

MARCH 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

**Recreation Director
Nicole Picariello
212 - 534 - 6464
Ext. 5131
Recreation office
is on level c**

**ALL PROGRAMS
ARE SUBJECT TO
CHANGE
AR- ACTIVITY ROOM

L - LIBRARY

MR -MEDITATION
ROOM**

Happy St. Patrick's Day
Lot's of laughter to cheer you,
and those you love near you.




1
9:30 Horoscopes & Weather AR
10:15 Scupt Fitness AR
11:00 Get To Know Your Body AR
2:00 Tai- Chi AR
4:00 Yoga AR
7:00 Evening Movie AR

2
10:15 Exercise AR
Nikkie
2:00 Senior Prom AR
Catholic Charites
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 Board Games AR
3:00 Spanish Club L
Noemi & Alice
7:00 Evening Movie AR

5
10:15 Body Balance AR
2:00 Activity Meeting AR
4:00 Yoga AR
7:00 Evening Movie AR



6 ASH WEDNESDAY
10:15 Super Seniors Exercise Class L
10:30 Sweet Readers AR
11:00 Distribution Of Ashes
2:00 Jumbo Jumble MR
Puzzle AR
7:00 Evening Movie AR


7
9:30 Brain Games AR
10:15 Body Sculpting AR
2:00 Discussion Group With Dr. Eve AR
7:00 Evening Movie AR




8
9:30 Can You Name 5
10:15 Scupt Fitness AR
2:00 Reuben Wilson Jazz Quartet AR
4:00 Yoga AR
7:00 Evening Movie AR




9
10:15 Exercise 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 Cherub Improv AR
7:00 Evening Movie AR




11
9:30 Morning Stretch AR
10:15 Body Fusion Fitness Class AR
2:00 Dance Off AR
3:00 Movie Request AR



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 AR
2:00 Afternoon Series Gracie & Frankie AR
7:00 Evening Movie AR




14
9:30 Morning Comedy AR
10:15 Body Sculpting AR
2:00 Birthday Party AR
7:00 Evening Movie AR



15
9:30 Horoscopes & Weather AR
10:15 Scupt Fitness AR
11:00 Get To Know Your Body AR
2:00 Tai- Chi AR
4:00 Yoga AR
7:00 Evening Movie AR


16
10:15 Exercise AR
Nikkie
11:00 Pet Therapy AR
2:00 Afternoon Movie
2:00 Room Visits
2:00 Protestant Service
3:00 Catholic Mass MR
7:00 Evening Movie AR



17 ST.PATTYS DAY
10:15 Exercise AR
Noemi
2:00 Music Performance AR
3:00 Pet Therapy AR
7:00 Evening Movie AR




18
9:30 Mind Aerobics AR
10:15 Body Fusion Fitness Class AR
2:00 Therapy Discussion
3:00 Spanish Club L
Noemi & Alice
7:00 Evening Movie AR



19
9:30 Morning Update AR
10:15 Body Balance AR
2:00 Silver Tones Music Performance
4:00 Yoga AR
7:00 Evening Movie AR




20 Spring
10:15 Super Seniors Exercise Class AR
2:00 Wheel of Fortune
7:00 Evening Movie AR




21
9:30 Brain Games AR
10:15 Body Sculpting AR
2:00 Spring Fling AR
7:00 Evening Movie AR



22
9:30 Can You Name 5 AR
10:15 Scupt Fitness AR
2:00 Falling on The Star Music Performance
2:00 Book Club L
4:00 Yoga AR
7:00 Evening Movie AR



23
10:15 Zumba Class AR
11:00 Pet Therapy AR
2:00 Belly Dancers AR
3:00 Catholic Mass MR
7:00 Evening Movie AR




24
10:15 Exercise AR
2:00 Bingo AR
7:00 Evening Movie AR

31 10:15 Exercise AR
2:00 Bingo AR
7:00 Evening Movie AR


25
9:30 Morning Stretch
10:15 Body Fusion Fitness Class AR
2:00 Karaoke 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 AR
2:00 Alexa Training Session AR
3:00 Afternoon Series
7:00 Evening Movie AR



28
10:15 Body Sculpting AR
2:00 Nature Company Animal Show AR
7:00 Evening Movie AR



29
9:30 Horoscopes & Weather AR
10:15 Scupt Fitness AR
2:00 Casino Games AR
4:00 Yoga AR
7:00 Evening Movie AR



30
10:15 Exercise AR
2:00 Afternoon Movie
2:00 Protestant Service
3:00 Catholic Mass MR
7:00 Evening Movie AR

