











FEBRUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
AR - ACTIVITY ROOM L - LIBRARY M - MEDITATION ROOM	Recreation Director Nicole Picariello 212 - 534 - 6464 Ext. 5131 Recreation office on level c	ASK ALEXA FOR UPDATE TO DATE CALENDAR INFORMATION	HAIR SALON EVERY THURSDAY ON LEVEL C 	NAIL SALON EVERY OTHER WEDNESDAY ON LEVEL C 	1 9:30 Horoscopes & Weather AR 10:15 Sculpt Fitness AR 2:00 Tai- Chi AR 4:00 Yoga AR 7:00 Evening Movie AR	2 Groundhog Day 10:15 Exercise AR Nikkie 2:00 Afternoon Movie AR 2:00 Room Visits-Nikkie 2:00 Protestant Service 3:00 Catholic Mass MR 7:00 Evening Movie AR
3 10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR 	4 9:30 Mind Aerobics AR 10:15 Body Fusion Fitness Class AR 2:00 Brush Strokes of Color AR 3:00 Spanish Club L Noemi & Alice 7:00 Evening Movie AR	5 10:15 Body Balance AR 2:00 Discussion Group With Dr. Eve AR 3:00 Piano Tunes w/ Larry AR 4:00 Yoga AR 7:00 Evening Movie AR	6 10:15 Super Seniors Exercise Class L 10:30 Sweet Readers AR 2:00 Dominoes/ Board Games AR 3:00 Afternoon Series 7:00 Evening Movie AR	7 9:30 Brain Games AR 10:15 Body Sculpting AR 2:00 Health Lecture AR 7:00 Evening Movie AR HEALTHY 	8 9:30 Can You Name 5 10:15 Sculpt Fitness AR 2:00 Reuben Wilson Jazz Quartet AR 4:00 Yoga AR 7:00 Evening Movie AR 	9 10:15 Zumba Class AR 11:00 Pet Therapy AR 2:00 N.Y.Cares AR Variety Day 3:00 Catholic Mass MR 7:00 Evening Movie AR 
10 10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR 	11 9:30 Morning Stretch AR 10:15 Body Fusion Fitness Class AR 2:00 Name That Tune 3:00 Spanish Club L Noemi & Alice 7:00 Evening Movie AR SPANISH CLUB	12 9:30 Brain Games AR 10:15 Body Balance AR 2:00 Outreach Singers 4:00 Yoga AR 7:00 Evening Movie AR 	13 10:15 Super Seniors Exercise Class L 10:30 Sweet Readers AR 2:00 Chit Chat with coffee AR 3:00 Afternoon Series 7:00 Evening Movie AR 	14 Valentines Day 9:30 Morning Comedy AR 10:15 Body Sculpting AR 2:00 Valentines Dance 7:00 Evening Movie AR 	15 9:30 Horoscopes & Weather AR 10:15 Stretch It AR 2:00 Book club L 2:00 Tai- Chi AR 4:00 Yoga AR 7:00 Evening Movie AR	16 10:15 Exercise AR 2:00 Afternoon Movie 2:00 Abstract AR Adventure L 3:00 Catholic Mass MR 7:00 Evening Movie AR 
17 10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR 	18 PRESIDENT'S DAY 9:30 Mind Aerobics AR 10:15 Body Fusion Fitness Class AR 2:00 Therapy Discussion 3:00 Spanish Club L 7:00 Evening Movie AR THERAPY	19 9:30 Morning Update AR 10:15 Body Balance AR 2:00 Share a Photo AR 4:00 Yoga AR 7:00 Evening Movie AR 	20 10:15 Super Seniors Exercise Class L 10:30 Sweet Readers 2:00 Alexa Training Session AR 7:00 Evening Movie AR amazon alexa	21 9:30 Brain Games AR 10:15 Body Sculpting AR 2:00 Dancing Drum Program AR 7:00 Evening Movie AR 	22 9:30 Can You Name 5 AR 10:15 Sculpt Fitness AR 2:00 The Guitar Den AR 4:00 Yoga AR 7:00 Evening Movie AR 	23 10:15 Exercise AR 2:00 Afternoon Movie AR 11:00 Pet Therapy AR 2:00 Room Visits-Nikkie 2:00 Protestant Service 3:00 Catholic Mass MR 7:00 Evening Movie AR 
24 10:15 Exercise AR 2:00 Cherub Improv AR 3:00 Pet Therapy AR 7:00 Evening Movie AR 	25 9:30 Morning Stretch 10:15 Body Fusion Fitness Class AR 2:00 Price is Right AR 3:00 Spanish Club L 7:00 Evening Movie AR	26 10:15 Body Balance AR 2:00 Resident Council AR 4:00 Yoga AR 7:00 Evening Movie AR 	27 10:15 Super Seniors Exercise Class L 10:30 Sweet Readers AR 2:00 Catch the Phrase 3:00 Afternoon Series 7:00 Evening Movie AR LINKING WORDS	28 10:15 Body Sculpting AR 2:00 Birthday Party AR 7:00 Evening Movie AR 		