> 10:15 Exercise AR 11:00 Pet Therapy AR 2:00 Movie Matinee AR 2:00 Abstract Adventure 3:00 Catholic Mass MR 7:00 Evening Movie AR 
<b>20</b> 10:15 Exercise AR Noemi 2:00 Cherub Improv AR 3:00 Pet Therapy AR 7:00 Evening Movie AR 	<b>21 Martin Luther King</b> 9:30 Neighbors in Conversation AR 10:15 Body Fusion Fitness AR 2:00 Moving to the Oldies AR	<b>22</b> 10:15 Body Balance AR 2:00 Afternoon Snack & Music AR 4:00 Yoga AR 7:00 Evening Movie AR 	<b>23</b> 10:15 Super Seniors Exercise Class L 10:30 Sweet Readers 10:30 Trip Lobby 2:00 Danielle Hendrix 7:00 Evening Movie AR 	<b>24</b> 10:15 Body Sculpting AR 1:30 Rosary MR 2:00 Birthday Party AR 7:00 Evening Movie AR 	<b>25</b> 9:30 Complete the Phrase AR 10:15 Brain Fitness AR 2:00 Musical Humor AR 3:00 Book Club L 4:00 Yoga AR 7:00 Evening Movie AR	<b>26</b> 10:15 Exercise AR Nikkie 2:00 Movie Matinee AR 3:00 Catholic Mass MR 7:00 Evening Movie AR 
<b>27</b> 10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR 	<b>28</b> 9:30 Daily Chronicle & News AR 10:15 Body Fusion Fitness Class AR 1:30 Food Committee 2:00 Alexa Trivia AR 3:00 Spanish Club L Alice & Noemi	<b>29</b> 10:15 Body Balance AR 2:00 Resident Council Meeting AR 4:00 Yoga AR 7:00 Evening Movie AR 	<b>30</b> 10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Danielle Hendrix 4:00 Yoga AR 7:00 Evening Movie AR	<b>31</b> 10:15 Body Sculpting AR 1:30 Rosary MR 2:00 Alexa Training Session AR 7:00 Evening Movie AR 	<b>ASK ALEXA FOR UPDATE TO DATE CALENDAR INFORMATION</b>	<b>TRIPS EVERY WEDNESDAY</b> 